

SAINT MARY'S  
GREEK ORTHODOX CHURCH

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✠ THE DIVINE LITURGY ✠

*The Weekend of March 20/21, 2021*

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***Saturday, March 20, 2021***

***Commemoration:*** Third Saturday of Souls; First Saturday of Lent: The Commemoration of the Miracle of Kollyva wrought by Saint Theodore the Tyro; Righteous Fathers slain at the Monastery of St. Savas; Cuthbert the Wonderworker, Bishop of Lindisfarne; Myron the New Martyr of Crete; Photini the Samaritan Woman.

***Variable Hymns and Readings in the Liturgy***

***At the Second Antiphon***

Save us, O Son of God, who are wondrous among your saints, save us who sing to you: Alleluia!

***At the Small Entrance***

***Hymn of Saint Theodore the Tyro, Second Tone***

Magnificent are the accomplishments of faith! The holy Martyr Theodore greatly rejoiced as he stood in the fountain of fire as if beside the still waters. He was consumed by fire and offered like sweet bread to the Trinity. At his entreaties, O Christ God, save our souls.

***Entrance Hymn, Second Tone***

Come, let us worship and bow down before Christ. Save us, O Son of God, who are wondrous among your saints, save us who sing to you: Alleluia!

*Repeat the Hymn for the Day, above.*

***Hymn of the Dormition of the Theotokos, First 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 Day, Second Tone**

O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

**Epistle**..... *II Timothy 2:1-10*

Timothy, my son, be strong in the grace that is in Christ Jesus, and what you have heard from me before many witnesses entrust to faithful men who will be able to teach others also. Share in suffering as a good soldier of Christ Jesus. No soldier on service gets entangled in civilian pursuits, since his aim is to satisfy the one who enlisted him. An athlete is not crowned unless he competes according to the rules. It is the hardworking farmer who ought to have the first share of the crops. Think over what I say, for the Lord will grant you understanding in everything.

Remember Jesus Christ, risen from the dead, descended from David, as preached in my gospel, the gospel for which I am suffering and wearing fetters like a criminal. But the word of God is not fettered. Therefore I endure everything for the sake of the elect, that they also may obtain salvation in Christ Jesus with its eternal glory.

**Gospel**..... *Mark 2:23 – 3:5*

At that time, Jesus was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. And the Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” And he said to them, “The sabbath was made for man, not man for the sabbath; so the Son of man is lord even of the sabbath.”

Again he entered the synagogue, and a man was there who had a withered hand. And they watched him, to see whether he would heal him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, “Come here.” And he said to them, “Is it lawful on the sabbath to do good or to do harm, to save life or to kill?” But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “Stretch it out,” and his hand was restored.

*The Communion Prayers are found on page 4 of this leaflet or inside the front cover of the hymnal.*

**Communion Hymn**

The righteous will be remembered for ever. Alleluia.

**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.*



**Chrismation**

Kalju (Christopher) Kubits, March 20, 2021

## 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.

## ***Sunday, March 21, 2021***

***Commemoration:*** The restoration of the holy and sacred Icons, which occurred during the reign of the ever-memorable Emperors of Constantinople Michael and his mother Theodora, while Methodios the confessor was Patriarch (843); James the Confessor; Thomas I, Patriarch of Constantinople; Philemon and Domninos.

*Morning Gospel: Eighth*

*Tone: Plagal Fourth*

### ***Variable Hymns and Readings in the Liturgy 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 the Sunday of Orthodoxy, Second Tone***

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.

#### ***Entrance Hymn***

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 Fourth Tone***

From on high you descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to you, O Lord.

*Repeat the Hymn of the Sunday of Orthodoxy, above.*

#### ***Hymn of the Dormition of the Theotokos, First 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 Fourth Tone***

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***

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth.

And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

### ***Gospel..... John 1:43-51***

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you

believe? You shall see greater things than these.” And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

***Megalynarion, instead of “It is truly meet”***

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!

