

# The Messenger

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

## May 2021

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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

***"Search the scriptures, for they speak about Me."***

John 5:39

There is a rich tradition in our Church that, on Holy and Great Saturday, the day that catechumens are baptized into the new life in Christ, 15 Old Testament prophecies are read in the morning Vespertal Liturgy. These are the readings in order: Genesis 1:1-13; Isaiah 60:1-16; Exodus 12:1-11; Jonah 1:1-4:11 (that's the whole book!); Joshua 5:10-15; Exodus 13:20-15:19; Zephaniah 3:8-15; 3 Kingdoms 17:8-24; Isaiah 61:10-62:5; Genesis 22:1-18; Isaiah 61:1-10; 4 Kingdoms 4:8-37; Isaiah 63:11-64:5; Jeremiah 38:31-34; Daniel 3:1-23 and The Song of the Three Youths 1-33. However, in parish practice, unfortunately only three of these are read (the first, fourth, and fifteenth).

Why these 15 prophecies? What do they share in common? They all point to the passion and resurrection of Jesus Christ. They all speak of the good news to come with the coming in the flesh of the Son of God, the good news that "the last enemy" (1 Corinthians 15:26), death, has been annihilated. And they are also replete with baptismal imagery.

Let's take a brisk walk through these readings and highlight only some of their very significant points, for there are many.

We see in Genesis 1:11-13 that life first came to exist on "the third day," an early intimation of the third day resurrection of Christ from the dead, when "life sprang from the tomb." Isaiah 60:1 speaks of the light of the resurrection shining upon the Church when the prophet says, "Shine, shine, O Jerusalem, for the glory of the Lord is risen upon you." The Passover event found in Exodus 12 is a symbol of our sacrificed Passover Lamb, Jesus Christ, "our Pascha" (1 Corinthians 5:7), by whose blood death passes over us. Our Lord Himself refers to Jonah as a prefigurement of His own death and resurrection when He says, "As Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth" (Matthew 12:40). The Book of Joshua speaks of the people of Israel in the Promised Land keeping the Passover as prescribed by the Lord, but also partaking of "the new wheat of the land," which points to the new food of the Kingdom of God, which is the Body of Christ. Exodus 14 relates the famous story when Israel crossed the Red Sea on dry ground. On the one side Moses parted the sea with a vertical stroke of his wooden staff, and on the other he brought it back together with a horizontal stroke, that is, by the sign of the Cross the people of God passed over the Red Sea from bondage to freedom and their adversaries were drowned in the waters. The Prophet Zephaniah relates to us these words of the Lord: "Wait for Me until the day of My resurrection as a testimony." In 3 Kingdoms 8 the wonderworking Elias encounters a widow whose son dies. Prefiguring the power of Jesus' resurrection, the text reads: "Then Elias stretched himself out on the child three times, and called on the Lord." Then the

—article continues on page 4.

# Our Life Together

## Birth

*Katherine Grace*

Parents: Andrew & Kristi Gatchell  
March 1, 2021

## Chrismation

*Kalju (Christopher) Kubits*

March 20, 2021

## Deaths

*Cleo Zarifis*

March 15, 2021

*John Leckas*

April 7, 2021

*May their memories be eternal.*



## Memorial Prayers

**Saturday, May 15**

Fr. Anthony Coniaris (1 year)

**Sunday, May 16**

Fr. Anthony Coniaris (1 year)

**Sunday, May 23**

John & Vasilike Canelake (5 years)

## Our Sympathy

We extend our sympathy to **Sean & Elena Gabor and family** on the passing of Sean's mother, Carolyn Gabor, on March 20, 2021.

We extend our sympathy to the family of **Jim Konstantelos**, husband of Diane Manolis Konstantelos, who passed away on April 5, 2021, in Chicago.

Saint Mary's friend, **Dolly Hickman**, passed away April 7, 2021, at the Jones Harrison Residence. A memorial service will be held at a later date.

## Congratulations!

Congratulations to **John Moe** who received his MBA from the University of Florida in December 2020.  
Go Gators!

Congratulations to **Joan Spell** who celebrated her 103<sup>rd</sup> birthday on March 25! *May God grant her many years!*

## Share YourShelf

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

**Sunday, May 2**

Canned fruit and vegetables

**Sunday, May 9**

Cereals (hot and cold)

**Sunday, May 16**

Canned meals (large cans)  
(e.g. chili; pork and beans)

**Sunday, May 23**

Hygiene items

**Sunday, May 30**

Coffee and tea

"When we give cheerfully and accept gratefully, everyone is blessed."

