

The Messenger

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

May 2020

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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

Prayer for Protection Against a Pandemic

Lord Jesus Christ our God, You Who created human beings with utter goodness, the healer of our souls and bodies, heed now the supplication of Your children, and save us from the impeding threat against the world. For this affliction has spread ferociously and the fear of death has surrounded us. Many have suffered and many have passed on to repose, and there is none to save us, except You, O Lord.

We know, Merciful Lord, that all this will cultivate our faith, as we implore you, crying out in utter repentance. Undo, O Lord, the dangerous effects of the virus and heal all people, as a most Gracious Lord. For those, who repose in peace, give rest in Your heavenly abode. Grant peace to the world, so that all people know that You are the Only God, and your faithful are not bound by death, but live forever.

For You are our hope and our whole life is in Your benevolent hands, and to You we give glory, as well as to the Father and the Holy Spirit, now and forever and unto the ages of ages. Amen.

Stay Connected

Stay connected with St. Mary's! We have set up a link on our website, stmarysgoc.org, "Stay Connected" to help everyone stay in touch with us. You'll find information for weekly prayer and worship, outreach, stewardship, and the pastoral services we continue to offer during this time. If anyone needs assistance, please call the office. Someone is available during regular office hours.

Stay Well – Stay Prayerful – Stay Connected

Our Life Together

Death

Elaine Dufresne

April 14, 2020

May her memory be eternal.

Memorial Prayers

Sunday, May 10

*Departed AHEPA and Daughters
of Penelope members*

Our Sympathy

We extend our sympathy to Alex Dascalos and family on the passing of his father, Constantine (Gus) Dascalos, on April 2, 2020, in Roswell, Georgia. Gus was a member of St. Mary's from 1976-1986. *May his memory be eternal.*



Reach Out and Touch Someone . . . by Phone!

For those looking to assist others during this challenging time, please consider volunteering for our VIP Ministry Initiative to connect with as many parishioners as possible. Should you have time in your schedule, please contact Doria at doria@stmarysgoc.org or 612.968.7681 for additional information and to join the group.

**Christ Is Risen!
Truly He Is Risen!**

Share YourShelf

May's recipient of Share YourShelf contributions is Joyce Uptown Food Shelf.

Sunday, May 3

Canned fruits and vegetables

Sunday, May 10

Cereals (hot and cold)

Sunday, May 17

Canned meals – large cans
(*e.g. chili, pork and beans, etc.*)

Sunday, May 24

Hygiene items

Sunday, May 31

Coffee and tea

Please consider making a monetary donation. Through a partnership with the Food Group, the food shelves we support are able to purchase staple food items at a marked reduction in price. This means that your donated dollars go farther – almost doubling the money you give to purchase much needed food items.

As the days on which the Jews got relief from their enemies, and as the month that had been turned for them from sorrow into gladness and from mourning into a holiday; that they should make them days of feasting and gladness, days for sending gifts of food to one another and gifts to the poor.

—*Esther 9:22*

Saint Mary's is open for donations during weekday business hours, Monday-Friday, 8:30 a.m.-4:30 p.m., and on Sundays, 11:00 a.m.-1:00 p.m.

St. Mary's Church Staff

Priest

Fr. George Dokos

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

Church School Director

Dena Tortorelis

Facilities Coordinator

Bob Yang

Music Director

Thespina Macres

Organist

Mark Macres

St. Mary's Parish Council

President

Dean Murdakes

Vice President

John Beauchamp

Secretary

Paul Hastings

Treasurer

Michael Rakes

Assistant Treasurer

Naira Istephanous

Members

Joseph DiGiovanni

Thomas Hainlin

William M. Hoeft

Nicholas Legeros

Dean Psychogios

Andrew Theodotou

Randy Twito

A Message from Father George

Father George Dokos, Proistamenos

“And Give Us This Day Our Superessential Bread”

Beloved brothers and sisters,

Christ is Risen!

When the Disciples of Jesus asked Him for direction on how to pray, the Lord gave them this answer: “Pray then like this: Our Father Who art in heaven...” (Matthew 6:9). And so it is for this reason that we refer to this prayer as The Lord’s Prayer – because it came directly from our Lord Jesus Christ.