***The Communion Prayers are found on page 4 of this leaflet or inside the front cover of the hymnal.***

***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.*

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Prayer List ***Please remember the sick, the suffering, and those in need, especially:*** The family of Cleo Zarifis; Those suffering from COVID-19 and those who care for them; 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; Lukas, Presvytera Tulla Poteres, Nancy and Tim, Tom, Olga, Peter, Kristina, Armour family, Cora and family, Lamona, Bo, Tom Grund, Lynn, Deb, Sarah, Maia, Jeanette, Travis, Kassie, Tahnlee, Lois, Kalli, Alex, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Carole, Rifka, Pat, Nancy, Dave, Pam Katie, Bri, Gilbert, George P., Barbara, Thespina, Danielle, Jenny, John L., Steven E., Samir and Samira, Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Phil, Karen, Phil, Marnie and family; Joyce, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Dina, Landon, Luke, Aemiliane, Doria, Mike, Stephanie, Tyler, Ben, Brittany, Amy, Shinia, Chelsea, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Slibe, Saleh & Deanna, Kristine, Toni, Gina, Julie, R.J., Allie, Elena, Speranta, Alexander, Stephanie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Alki, Elizabeth, Jaxon, Olle, Judi, Bodil, Ole, and others known to you.

# The Procession of the Holy Icons

*Preceded by altar boys holding icons and the censer, the Priest exits from the Sanctuary with the holy Cross. A procession is made round the interior of the church in four stations. At each station, prayers are said and the Apolytikion of the Feast is sung.*

*People:* We venerate your most pure image, O Good One, and ask forgiveness of our transgressions, O Christ our God. Of your goodwill you were pleased to ascend upon the cross and deliver your creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to you: you have filled all things with joy, O our Savior. For you did come to save the world.

*At the north side, prayers are said for the living.*

*Deacon:* Have mercy upon us, O God, according to Your great mercy, we pray to You, hear us and have mercy.

*People:* Lord, have mercy (3 times).

*Deacon:* Again we pray for all faithful and Orthodox Christians.

*People:* Lord, have mercy (3 times).

*Deacon:* Again we pray for our Archbishop (*Name*) and our Bishop (*Name*) and for all our brothers and sisters in Christ.

*People:* Lord, have mercy (3 times).

*Priest:* For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*People:* Amen.

*The people repeat the Apolytikion:*

We venerate your most pure image, O Good One, and ask forgiveness of our transgressions, O Christ our God. Of your goodwill you were pleased to ascend upon the cross and deliver your creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to you: you have filled all things with joy, O our Savior. For you did come to save the world.



*At the west side, prayers are said for the dead: pious emperors, Orthodox patriarchs, hierarchs, . . .*

*Deacon:* Have mercy upon us, O God, according to Your great mercy, we pray to You, hear us and have mercy.

*People:* Lord, have mercy (3 times).

*Deacon:* Again we pray for the blessed memory and eternal repose of Your departed servants: emperors, patriarchs, hierarchs, priest, hieromonks, deacons, monks, and all our departed faithful and Orthodox Christians everywhere in the world: fathers, forefathers, grandparents, great-grandparents, parents, brothers, sisters, and relatives.

*People:* May their memory be eternal (3 times).

*Priest:* For You are the resurrection, the life and the repose of Your departed servants, Christ our God, and to You we give glory, with Your eternal Father and Your all holy, good and life giving Spirit, now and forever and to the ages of ages.

*People:* Amen.

*The Apolytikion is repeated.*

We venerate your most pure image, O Good One, and ask forgiveness of our transgressions, O Christ our God. Of your goodwill you were pleased to ascend upon the cross and deliver your creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to you: you have filled all things with joy, O our Savior. For you did come to save the world.

*At the south side, prayers are said for the living.*

*Deacon:* Have mercy on us, O God, according to Your steadfast love; we pray to You, hear us and have mercy.

*People:* Lord, have mercy (3 times).

*Deacon:* Again we pray for all faithful and Orthodox Christians.

*People:* Lord, have mercy (3 times).

*Deacon:* Again we pray for our Archbishop (*Name*) and our Bishop (*Name*) and for all brothers and sisters in Christ.

*People:* Lord, have mercy (3 times).

*Priest:* For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*People:* Amen.