—Maya Angelou



*Christ is risen from the dead,  
trampling down death by death,  
and upon those in the tombs,  
bestowing life!*

—*Apolitikion of PASCHA,  
Plagal First Tone*

## 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**

Naira Istephanous

**Vice President**

William M. Hoelt

**Secretary**

Paul Hastings

**Treasurer**

Thomas Hainlin

**Assistant Treasurer**

Michael Rakes

**Members**

John Beauchamp

Daniel Buss

Ina Dunham

Nicholas Legeros

Dean Psychogios

Maria Smith

Andrew Twito

# Education • Fellowship • Worship

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## Weekend Schedule

### **Saturday**

Orthros – 9:00 a.m.  
Divine Liturgy – 10:00 a.m.  
Great Vespers – 5:00 p.m.

### **Sunday (live-streamed)**

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

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## Fellowship and Study Groups

### **Men's Fellowship**

Friday, May 14

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7:00 a.m., Lecture Room and Zoom

Friday, May 21

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7:00 a.m., Zoom only

### **Virtual Bible Study**

Each Monday evening,  
7:00 p.m., on Zoom  
No study on April 26 and May 3.

**All other gatherings are cancelled until further notice.**

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## Koinonia

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

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## Senior Citizens

Senior Citizens' Club meetings are suspended for the time being. We will keep you posted as to when gatherings can safely resume.

## Holy Week, Pascha, and Beyond

### **Saturday, April 24: Saturday of Lazarus**

8:30 a.m. - Orthros; 9:30 a.m. - Divine Liturgy  
Family Service Day follows the Liturgy  
5:00 p.m. - Great Vespers

### **Sunday, April 25: Palm Sunday**

8:30 a.m. - Orthros; 9:30 a.m. - Divine Liturgy  
7:00 p.m. - Bridegroom Matins

### **Monday, April 26: Holy Monday**

9:30 a.m. - Liturgy of the Presanctified Gifts  
7:00 p.m. - Bridegroom Matins

### **Tuesday, April 27: Holy Tuesday**

9:30 a.m. - Liturgy of the Presanctified Gifts  
7:00 p.m. - Bridegroom Matins

### **Wednesday, April 28: Holy Wednesday**

9:30 a.m. - Liturgy of the Presanctified Gifts  
4:00 p.m. - Service of Holy Unction  
7:00 p.m. - Orthros of the Last Supper with Holy Unction

### **Thursday, April 29: Holy Thursday**

9:30 a.m. - Divine Liturgy of the Last Supper  
7:00 p.m. - Service of Holy Passion

### **Friday, April 30: Great and Holy Friday**

9:00 a.m. - Royal Hours  
Church School Retreat continues until 2:30 p.m.  
Office closed  
1:30 p.m. - Vespers of the Descent from the Cross  
7:00 p.m. - Service of Lamentations

### **Saturday, May 1: Holy Saturday**

10:00 a.m. - First Resurrectional Divine Liturgy  
11:30 p.m. - Midnight Office, Resurrection Service, Orthros, Divine Liturgy

### **Sunday, May 2: Great and Holy PASCHA**

12:00 noon - Agape Vespers  
Easter Egg Hunt follows Vespers

### **Monday, May 3: Bright Monday: Saint George (observed)**

8:30 a.m. - Orthros; 9:30 a.m. - Divine Liturgy  
Office closed

### **Friday, May 7: Bright Friday: Life-Giving Font of the Theotokos**

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

### **Thursday, May 13: Saint Glykeria**

6:00 p.m. - Evening Divine Liturgy

### **Friday, May 21: Saints Constantine and Helen**

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

### **Wednesday, May 26: Mid-Pentecost**

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

—Fr. George's article, continued from page 1

soul of the child came back to him and he was raised from the dead. These prophetic words of Isaiah orient our minds to the Lord's life-giving resurrection: "As the earth causes its flower to grow, and as a garden its seed, so shall the Lord cause righteousness to rise up... I will not rest until My righteousness goes forth as light, and My salvation burns like a lamp" (61:11 – 62:1). The moving story of Abraham's sacrifice of Isaac in Genesis 22 rather vividly portends God the Father's offering up of His Only-Begotten Son on the Cross. In chapter 61 of his prophecy, Isaiah sees the Messiah saying, "The Spirit of the Lord is upon Me, because of which He anointed Me. He sent Me to preach liberty to the captives." The captives are those souls trapped in Hades who saw the Lord Jesus descend there through His death on the Cross and set them free by shattering the kingdom of Satan. 4 Kingdoms 8 tells of another resurrection story when the Prophet Elisha restores a woman's dead son to life, once again exhibiting God's power over death. In Isaiah 63:11 we are told that "the Lord brought up the Shepherd of His sheep from the earth," paralleling what St. Paul says in Hebrews 13:20 concerning the resurrection of Christ: "Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep." The Prophet Jeremiah foretells the New Covenant established by Jesus at the Mystical Supper: "Behold, days are coming, says the

Lord, when I shall make a new covenant with the house of Israel" (38:31). Finally, the Book of Daniel shows us a prophecy of Christ's descent into Hades. As the Three Holy Youths are dancing and praising the Lord in the midst of the fiery furnace, one "like the Son of God" went down into the flames to join them: "He made the inside of the furnace to be as though a dew-laden breeze were blowing through it, so the fire did not touch them at all, or cause them pain, or trouble them."