Much has been written on this divine prayer, especially some beautiful commentaries and interpretations by our Holy Fathers in the faith. Allow me to share with you an explanation of the verse, “And give us this day our daily bread,” by St. Nikodemos of the Holy Mountain. But first take note that “daily bread” is a deficient and misleading translation of the original Greek, because the word used for “daily” is *epiousios*, meaning, superessential or of the essence.

St. Nikodemos gives us three levels of meaning to this phrase:

“The bread is called superessential in three ways. And so that we may understand what bread we are asking for from God when we pray, let us examine each way. First, common bread, which is food for the body, is called superessential bread. This common bread is mixed with the essence of the body in order to accentuate and fortify foods which are for the nourishment and well-being of the body. For this reason, we must only ask for the necessary food, because the Lord, condescending to our weakness, instructs that we ask only for the superessential bread, and not for that which is superfluous. Let us come before our God and Father and cast before Him all of our cares of this life, and He will take care of us.

“Second, the word of God, the truth, is the superessential bread, as the divine Scripture says: ‘Man shall not live by bread alone, but by every word that proceeds out of the mouth of God’ (Dt. 8:3; Mt. 4:4; Lk. 4:4). The word of God is all of the teaching of the

Holy Spirit, namely, all of the divine Scripture, both the Old and the New. From this Scripture all of the Holy Fathers and teachers of our Church drew as if from a spring, and who water us with the most-pure streams of their divinely inspired teaching. And we must receive their teachings and writings as superessential bread, so that our soul does not die out of hunger for the word of life before our body dies, as it happened to Adam on account of his transgressing the divine commandment. Let each one of us be fed by the word and teaching of God as much as possible, in order that our soul not suffer the most bitter and eternal death. This is the second meaning of the *epiousios* bread, which is so much more necessary than the first, inasmuch as the life of the soul is more necessary than the life of the body.

“Third, the superessential bread is the Body and Blood of the Lord, which differs as much from the word of God, as does the sun from a ray. In divine Communion, the whole God-Man Sun enters into us, and mixes with, and leavens the whole man. In Communion the Lord illumines, enlightens, and sanctifies all of the powers and senses of the soul and body of man, and refashions him from corruption to incorruption. For this reason is the divine Communion of the all-immaculate Body and Blood of our Lord Jesus Christ mainly and for an especial reason called superessential bread, for it preserves and sustains the essence of the soul, and gives it the strength to do the Master’s commandments and everything else, as our Lord says: ‘For My flesh is food indeed, and My blood is drink indeed’ (John 6:55). For this reason, as many of us as have been deemed worthy to receive the spiritual rebirth through divine Baptism have the need to frequently eat, with fervent love and a broken heart, this spiritual food, in order to live a spiritual life, and to keep ourselves unharmed from the poison of the spiritual serpent, the devil. We must not eat this spiritual bread, however, without preparation, for our God is called a consuming fire which burns. And it purifies, illumines,

—*article continues on page 4.*

Education • Fellowship • Worship

Fellowship and Study Groups

Men's Fellowship

Friday, May 1

7:00 a.m., via Zoom

E-mail Steve Wehr,

Stephen.wehr@outlook.com,

for information and to receive
an invitation to join the event.

*All other classes are canceled
until further notice.*

Koinonia

All Koinonia gatherings are
suspended for the time being. We
will keep you posted as to when
gatherings can safely resume.

Sunday Schedule

Saturday Great Vespers – 5:00 p.m.

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Weekday Schedule

Tuesday, May 5

Saint Irene

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Friday, May 8

Saint John the Theologian

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Wednesday, May 13

Mid-Pentecost

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Thursday, May 21

Saints Constantine and Helen

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Sunday, May 24

Memorial Day Weekend

Cemetery Service – 12:00 noon

Lakewood Cemetery

St. Mary's Section

Wednesday, May 27

Leave-Taking of Holy Pascha

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Thursday, May 28

Holy Ascension

Evening Divine Liturgy – 6:00 p.m.

Χριστὸς ἀνέστη! Ἀληθῶς ἀνέστη!
Khristós Anésti! Alithós Anésti!