*The Apolytikion is repeated.*

We venerate your most pure image, O Good One, and ask forgiveness of our transgressions, O Christ our God. Of your goodwill you were pleased to ascend upon the cross and deliver your creatures from bondage to the enemy. Therefore with thankfulness we cry aloud to you: you have filled all things with joy, O our Savior. For you did come to save the world.

*At the east side, prayers are said for the living.*

*Deacon:* Have mercy on us, O God, according to Your great mercy; we pray to You, hear us and have mercy.

*People:* Lord, have mercy (3 times).

*Deacon:* Again we pray for the protection of this holy church, this city and every city and town, from wrath, famine, pestilence, earthquake, flood, fire, sword, foreign invasions, civil strife, and accidental death. That our good and loving God may be merciful, gracious, and favorable to us, that he may turn and keep from us all wrath and sickness, and deliver us from His just rebuke, and have mercy on us.

*People:* Lord, have mercy (3 times).

*Priest:* Hear us, O God our Savior, the hope of all those who live everywhere on earth and those far out at sea. Be gracious toward our sins, Master, and have mercy on us.

*People:* Lord, have mercy (3 times).

*Priest:* For You are a merciful and loving God, and to You we give glory, to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages.

*People:* Amen.

*Here the Priest reads the following passages from the Synodikon of the Seventh Ecumenical Council.*

*People:* As the prophets beheld, as the apostles have taught, as the Church has received, as the teachers have declared, as the world has agreed, as grace has shown forth, as truth has been revealed, as falsehood has been dispelled, as wisdom has become manifest, as Christ awarded; thus we declare; thus we affirm; thus we proclaim Christ our true God, and honor His saints in words, writings, thoughts, sacrifices, churches, and holy icons; on the one hand, worshiping and reverencing Christ as God and Lord, and on the other, honoring the saints as true servants of the same Lord of all, and offering them proper veneration. This is the faith of the apostles. This is the faith of the fathers. This is the faith of the Orthodox. This is the faith on which the world is established. Therefore, with fraternal and filial love we praise the heralds of the faith, those who with glory and honor have struggled for the faith, and we say: to the champions of Orthodoxy, faithful emperors, most-holy patriarchs, hierarchs, teachers, martyrs, and confessors: May your memory be eternal.

*People:* May their memory be eternal (3 times).

*People:* Let us beseech God that we may be instructed and strengthened by the trials and struggles of these saints, which they endured for the faith even unto death, and by their teachings, entreating that we may to the end imitate their godly life. May we be deemed worthy of obtaining our requests through the mercy and grace of the Great and First Hierarchy, Christ our God, through the intercessions of our glorious Lady, the Theotokos and ever-virgin Mary, the divine angels and all the Saints. Amen.

*People:* Who is so great a God as our God? You are the God who alone works wonders (3 times).

# Calendar of the Week

## ***Sunday, March 21***

10:45 a.m. – HOPE/JOY Activity in the Great Hall

**1:00 p.m.** – Pan-Orthodox Lenten Vespers (Live-stream only)

*Hosted by St. Mary's Orthodox Cathedral*

## ***Monday, March 22***

6:00 p.m. – Great Compline (*Registration not requested*)

7:00 p.m. – Virtual Bible Study on Zoom

## ***Tuesday, March 23***

7:00 p.m. – Philoptochos Meeting

## ***Wednesday, March 24: Eve of Annunciation***

4:00 p.m. – Holy Confession

**6:00 p.m.** – Great Vespers

6:45 p.m. – Junior GOYA in the Great Hall

7:00 p.m. – Holy Confession: Grades 11 and 12

## ***Thursday, March 25: The Annunciation***

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy

*(Registration not requested)*

6:30 p.m. – Stewardship Committee

## ***Friday, March 26***

4:00 p.m. – Holy Confession

6:00 p.m. – Salutations to the Theotokos (*Registration not requested*)

## ***Saturday, March 27***

9:00 a.m. – Orthros; 10:00 a.m. – Divine Liturgy

*(Registration requested)*

5:00 p.m. – Great Vespers (*Registration not requested*)