I encourage you then, brothers and sisters, to read these prophecies in their entirety. As a preparation for Holy Week and Pascha, let us meditate on these readings and take from them what the Spirit speaks to us. "Search the scriptures, for they speak about Me," said our Lord (John 5:39). Let us search them and see the great works of our God.

Wishing you a bright and glorious Pascha, I greet you with the proclamation of the angel at the empty tomb: Christ is risen!

With love in our crucified and risen Savior,

+Fr. George

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## Parish-Night Week: The Church Facing the World 2020-2021



Parish-Night Week continues this month on the week of May 17:

- Tuesday, May 18: 6:30-7:15 p.m.: Parish-Night Week on Zoom for HOPE/JOY: "Offering our Lives & Commitment"

Watch your emails for the Zoom link!

- Wednesday, May 19: 7:00-8:00 p.m.: Parish-Night Week for Adults and Senior GOYAns: Fr. Perry and Presvytera Cassie Kallis present on "Special Needs in our Church Home"

*This will be a hybrid event. For those that want to come in person, we will have this in the Terrace Room.*

*Dinner will not be provided. However, we will have a small snack as well as water.*

To sign up in person, visit: <https://tinyurl.com/MAYPN2021>

If you do not wish to attend in person, you can participate via Zoom online.

To register for the Zoom, visit: <https://tinyurl.com/MayPNRegistration>

- Thursday, May 20: 7:00-8:00 p.m.: Parish-Night Week on Zoom for Junior GOYA: "Offering our Lives & Commitment"

Watch your emails for the Zoom link!

# Parish News & Events

## All Parish General Assembly

Saint Mary's General Assembly will take place on Sunday, May 23, 2021, 11:30 a.m., in the Great Hall and on Zoom. The detailed agenda will be made available in early May.

## Why Liturgy Matters Project

Saint Mary's is pleased to announce their support of Faithtree Resources and their upcoming *Why Liturgy Matters* project. Faithtree Resources is a nonprofit organization committed to equipping Orthodox Christians from all jurisdictions to know, understand, and live the Faith. Faithtree materials are truly Orthodox, highly professional, created by committed Orthodox Christians, and vetted by Orthodox theologians, bishops, and church leaders.

This \$21,700 donation closes the fundraising campaign for the Divine Liturgy project and allows production to begin. Below is an excerpt of the letter which was sent to Faithtree with our check.

We thank the St. Mary's Foundation Committee for bringing this worthwhile endeavor to our attention and the Parish Council for voting to approve the funds and support the project. Additional information can be found at the Faithtree Resources website <https://www.faithtree.org/>

*Recently we learned of your Why Liturgy Matters Project. Based upon your other programs and resources, we anticipate this new offering will once again meet an important need for our Church and her people. It is our understanding that the enclosed donation of \$21,700 completes your fundraising efforts for this exciting endeavor.*

*In a few short weeks Orthodox Christians throughout the world will hear the beautiful words of the Paschal Homily of St John Chrysostom as he writes "He accepts the labors and welcomes the effort; honors the deed, but commends the intent. So, all of you, enter into the joy of our Lord: first and second, share the bounty. Everyone savor the banquet of faith; relish the riches of His goodness."*

*We are honored to partner with Faithtree and to recognize your contributions, celebrate your dedication, reward your efforts, and relish the riches of our faith. May the light of our Risen Lord shine in your hearts and guide your efforts for years to come.*

With love in Christ,

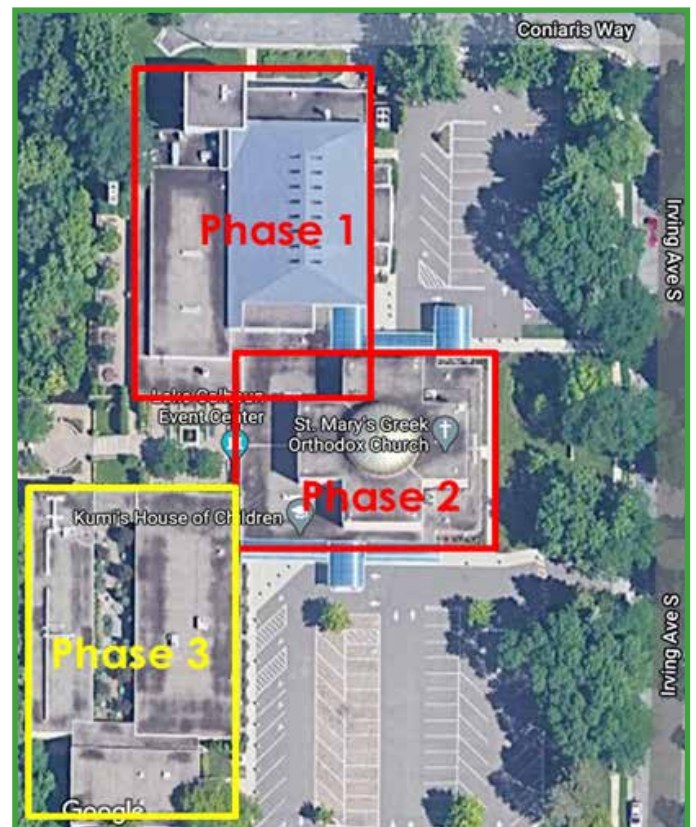
Parishioners, Clergy, and Staff  
St. Mary's Greek Orthodox Church