—Fr. George's article, continued from page 3.

and sanctifies those who eat the Master's Body and who drink the immaculate Blood with a pure conscience and true confession. But Holy Communion scorches and severely damages the souls and bodies of those who commune unworthily and unconfessed. For this reason, we must frequently run to the divine Mysteries and partake of the superessential bread, which we ask from our God and Father, with fear and love."

Therefore, beloved, let us utter this verse of the Lord's Prayer with new understanding, asking God for the necessities of life, for the time and dedication to enter into His word of Holy Scripture, and above all to be made worthy to partake of that which is of the utmost essence, "the Bread of Life Who comes down from heaven" (John 6:41), the Body and Blood of our Lord, God, and Savior, Jesus Christ.

Longing to partake of the superessential bread with you once again, let us pray to Almighty God for His mercy and for the reopening of our churches so that we may together partake of the Lord's Supper.

Christ is Risen!

With love in our Risen Lord,



+Fr. George

Parish News & Events

Office Update

Parishioner Reimbursements

Due to our many and diverse activities, throughout the year a parishioner may need to purchase an item for which they will need reimbursed. We wanted to review our reimbursement procedures to ensure you receive your money on a timely basis.

Expenses are coded and submitted each Tuesday morning. If you submit an expense after 5:00 p.m. on Mondays, it will be held until the following week. Once all invoices are entered into the system, we strive to approve all bills by Thursday so the checks can be generated and mailed on Friday.

Expense checks are electronically generated and mailed directly to your home address on file in the office. These checks are valid for 90 days, so it is best to deposit your check soon after receiving the reimbursement.



Senior Citizens' Updates

Upcoming Meetings

The monthly meeting scheduled for Tuesday, May 12, has been canceled. Stay tuned for updates regarding future meetings.

Theater Outing Cancellation

Our club officers recently learned that the Artistry Theater in Bloomington has canceled their production of "Mame." This sad news means we will need to cancel our trip on Saturday, May 9. We look forward to another outing this summer or early fall.

Summer Camp Updates

In light of the current circumstances brought about by the Coronavirus, we have decided to postpone the opening of Summer Camp registration until Monday, May 4. The Summer Camp Task Force will continue to monitor the situation with the guidance of state authorities, our Metropolitan, medical staff, and the administration of St. Mary's Camp.

Following Great and Holy Pascha we will make the decision to open registration, or re-evaluate the options.

As always, the safety and health of our campers and staff is our top priority! We ask for your prayers during this time for our entire camp family, Clergy, and medical personnel.

Please visit the Summer Camp page of our St. Mary's Camp website, <https://stmaryscamp.com/summer-camp/>, or find us on Facebook at St. Mary's Camp for all the latest information regarding Summer Camp 2020.



Parish Night

Wednesday, May 20 • 6:15-8:00 p.m.

God willing, we'll be able to begin resuming some of our parish activities by mid-May. If that is the case, we will offer our monthly Parish Night on Wednesday, May 20. We start with prayer in the nave from 6:15-6:30, eat dinner from 6:30-7:00, have a lesson from 7:00-7:45 (break out into different groups: HOPE/JOY, Junior GOYA, Senior GOYA, and Adults), and wrap up from 7:45-8:00. All are welcome to attend! The theme for the May gathering is *Finding Christ through Worship*. Details regarding meeting procedures or changes to the schedule will be e-mailed and posted on our website.

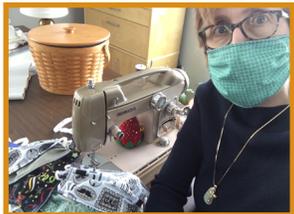


Philoptochos



Christ is Risen! Truly He is Risen! Philoptochos is optimistic to begin more in-person events in May. Here's a summary of plans as well as other good news!

Face Masks for Parishioners



At the time of this writing, the Centers for Disease Control is recommending that we all wear face masks when we go out in public. Are you in need of one? Philoptochos can help!

Here's how:

1. Contact Toni Bazakos to place your "order" 612.554.7861 or georg310@umn.edu (Leave a message if Toni doesn't pick up the phone immediately.)
2. Sofia Johnson and Ann Theodotou will coordinate the sewing and delivery of your mask(s).