## ***Sunday, March 28: Saint Gregory Palamas***

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy

*(Registration requested)*

4:00 p.m. – Pan-Orthodox Lenten Vespers (Live-stream only)

*Hosted by St. George Greek Orthodox Church*

# Lenten Worship Schedule

## ***Mondays in Great Lent***

Great Compline – 6:00 p.m. (*Registration not requested*)

## ***Wednesdays in Great Lent***

Liturgy of the Presanctified Gifts – 5:45 p.m. (*Registration requested*)  
(*Great Vespers will be offered on Wednesday, March 24 at 6:00 p.m.*)

## ***Fridays in Great Lent***

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

(*Registration not requested*)

(*Liturgy of the Presanctified Gifts will be offered on Friday, April 23*)

## **Pan-Orthodox Lenten Vespers**

***Sundays during Great Lent, 4:00 p.m.***

Due to the ongoing pandemic and restrictions on in-person gatherings, attendance will be limited at all host churches. The services will be live-streamed. Viewing and possible attendance information will be posted on our website ([stmarysgoc.org](http://stmarysgoc.org)) and in Fr. George's weekly update e-mail on Fridays.

### ***Sunday, March 21: Sunday of Orthodoxy***

St. Mary Orthodox Cathedral (***1:00 p.m. live-stream only***)

1701 Fifth Street NE, Minneapolis

### ***Sunday, March 28: Saint Gregory Palamas***

St. George Greek Orthodox Church

1111 Summit Avenue, St. Paul

### ***Sunday, April 4: Sunday of the Holy Cross***

St. George Antiochian Orthodox Church

1250 Oakdale Avenue, West St Paul

### ***Sunday, April 11: Saint John Climacus***

St. Mary's Greek Orthodox Church

3450 Irving Avenue South, Minneapolis

### ***Sunday, April 18: Saint Mary of Egypt***

Twelve Holy Apostles Greek Orthodox Church

632 East Second Street, Duluth

### ***Sunday, April 25: Palm Sunday – Bridegroom Matins***

St. Herman's Orthodox Church

5355 - 38th Avenue South, Minneapolis

## Lenten Vespers Schedule Change

This Sunday's Pan-Orthodox Lenten Vespers will begin at **1:00 p.m.** on <https://youtu.be/9PmxEYF6qXA> due to the funeral visitation for Fr. Vladimir Lecko at St. Mary's Cathedral occurring later in the afternoon. For many years Fr. Vladimir was second priest at the Cathedral and was much beloved by all. May his memory be eternal.

The Vespers service will be available on the Cathedral's YouTube page for later viewing.

## YAL Q&A Session

~ *Sunday afternoon* ~

The Twin Cities YAL will begin Great Lent with a virtual Q&A session this afternoon, 1:30-3:30 p.m. with Fr. Ben Tucci and Fr. Jason Houck. Details are on our church website.

## Weekly Lenten Offerings

Again this year our special Lenten activities need to be suspended or limited. As a result, many of the organizations we contribute to through the offerings received at the meals following our Wednesday services will miss out on needed support. We have made the decision to receive an offering each week in support of a variety of worthy charities. This week we will be collecting for **Simpson House**. A special link for online giving can be found on our website if you are unable to be with us at our Lenten service. Please make checks payable to *St. Mary's*.

March 22-26: Simpson House

March 29-April 2: International Orthodox Christian Charities (IOCC)

April 5-9: Healing House

April 12-16: Coptic Orphans

April 19-23: Philoxenia House in Rochester

## **Philoptochos Membership Drive Happening Now!**

Have you joined us yet? We're wrapping up the annual Philoptochos Membership Drive officially at the end of the month. Please consider joining with a donation in any amount, knowing the first \$22 goes to Metropolis and National Philoptochos. Pick up info and drop off your form and "dues" at the high top table in the Narthex, join through the *Give Now* button at [stmarysgoc.org](http://stmarysgoc.org) (please indicate that it's for Philoptochos), or use the mailing envelope sent to all women of the parish.