## Roof Renovation Begins

Beginning Monday, May 17, replacement of our roof will begin. This is a long-awaited project and is the first of several new improvements and updates planned for this year. We are grateful to our members for approving this work at the Fall 2020 General Assembly. After completing the bidding process, we have selected Mint Roofing to perform this much needed repair to our facility.

The work will begin in the north section (Phase 1), with the north parking lot closed through the end of May. In early June focus will be shifted to the western office and school wing, as well as the nave itself – Phases 2 and 3.

While a total of \$1.6 million was approved at the General Assembly, the project will come in well under budget. We thank our generous donors and our real estate investment funds for contributing to this capital improvement which will assist in keeping our beautiful facility, and all who enter our building, safe and dry for many years to come.



## Minnesota Celebrates 200<sup>th</sup> Anniversary of Greek Independence

On March 25, 2021, Greeks throughout the world celebrated the bicentennial of the Greek War of Independence. Our own Minnesota state legislature recognized this historic day by issuing a Senate Resolution reaffirming: "Minnesota's abiding commitment to the magnificent principles of democracy and religious freedom."

The bill was sponsored by Sandra Pappas (District 65) and signed by our local State Senator D. Scott Dibble. The resolution noted that Greece is one of only a few nations in the world "that has been allied with the United States in every major international conflict over the last 100 years."

Senator Dibble stopped by the church recently to present a signed copy of this resolution to our parish.



## Remembering Father Anthony Saturday and Sunday, May 15 and 16



Our committee is continuing their work to ensure a festive and safe weekend as we gather as a parish family to remember Fr. Anthony Coniaris.

Our current plans include the celebration of the Divine Liturgy and a one-year Memorial Service for Fr. Anthony on both Saturday and Sunday mornings.

His Eminence Metropolitan Nathanael will preside at the services. In addition, we are planning some special speakers and commemorations throughout the weekend. Fr. Anthony touched so many lives and we look forward to honoring his and Presvytera Mary's legacy and love.

To allow as many people as possible to participate and ensure we do not exceed our current capacity guidelines, parishioners will be asked to choose just one of the two days to celebrate in person with us. Both services will be live-streamed on our YouTube page.

Please continue to watch your emails and other announcements as we finalize plans for the weekend.

## Greetings from Guatemala

Dear Friends,

We are all well and we thank everyone who is continuing to support us in this time of crisis. You and your families are in our thoughts and prayers!

Much love in Christ,  
Madre Ines

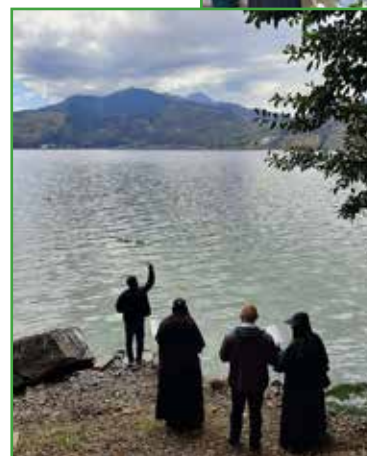
Visit the Hogar website for more information and photos: [www.fhrayau.org](http://www.fhrayau.org)



### Photos

Left: 2020 graduates (note the U of M logo! - Minnesotans are among the most generous donors to the Hogar.)

Right: Holy Theophany at the Hogar.



# Philoptochos



## Philoptochos Spring Finale

Philoptochos will get together in person for our May Spring Finale and Board Elections on the evening of Tuesday, May 25. Watch for a Signup Genius link, coming soon, to attend the event. Board elections are an important part of our Philoptochos chapter. If you are considering running for a two-year term, please contact Jennifer Coin ([jenncoin@comcast.net](mailto:jenncoin@comcast.net) or 612.327.3709). Also, in order to vote in the elections, you must be a Philoptochos member. Join through the St. Mary's GOC online giving portal or send a check payable to Philoptochos with *Dues* in the memo line to the church. For membership information, contact Paulette Hastings, [pmg@sisyphuscafe.com](mailto:pmg@sisyphuscafe.com) or 952.564.8388. The meeting will be a social event in the Great Hall. The meal will be catered and we will need help with set up. Please see Connie Kouzes, Carol Smith, Tina Menter, or Cathy Forchas if you would like to help with this event.