In the past weeks, many Philoptochos members have been sewing face masks for themselves and others. **WE WANT TO KNOW WHO YOU ARE!** Please contact Paulette (pmg@sisyphuscafe.com, 952.564.8388) to let her know how many you made and where they went (eg. family, nursing home, non-profit, hospital). Better yet, take a selfie at your machine and send it over!

According to a WCCO Good Question interview with Dr. Jill Crittenden, MIT neuroscientist, double layered woven fabric masks are quite effective if they are worn correctly. Some tips:

DO:

- Wash your hands before putting on your mask.
- Adjust the mask to cover your both your mouth and nose.
- Use the straps to remove the mask, then wash your hands.
- Ideally, wash your mask every time you return from a venture outside, especially if you've been near other people.

DON'T:

- Touch the mask while you're wearing it.
- Put mask under your chin or cover only your mouth.

- Dangle the mask from one ear (if held by elastic ear straps) in order to talk on the phone.

Spring Finale with Special Guest

Tuesday, May 26, 6:00 p.m.

God willing, we will be able to have our annual May gathering with fellowship (hurray!), dinner, and a presentation by guest speaker Emily Broderson, daughter of Sofia Johnson, who works as a forensic nurse to help women following an assault. (These are the women Philoptochos supports with Sexual Assault Kits funded by our donation to The Assistance League.) Please mark your calendar and watch for details about this event!

Axia! Worthy! Tia Muchulas Nominated for Metropolis AGAPE Award



Every two years, Philoptochos recognizes one outstanding woman from each Metropolis plus the Direct Archdiocese District with the AGAPE Award. Each chapter can nominate an extraordinary member who has embodied the true spirit of *philanthropia*, or love of mankind, and we were delighted to nominate Tia Muchulas, who has been a member for more than 50 years. Here's an excerpt from our submission:

One definition of Agape Love is the action of goodness for the sake of others. Tia has a servants' heart, as in Matthew 6:3 "her left hand knows not what the right hand is doing." She never sounds a trumpet when she does the many charitable deeds she is always doing or promoting others to do. Rather she personifies the love for others that we strive to model in our service through Philoptochos. Tia takes the time to get to know others, seeing Christ within them and inviting them to share that love in the world. The many students blessed to have her as a schoolteacher and church school teacher are now taking that love she showed them and sharing it with the world. Her commitment to the power of what we can do when we are guided by our love of the Lord and others first, includes

...serving in a myriad of parish ministries including our Visions Ministry, Mission and Outreach, and Co-Chairing of our Koinonia faith communities just to name a few.

We live in a time when good leaders are viewed as strong, powerful, and dynamic. These are all good qualities of course, however, there is strength in a leader who possesses great humility. Tia is a humble leader who listened to her members, who built up her members. A leader who didn't ask for anything she wasn't willing to give herself. Tia walked alongside young and old, new and seasoned members, encouraging each to share their gifts and welcoming the opportunity to serve with them. Because of her humility, she was able to step aside and let others rise in glory.

All nominations will be reviewed by National Philoptochos, and winners will be announced this summer. Usually awards are presented at the Clergy-Laity/Philoptochos Conference, but because this event has been postponed for one year, presentations will be made at each Metropolis.

Coming in June...

Friday, June 5

Sitari/Memorial Wheat Workshop

Sunday, June 7

Provide FOCUS MN Free Sunday Meal

Sunday, June 14

Host Families Moving Forward Meal

TBD

Festival Baking Begins

Thank You

...to Linda Hodge, for organizing the Tandem Baby Bottle fundraiser, and to those who donated to the cause. If you still wish to support the mamas and babies of Tandem, please send a check payable to *Philoptochos*, with *Tandem* in the memo line, to the church.

...to Toni Bazakos, Sofia Johnson, and Ann Theodotou for coordinating the face mask project for the parish.

...to everyone who sewed face masks in the past weeks...whoever you are!

...to Sandra Anderson and Melpo Murdakes for beautifully writing the AGAPE Award nomination of Tia Muchulas.

...to Margie Markredes, for decorating the church throughout Lent and Holy Week, making palm crosses, and adorning Christ's tomb (kouvouklion), so we could enjoy the beauty of the Pascal season as we watched live-streamed services.

حقا قام!
المسيح قام!

al-Masīh qām! • Haqqan qām!