## **Fresh Fillo Sale Ends This Weekend**

Get ready for your spring and summer baking! Place your order for fresh fillo through tomorrow, March 21:

- Order online via Square: <https://checkout.square.site/merchant/MLG8SFHNM7VMC/checkout/J25PQ5FW2BX4H7LCZGSKWN2E> (a link is also found on our church website.)
- Order via email to Andrea Tiggas ([adtiggas@msn.com](mailto:adtiggas@msn.com)) with your name, phone number, and number of pounds requested. (If you don't have email, call Andrea at 612.239.1522.) YOU MUST MAIL A CHECK (\$5/pound, payable to Philoptochos with *Fillo* in memo) to Andrea to complete your order -- 6128 Ryan Avenue, Edina 55424.

Fillo orders will be available for pick up from church after both weekend liturgies on April 3-4 and April 10-11, from the exterior door of the classroom that's between the flagpole and main south parking lot door.

## **Philoptochos Zoom Meeting This Tuesday, March 23**

Please join us this Tuesday for 6:45 p.m. social and 7:00 p.m. Philoptochos Zoom Meeting. We'll be talking about Lenten and Holy Week activities, and would love to see you there as this is our last gathering until May. Here's how to join the Zoom Meeting (ID: 873 3075 4025):

- Join with Video: <https://us02web.zoom.us/j/87330754025>
- Join by Audio via Phone: 1.312.626.6799

## **Women's Book Club**

The Women's Book Club book is reading *Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life* by Vassilios Papavassiliou. The book can be purchased in the church office for \$19. Please make checks payable to St. Mary's Bookstore. Discussion will be on Tuesday, April 6.

## **Meal at FOCUS Minnesota**

*Sunday, April 18*

Philoptochos is preparing another meal for clients of FOCUS Minnesota. As we did in 2020, we are asking volunteers to make a portion of a meatloaf dinner in their home, then bring it to the church on the afternoon of April 18 for delivery to FOCUS Minnesota. To volunteer to help, go to the Sign-Up Genius invitation (<https://www.signupgenius.com/go/5080C49A8A722AAF85-dinner1>) or contact chair Carol Smith, 952.210.8618 or [smithzcl@gmail.com](mailto:smithzcl@gmail.com).

## **Socks and Underwear Collection for FOCUS Minnesota**

Philoptochos is contributing to the church's Lenten Collection for FOCUS Minnesota. Please bring donations of socks and underwear to the collection station by the Sunday School hallway door. Items for men, women and children are welcome, with a real need for boys briefs or boxers (sizes 4, 6, 8) and women's briefs (sizes 6, 7, 8). *Thank you!*

## **Baby Bottle Bank Fundraiser**

*Through Palm Sunday*

Philoptochos has long supported TANDEM, an organization that focuses on generational poverty and single motherhood during pregnancy and beyond. Parishioners are invited to pick up a Baby Bottle Bank from the Narthex and fill it with coins, dollars, and checks to help *mamas and littles* purchase many supplies needed in adverse circumstances. If you prefer to simply make a donation, give online using the GIVE NOW button at [stmarysgoc.org](http://stmarysgoc.org) (indicate it's for Tandem) or send a check to church payable to *Philoptochos* with *TANDEM* on the memo line. **Our goal: \$500.** Thank you!



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

*Canned meats (e.g. tuna, chicken)*

*March's recipient is FOCUS House.*

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



## From the Fathers...on Fasting

The essence and power of abstinence is not the refraining from food, but in expelling from the heart every remembrance of evil and other such things.

That is true fasting, and what—above all else—the Lord demands.

—*Saint Leo of Optina*

### Daily Bible Readings

#### *Monday, March 22*

Isaiah 4:2-5:7 • Genesis 3:21-4:7 • Proverbs 3:34-4:22

#### *Tuesday, March 23*

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

#### *Wednesday, March 24*

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

#### *Thursday, March 25*

##### *Annunciation*

Hebrews 2:11-18 • Luke 1:24-38

#### *Friday, March 26*

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

#### *Saturday, March 27*

Hebrews 3:12-16 • Mark 1:35-44

#### *Sunday, March 28*

##### *Saint Gregory Palamas*

Hebrews 1:10 – 2:3 • Mark 2:1-12

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

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