## Pascha

We will be handing out eggs and koulouria after the Holy Saturday night and Easter Sunday morning services. Let us know if you would like to help out. Please use the Signup Genius link to offer help: <https://www.signupgenius.com/go/805044bafa728a20-philoptochos>.

## Women's Book Club Discussion

The next Women's Book Club book discussion will be in June. The book is: "For the Life of the World" by Fr. Alexander Schmemmann. Looking ahead, our August book will be: "Wounded by Love" by Elder Prophyrios. Dates and times will be determined. Books can be purchased in the Church Office. Please make checks payable to St. Mary's Bookstore. Watch for more information in the weekly bulletin and other church communications.

## Fr. Anthony's Memorial

**May 15 and 16**

Watch for more information in the bulletin for updates on helping out and where to sign up.

## Ongoing: Quilt Tops for People in Need

Philoptochos has joined the quilting women of Gethsemane Lutheran Church in Hopkins to create quilts for

someone in need. How can you participate?

1. Pick up a quilt top kit. Each kit has a sewing machine needle, instructions and the correct number of quilt squares to make a 60"x80" top. This is easy sewing – straight lines only – plus some ironing. And, you can do it safely in your own home.
2. Donate old blankets, sheets, bedspreads and draperies and heavy tablecloths. The quilters of Gethsemane will use them for filling and backing the quilts.

Bins have been placed in the south entry of St. Mary's, one for contactless kit pick-up and the other for drop off of your donations.



## Festival Baking

Festival baking will be starting soon. Watch for sign up in June.

## Thank You...

...to Andrea and Louis Tiggas for coordinating the fresh fillo sale in support of our philanthropic endeavors.

...to Carol Smith, for coordinating the FOCUS Meal on April 18, and for all who provided and served the meal: Sandra Anderson, Julie Anderson-Smith, Stephanie Barakos, Toni Bazakos, Jennifer Coin, Mary Ellis, Cathy Forchas, Elena Gabor, Lisa Gallmeyer, Georgia George, Stephanie George, Argie Goodfriend, Victoria Hanson, Paulette Hastings, Erlene Holman, Presvytera Alexandra Houck, Fifi Kafkas, Mary Kafkas, Carol Karos, Effie Keane, Jayne Klatt, Demetra Kordopitoulas, Connie Kouzes, Kristina Matsch, Tina Menter, Helena Orlandi, Anna Paulson, Cora Pirvu, Popie Rakes, Julie Rist, Krissa Rovolis, Photine Saar, Diana Santrizos, Krisanthy Sikkila, Linda Stanton, Ann Theodotou, Effy Triantafyllou, and Dana Zoupas.

...to Diakonissa Alexandria Kalina and Annette Legeros for coordinating the April 21 Lenten meal and all who helped set up, serve, and clean up: Sandra Anderson, Olga Berkovskaya, Jenn Coin, Paulette Hastings, Erline Holman, Popie Rakes, Lisa Rose, Sarah Schwark, and Maria Smith.

...to the Pascha egg dyeing crew, led by Connie Kouzes and Barbara Nichols and including John Kafkas, Ernie Konstas, George Kouzes, Annette Legeros, Costas Nichols and Bradley and Erline Holman.

...to all who joined Philoptochos during our annual membership drive, and to the Membership Committee: Sandra Anderson, Paulette Hastings, Annette Legeros, Tina Menter, Melpo Murdakes, and Andrea Tiggas. To date more

than \$12,000 has been generously given by our members to support local, national and international charities, including many Orthodox organizations.

...to all who donated to our Lenten collections of socks and underwear for FOCUS Minnesota, money for the TANDEM Baby Bottle Bank program, and to Sofia Johnson and all who are sewing and donating to the quilt top project. Your support of those in need is greatly appreciated. Thank you to all.

...to all the people who have joined Philoptochos in support of our charitable activities. Thank you!



Thank you to Philoptochos for their new socks and underwear drive and St. Mary's Congregation from FOCUS MN. What a tremendous blessing to receive coats and new socks and underwear for our clothes closet this winter! These items are always needed and appreciated by our clients. Clients are so grateful for the opportunity to have nice, clean and warm clothes. They always have smiles and gracious thanks when they are finished shopping.

We also want to extend a big thank you for the Lenten food drive. Use of our food shelf has increased and we have begun delivering to families and shut ins who are unable to come to FOCUS House. The need is great. We would not be able to help those in our community without your generosity and prayers.