Mission & Outreach

Introduction to Mission Take Heart

Executive Director of Mission Take Heart, Presbytera Aida Samir, has served for 26 years as a mentor to Christian nonprofit organizations. After years of persecution, our Christian brothers and sisters in Egypt, Nigeria, Syria, and Iraq are losing their communities of faith. Mission Take Heart is a partner in development of local Christian leaders and faith communities.

What is different about Mission Take Heart? Its staff and volunteers become temporary partners (up to three years). The temporary partnership brings leadership and practice that works in the faith community. As you will read below, prayers and Christian partnerships have helped in the growth and development of regional projects in numerous countries.

Aida Samir, a co-founder, has worked in several countries including the U.S., Egypt, Kenya, and led projects in Zambia, Uganda, and Tanzania, and introduced projects in Ethiopia, Mozambique and Burundi.

Christians – Egypt, Nigeria, Syria and Iraq

by Aida Samir

“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

—John 16:33

Motivated by the love of Christ, Take Heart exists to spiritually encourage, technically equip, and financially support local leaders serving persecuted Christians around the globe. Our comprehensive vision is to see the body of Christ at peace, standing firm and with great hope.

Take Heart currently serves persecuted Christians in four countries: Iraq, Egypt, Syria, and Nigeria.

Prayer is the top request from many persecuted Christians. May we never forget our responsibility to love and support our siblings in Christ through prayer.

In Syria, children are failing to receive an education as a result of the war and Christian children



are particularly vulnerable, as many Christian schools have been closed or damaged. Pray for educational opportunities for these

children. Pray for peace for Syria.

In Iraq, there are now around 202,000 Christians, down from 1.5 million before 2003, an 87 percent reduction in one generation. Some Christians have returned to rebuild their homes, but their return is complicated by security, education, health and employment difficulties.

Pray for the rebuilding of the destroyed churches, homes and businesses and reestablishing a way of life. Pray that ISIS would not return to devastate communities. Ask for protection of the leaders, priests, pastors, and bishops.

In Egypt, persecution is chronic and widespread.

There is institutionalized racism against Christians. Christian women face an epidemic of kidnapping, rape, beatings and torture. Businesses of



Christians are burned down. There is also a reality of extreme violence for converts to Christianity.

Pray for the Christians in Egypt to have equal rights and for the government to offer greater protection. Despite the immense persecution, pray for the conversions to Christianity to continue to increase. In the impoverished communities we serve, pray for economic opportunities to arise for Christians.

Nigeria's situation among Christians is dire. According to the Council on Foreign Relations' Global Conflict Tracker, an estimated 37,500 people have died as a result of Boko Haram violence and three million people have been displaced since 2011. The actual name, Boko Haram, means “Western education

is forbidden.” The Islamic extremist group rose up to fight the influence of the West—which includes the teachings of Christianity.

Please pray for the protection and perseverance of your persecuted family in Nigeria. Pray for Christian women, your sisters, to be given the freedom to raise their children without the fear of attacks, abduction and rape. Pray for the young children who are often Boko Haram targets for kidnapping, forced labor and even suicide missions. Pray that God gives them the freedom to follow Jesus, receive an education and to experience the safety and security that so many of us have daily.

Take Heart strives to model a holistic approach of serving our persecuted siblings in Christ through three interrelated objectives:

1. We spiritually encourage every Christian to fulfill his/her role in the body of Christ.
2. We technically equip leaders to implement a sustainable development model to overcome their communities’ weaknesses and threats.
3. We financially support organizations (communities) with grants in persecuted and impoverished areas to achieve their mission.

One way we spiritually encourage persecuted Christians is by regularly visiting families in the communities we serve, reading Scripture and praying together. We also host spiritual retreats and enriching activities for children and youth.

Spiritual encouragement without practical help is not effective. As we know, “faith without works is dead” (James 2:26.) Thus, in tandem, we technically equip leaders towards implementing sustainable strategies to ease the effects of persecution. In Syria and Iraq last year, we equipped over 45 leaders through our program, Ignite Academy. This curriculum is designed for young people to equip them with the tools necessary to stay committed to Christ and His Church and to be able to lead others effectively in Kingdom work. So far we have reached 48 young adults, nine church leaders, and six church communities.

In addition to spiritually encouraging and technically equipping, we realize that financial support is necessary in order to implement certain strategies.

One example comes from Ezbet El Nassara, Egypt. Here, a candle factory was established with the financial assistance of Take Heart in 2018. Because of our donors’ generosity and thoughtfulness towards their persecuted siblings in Christ, Take Heart has been able to support 14 ladies so they can now provide for themselves and their families. Their job opportunities have helped them see the light in the midst of their darkness.

Take Heart does not stay in the communities we serve indefinitely. Instead, we are strategic about implementing sustainable projects for local leadership to continue and build on for years after we leave.

By the end of 2019, the Lord blessed us with following results:

- 23,000 people reached with spiritual messages
- 30 national leaders trained on organizational development
- 85 new generation trained to serve their communities
- 220 leaders trained on TAKE HEART development model
- 224 families benefited from income-generating activities
- 2,000 individuals and families equipped to prevent diseases and strengthened by the medical care
- 18,000 patients had been served through 4 clinics

During and after a global pandemic, it can be especially difficult to think of anything but keeping our families safe. Though there is much to weep over and pray for in our nation during these unstable times, our persecuted siblings in Christ still need our support. In March, Take Heart distributed hygiene supplies to the communities we serve in Iraq, Egypt, Syria, and Nigeria. We continue to serve in all four countries and need assistance to continue this work.

We are so grateful for our prayer partners, volunteers, and financial supporters. Here are a few ways you can get involved:

1. Give at missiontakeheart.org/give
2. Join our prayer team at missiontakeheart.org/prayer
3. Become a Take Heart volunteer at missiontakeheart.org/volunteer

Stewardship

by *Diakonissa Alexandria Kalina*

Beloved St. Mary's Family,

Christ is Risen! Truly He is Risen!

Our journey through Lent and Pascha was indeed a very different experience this year. The idea of "carrying our cross" was experienced by all of us in ways we likely never imagined, and perhaps, more than ever, we were able to relate to Christ's walk to his crucifixion, beaten and bleeding with thorns on his head.

For a vibrant, loving, close-knit and engaged community such as ours, the physical separation during this Holy season has been very painful. Yet the Daily Vitamins from the clergy, the live-streamed services with the beautiful hymns sung by our chanters, the Light A Candle program along with virtual connection for the youth groups and for Church School have sustained us. We learned how to create a "home church", we learned how to elevate our spiritual life by reading, praying—and now worshipping—in our own homes, alone, or with our immediate family. We learned that God is everywhere, and God is with us. And, we learned how much we love and miss our St. Mary's "home" and family.

There have been a lot of memes on social media during this time, a recent one depicted the devil talking to God:

Smiling devil: With Covid-19, I closed your churches!

Jubilant God: On the contrary, I just opened one in every home!

If you are able to continue paying your stewardship to St. Mary's during this time, we would be most grateful. You may pay on-line or send your check to the church. We are still at work in the office, in the altar and from home, for our parishioners, and we still have bills to pay. If you have come upon financial hardship, please tend to your immediate needs first, and offer to God what you

can. For those who have been blessed with no hardship during this time, please prayerfully consider offering a bit more to the church.

We pray that, during this time of uncertainty, confusion, and isolation, you have grown your "home church" and made it a peace-filled, vibrant and welcoming space, much like St. Mary's.

We pray for all of you, that you may keep up your spirituality, your health, and your humor—until we meet again!

With much love in Christ,

The Stewardship Committee

2020 Stewardship Update

Thank you for your on-going support of St. Mary's through your gifts of time, talent and treasure.

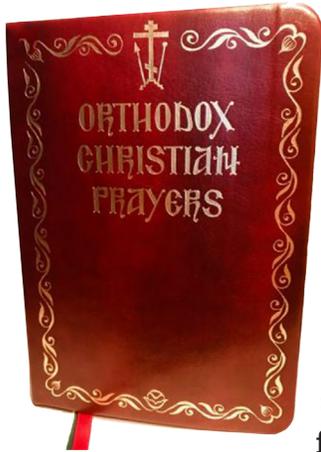
- The budgeted goal for 2020 Financial Stewardship giving is \$1,069,426.
- As of April 13, 2020, \$224,537 in Stewardship contributions have been received.
- Remaining funds needed by year-end is \$844,880.