In Christ,  
FOCUS MN  
Judy Purman, Assistant Director  
Vera Proctor, Director



**Christ Nadeetsa!**

**Ao Nadeetsa!**

—Navajo

**Christus resurrexit!**

**Vere resurrexit!**

—Latin

**Christos a inviat!**

**Adevărat a înviat!**

—Romanian

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

**Le Christ est réssuscité!**

**En verite il est réssuscité!**

—French

**Pchristos aftooun!**

**Alethos aftooun!**

—Coptic

**Khristos Voskrese!**

**Voistinu Voskrese!**

—Slavonic



# Stewardship

by Athena Mihas

## Stewardship Reflections

"It is not enough to give. We must have a heart that gives. In order to give, we must have a compassion deep enough for our gift to be forgiven, because if we give dutifully, if we are charitable only in our actions, the recipient receives humiliation and sorrow and pain together with our gift." Metropolitan Anthony of Sourozh

A year ago, we journeyed through Lent, Holy Week, and Pascha alone in our homes, connected to the church via our computers. Many of us made "home churches" and learned much about creating a personal relationship with God, about our resilience, and about how much our hearts longed to be physically with our church family in His house. We are told that growth comes through struggle, and we have had plenty of opportunities for growth in the past year for sure. Through all our struggle and sorrow, hopefully our hearts have grown to appreciate even more the beauty of the church, in its full form--the liturgics, the spiritual education, the fellowship and the charity. By God's grace, we are once again enjoying all these aspects in person once again, with renewed passion and thirst for the Lord.

Time, talent and treasure are but one measure of our commitment to the Lord, representing our desire to give back to Him for all the blessings He has bestowed upon us. Thank you to those who have filled out a 2021 Time, Talent and Treasure form. If you have not made a pledge for 2021, please prayerfully consider filling out a form, thereby committing yourself formally to serving the Lord through St. Mary's. On our end, we continue to explore ways to improve engagement of parishioners with each other, and to streamline giving through various digital methods, all while focusing on bringing the St. Mary's community closer to each other and to God.

The Stewardship Committee wishes our St. Mary's family a most blessed Pascha!

## Stewardship Campaign 2021

**"...the greatest of these is love."**

—I Corinthians 13:13

Thank you for your participation in our 2021 Stewardship Campaign and your on-going support of St. Mary's through your gifts of time, talent, and treasure. Your contributions make it possible for St. Mary's to continue providing all its ministries and to cover operating costs of the church, even during the COVID-19 pandemic. We are so blessed to have your generous support!

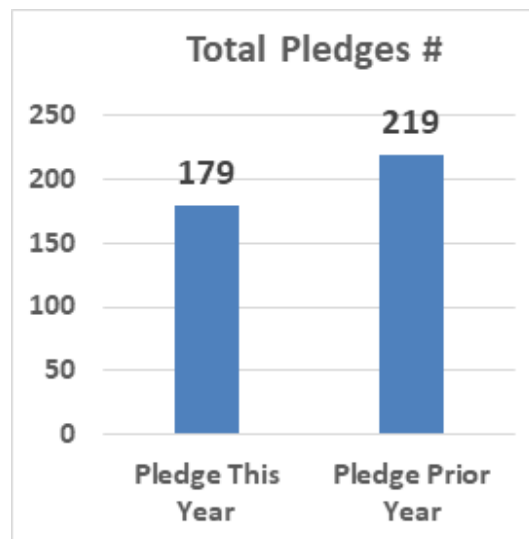
**Reminder:** Stewardship packets for 2021 were mailed in

November! Please prayerfully consider how you would like to contribute to St. Mary's with your time, talent, and treasure in 2021.

- **It is not too late to complete a Pledge Form and Time and Talent form!**

*If you have not done so already for 2021, please return your completed pledge and time/talent forms to the office. We hope to increase our number of pledged members in 2021 in order to plan more efficiently for our budgeted items.*

- If you have contributed but not pledged in the past, please consider making a pledge for 2021.
- Also, remember that you can pledge and contribute online.
- As of April 2, 2021, we had received 179 pledge forms for 2021.
- In 2019, we received 219 completed pledge forms.



**For more information, contact:**

- Diakonissa Alexandria Kalina at: [ackalina@yahoo.com](mailto:ackalina@yahoo.com)
- Athena Mihas at: [athenamih@gmail.com](mailto:athenamih@gmail.com)
- David at St. Mary's Office: [David@stmarysgoc.org](mailto:David@stmarysgoc.org) or 612.825.9595

**Stewardship Committee Goals for 2021**

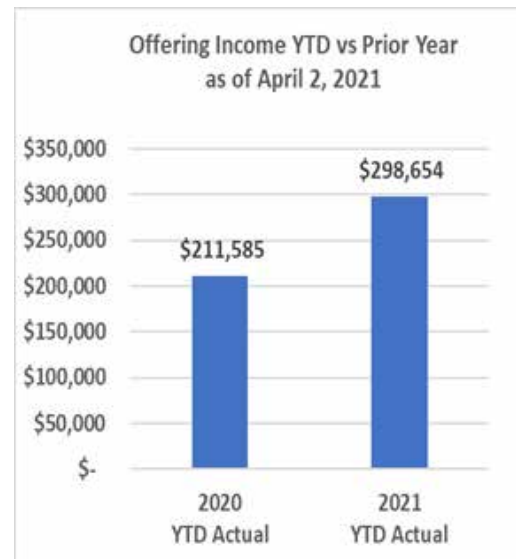
Stewardship Committee goals for 2021 include the following:

- Stewardship Offering Income goal = \$1,069,625
- Continued work on implementing and enhancing digital approaches to giving and communications
- Continued focus on improving in-reach and increased engagement
  - Young adult engagement
  - "Parea" Potluck dinners – (tentatively considering holding on the Church patio during summer)
  - Facilitating connection among members in other ways
- Appreciation Glendi – November 13
- Stewardship campaign mailing in November (for 2022)
- Stewardship Sunday and Ministry Fair – November 7
- Stewardship testimonials from parishioners – October 24, 31, and November 7
- Consistent communications (General Assembly, Quarterly Updates, The Messenger, Bulletin, etc.)
- Collaboration with Council of Ministry Leaders – coordinating efforts

**Offering Income Update as of April 2, 2021**

- As of April 2, 2021, we have received \$298,654 in offering income for 2021.
- Additional needed by the end of the year to meet our budgeted goal is \$770,971.
- Compared to last year, we have received \$87,069 more in offering income compared to last year at this time.

Offering Income as of April 2, 2021	2021 YTD Actual	2020 YTD Actual	Increase or (Decrease) vs. Prior Year
Payments Received	\$298,654	\$211,585	\$87,069
Average per Week	\$22,973	\$16,276	\$6,697
Average per Month	\$99,475	\$70,474	\$29,001



**Stewardship 2021 Calendar of Events**

**Events**

- Stewardship Testimonial Speaker: Sunday, October 24
- Stewardship Testimonial Speaker: Sunday, October 31
- Stewardship Testimonial Speaker: Sunday, November 7
- Stewardship Sunday: Sunday, November 7
- Ministry Fair: Sunday, November 7
- Stewardship Appreciation Glendi (party):  
Saturday, November 13

**Parish "Parea" Potluck Dinners  
Coming Soon!**

Just before the pandemic restrictions hit the U.S. in early 2020, we held our St. Mary's "Parea" Potluck Dinners last year, hosted by parishioners in their homes. They were a great success, and we are planning to hold "Parea" Potluck Dinners again this year, as COVID-19 social distancing protocols ease up. This year, we are tentatively planning to hold the potluck dinners during the summer at Church, either on the outdoor patio or in the Terrace Room. This will make it

easier to practice COVID-19 social distancing protocols, as needed. The Potluck Dinners are open to all parishioners. It is the Stewardship Committee's aim to continue facilitating close-knit relationships within our congregation. There is no set agenda, just fun.

Similar to last time, we are seeking several hosts before we begin scheduling the potluck gatherings. Each host will coordinate the Potluck Dinner for a small group of parish-

ioners, but this time it will take place at Church rather than in parishioner homes. If you are interested in hosting one of these dinners (no cooking necessary, they are potluck!), please contact the church office at 612.825.9595 or at [david@stmarysgoc.org](mailto:david@stmarysgoc.org)

**"Parea"** is the Greek word for a group of friends who regularly gather together to share their experience about life, their philosophies, values, and ideas.

**Krishti U Ngjall!**

**Vertet U Ngjall!**

**—Albanian**



**Al-Masi-H Qam!**

**Hakan Qam!**

**—Arabic**

## Missions & Outreach

### Christos Anesti! Christ Is Risen!

Over the last months of 2020, Missions and Outreach Ministry Team members asked some of you a question. "Why do you love St. Mary's?" Father Jason supported a way we could strengthen our outreach and spirit to welcome others in faith and love. Outreach that speaks to those with an interest in Orthodoxy. One by one we gathered videos and sent them on to Father Jason. William Fazio put video clips together in a way that tells everyone about St. Mary's Greek Orthodox Church.

Thank you! to each of you who shared why you love St. Mary's Greek Orthodox Church. Here are many of your words of love and joy.

"I love St. Mary's because we are welcoming to newcomers."

"I love St. Mary's because of the Missions Outreach Ministry to help international missions such as Take Heart."

"I love St. Mary's because of the programs for children."

"I love St. Mary's because 'here' is the Orthodox church!"

"I love St. Mary's because of the choir and the chanting."

"I love St. Mary's because of the volunteer opportunities that I can serve through the church, such as food and clothing shelves."

"I love St. Mary's - how we all help each other and chip in, just a fantastic place of love."

"I love St. Mary's because of the people and the fellowship. . . I feel like I'm home."

"I was attracted to the Orthodox church because I was looking for the one true faith."

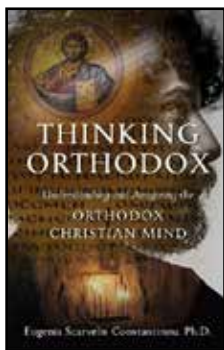
These are a few of the St. Mary's church family who are welcoming to visitors and others that are drawn to Orthodoxy. Oh! and one exciting benefit from St. Mary's video are the sounds that surround the message. Listen for the sounds of children.