Offering Income as of 04/13/20	2020 YTD Actual	2020 Annual Budget	Remaining Funds Needed by Year-End
Total Payments Received	\$224,537	\$1,069,426	\$844,889



In the Bookstore

by Rebecca Myerly



There is a good selection of Orthodox Christian prayer books in the bookstore. All of them are treasures while each has its own character and emphasis. At this time, *Orthodox Christian Prayers* stands out because of its special relevance as a gift for graduates and for all of us

now. If one had this prayer book and *The Orthodox Study Bible* for the liturgical Scripture readings, one could follow and participate in the liturgical year with just these two resources. Therefore, *Orthodox Christian Prayers* would be a great gift for any graduate.

We have all been learning, during the pandemic the world is going through, that it is a blessing to be able to pray with the Church wherever one is and in whatever circumstances—anywhere and always. This prayer book makes that possible by containing the Menologion (list of Saints commemorated each day) and the Troparia and Kontakia of the Church year. It also includes the prayers for Holy Communion, the Canon and Stichera for the Crucifixion of Our Lord and the Lamentations of the Theotokos, the Canon and Stichera of Pascha, and the Paschal Hours.

In addition to being a great resource for praying liturgically, *Orthodox Christian Prayers* is replete with personal prayers, beginning with a preface that is an invitation to prayer and a life in prayer. Some short prayer rules are offered along with a grace-filled chapter titled, “The Jesus Prayer and Other Short Prayers.” There is a large selection of daily prayers and prayers for various needs and occasions. Of particular note is the inclusion of three beloved Akathists—“Akathist to Our Sweetest Lord Jesus,” “The Akathist ‘Glory to God for All Things,’” and the “Akathist to the Theotokos.” These are followed by three canons—the “Canon of Repentance,” “The

Small Supplicatory Canon to the Theotokos,” and “Canon to the Guardian Angel.”

In the preface he wrote for this book, Archimandrite Sergius, Abbot of St. Tikhon’s Monastery, explains:

The prayers of the Orthodox Church help us learn how to speak to God...They reveal to us the disposition of heart and the height of sanctity which we must internalize and make our own. They act as icon and window, giving us a vision of the Communion of Saints, for, by using the prayers composed by the saints and by their disciples, we slowly bring our lives into harmony with theirs. (ix)

Orthodox Christian Prayers was published by St. Tikhon’s Press in 2019. Based upon a previous prayer book published by St. Tikhon’s, this edition has been revised and updated. It is a very high quality book designed for long use, complete with an imitation leather cover, sewn binding, and ribbon bookmarks. It measures only 4½” by 6¼”, but the print is large enough for comfortable reading. There are several copies available in the bookstore, but it is out of stock at St. Tikhon’s Press due to the great demand—and need—for this prayer book. They have ordered more copies printed, but because they are printed overseas, and with the world as it is currently, they do not know when they will receive the shipment. If you would like to reserve one of the copies currently in stock in the bookstore, please email: r.p.myerly@gmail.com. The price is \$20.

Христóсъ воскресе!
Воистину воскресе!
Christos voskrese!
Voistinu voskrese!

Children & Youth

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.

HOPE and JOY

Kindergarten-Grade 2 and Grades 3-5

- ▶ Tuesday, May 5: 4:00 p.m.
Storytime with Jon and Dena.
Watch your emails for the Zoom link!
- ▶ Tuesday, May 12: 4:00 p.m.
Storytime with Jon and Dena.
Watch your emails for the Zoom link!
- ▶ Wednesday, May 20, 6:15-8:00 p.m.
HOPE and JOY at Parish Night
We start with prayer in the nave from 6:15-6:30
Eat dinner from 6:30-7:00
Lesson from 7:00-7:45 (break out into different groups: HOPE/JOY, Junior GOYA, Senior GOYA, and Adults),
Wrap up from 7:45-8:00
All are welcome to attend! The theme for the night is *Finding Christ through Worship*.
- ▶ Tuesday, May 26: 4:00 p.m.
Storytime with Jon and Dena.
Watch your emails for the Zoom link!

Junior GOYA

Grades 6-8

- ▶ Thursday, May 7: 4:00-5:00 p.m.
Junior GOYA on Zoom.
Watch your emails for the Zoom link!
- ▶ Thursday, May 14: 4:00-5:00 p.m.
Junior GOYA on Zoom.
Watch your emails for the Zoom link!
- ▶ Wednesday, May 20, 6:15-8:00 p.m.
Junior GOYA at Parish Night
We start with prayer in the nave from 6:15-6:30
Eat dinner from 6:30-7:00
Lesson from 7:00-7:45 (break out into different groups: HOPE/JOY, Junior GOYA, Senior GOYA, and Adults),
Wrap up from 7:45-8:00
All are welcome to attend! The theme for the night is *Finding Christ through Worship*.

- ▶ Thursday, May 28: 4:00-5:00 p.m.
Junior GOYA on Zoom.
Watch your emails for the Zoom link!

Senior GOYA

Grades 9-12

- ▶ Wednesday, May 6: 7:00-8:00 p.m.
Senior GOYA on Zoom.
Watch your emails for the Zoom link!
- ▶ Wednesday, May 13: 7:00-8:00 p.m.
Senior GOYA on Zoom.
Watch your emails for the Zoom link!
- ▶ Wednesday, May 20, 6:15-8:00 p.m.
Senior GOYA at Parish Night
We start with prayer in the nave from 6:15-6:30
Eat dinner from 6:30-7:00
Lesson from 7:00-7:45 (break out into different groups: HOPE/JOY, Junior GOYA, Senior GOYA, and Adults),
Wrap up from 7:45-8:00
All are welcome to attend! The theme for the night is *Finding Christ through Worship*.
- ▶ Wednesday, May 27: 7:00-8:00 p.m.
Senior GOYA on Zoom.
Watch your emails for the Zoom link!

Greek Dance Schedule

Ages 5-18

Please contact Tessie Bourdamis at tbourdamis@comcast.net to register youth for the Greek dance program as we get ready for the Festival!
Practice dates are:

- Mondays from 6:00-8:00 p.m.
June 29, July 13, 20, 27, and August 17
in the Great Hall/Terrace Room
- Sundays from 11:45 a.m.-12:45 p.m.
August 2, 16, and 23 in the Great Hall/Lecture Room
- Wednesday, September 9 in the Great Hall
(Final rehearsal before the Festival)

March Recap

At the beginning of March, the Senior GOYAnS hosted the first Lenten meal as a fundraiser for the Junior Olympics. Unfortunately, the Junior Olympics this year was canceled, but the money they fundraised will go to our Junior Olympics trip next year.

The Junior GOYAnS had their first Lenten mini-meeting on March 11 where we discussed different questions that kids may be asked in school from their peers about Orthodoxy and how they should go about answering them. These have been fruitful discussions and the kids are continuing to cultivate their relationship with Christ through these discussions.

With the restrictions that began at the end of March due to COVID-19, we had to find alternative ways to reach the youth. We decided to begin Zoom meetings with the HOPE/JOY, Junior GOYA and Senior GOYA groups. We also decided to create group chats with each group, so the kids have a way of

connecting with one another. There are many ways we can continue to grow our faith during these difficult times and rely on God. Whether it be actively participating in online services, or viewing the resources that Y2AM has provided (<https://www.y2am.org/athome>). If you would like more resources or information about our virtual meetings for your children, please email Jon@stmarysgoc.org.

Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. We have a new 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.



Follow the GOYAnS on Instagram: **St_Marys_GOYA**

Christos a inuiat! • Adeverat a inuiat!

Vacation Church School



Put on the Full Armor of God

VCS will not be held in June...Watch for new date!

*Calling all good, able-bodied Christian soldiers!
We need YOU for a week-long training program.
You will learn skills and gain knowledge necessary
to fight for our Lord!*

*VCS is for kids three-years old (toilet trained)
to grade six in the fall.*

Registration will resume when the new date is determined.

Saint Mary's Greek Orthodox Church
3450 Irving Avenue South
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Christ is risen from the dead,
trampling down death by death,
and upon those in the tombs, bestowing life!

**St. Mary's
Greek Orthodox Church**

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