### Alithos Anesti! Truly He Is Risen!

# In the Bookstore

by Rebecca Myerly

[bookstore@stmarysgoc.org](mailto:bookstore@stmarysgoc.org)



*Thinking Orthodox: Understanding and Acquiring the Orthodox Christian Mind* by Eugenia Scarvelis Constantinou, Ph.D. is a recently published book from Ancient Faith that is informative and thought provoking.

A major focus of this book is defining and delineating what an Orthodox phronema is. Early in her book, Dr. Constantinou defines the Orthodox phronema as “an Orthodox mindset, mentality, or stance.” (4) She explains, clarifies, and expands this definition as the book progresses, fine tuning its content and implications in context.

Phronema—basically, one’s mentality—is a very difficult subject. Orthodox phronema both affects and reflects theological beliefs, overall religious culture and practices, and the way one views God and the world.... Accepting ambiguity, uncertainty, and paradox is part of Orthodox phronema.... Orthodox Christians are accustomed to the lack of definitions and the absence of certainty. Instead of definitions and formulas, we have broad guidelines and concepts, and we operate within those boundaries, which we do not violate.” (5, 7)

That having been written, Dr. Constantinou proceeds to define and delineate throughout her book, often defending the perspective from which she is writing. She begins by presenting the phronema in the Western Christian tradition—both Catholic and Protestant, comparing and contrasting them with the Orthodox phronema. She revisits several of these differences later in the book, clarifying and explaining in more depth.

A second major topic in this book is theology together with what and who is a theologian. Dr. Constantinou provides the reader with her qualifications for being a theologian and writes from the perspective she has nurtured and cultivated through her education, her upbringing, and her position in life. (She is also a Presvytera.) She clearly explains the roles of Tradition, Scripture, and the Church Fathers in Orthodox theology and the shaping of phronema.

Writing on the characteristics of “the true Orthodox theologian,” she devotes separate sections in an overarching chapter to the true theologian as being pastoral,

authentic and honest, spiritually vigilant, practicing humility and recognizing his (or her) limitations, acting from love with pure motives, not disputatious, having discernment, observing balance, exercising freedom with faithfulness, accepting creativity but not speculation and innovation, not relying on individual conscience, reflecting the mind of Christ and not personal opinion, accepting mystery and paradox, with unwavering commitment to Tradition, and accepting Tradition over human rationality.

Dr. Constantinou targets armchair theologians/amateur theologians, and those “who would dabble in theology” with special and particular attention to those on the internet, advising people to be discerning about those they listen to and believe.

Theology is deep and complex. It is not simple, shallow, or a matter of opinion. On the internet, all voices seem equal. It can be difficult to distinguish truth from falsehood, canonical Orthodox churches from schismatic groups, sound teaching from extremism. (250)

When addressing theological discernment and theological dangers (conceptual and spiritual), Dr. Constantinou writes:

Theologizing is dangerous not only for actual, trained and educated theologians who function in a professional capacity, but also, and perhaps especially, for the dabblers, those who engage in theology without real training and knowledge. In their enthusiasm to discuss the mysteries of God, they cannot heed...(the) warning about the dangers of theology, since they do not realize any danger. (292)

After all the warnings, she concludes *Thinking Orthodox: Understanding and Acquiring the Orthodox Christian Mind*:

May we all behave as theologians in the truest sense, speaking of God to others by both our words and our manner of life. Having “put on Christ” (Gal. 3:27), let us adopt the phronema of Christ and the apostles and authentically represent the Lord Christ through our way of life to all those whom we encounter. (354)

# 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 18, 6:30-7:15 p.m.  
Parish-Night Week on Zoom  
*Offering Our Lives and Commitment*  
Watch your e-mails for the Zoom link.
- ▶ Sunday, May 23, 10:45 (following Communion)-11:30 a.m.  
HOPE and JOY in the Terrace Room.  
To sign up, go to: <https://tinyurl.com/HOPEJOYMay23>

### Junior GOYA

#### Grades 6-8

- ▶ Wednesday, May 5, 6:45-8:00 p.m.  
Junior GOYA in the Great Hall  
To sign up, go to: <https://tinyurl.com/JuniorGOYAMay5>
- ▶ Wednesday, May 20, 7:00-8:00 p.m.  
Parish-Night Week on Zoom  
*Offering Our Lives and Commitment*  
Watch your e-mails for the Zoom link.

### Senior GOYA

#### Grades 9-12

- ▶ Wednesday, May 12, 6:45-7:30 p.m.  
Senior GOYA in the Great Hall  
To sign up, go to: <https://tinyurl.com/May12SeniorGOYA>
- ▶ Wednesday, May 19, 7:00-8:00 p.m.  
Parish-Night Week

**Senior GOYAns and Adults:** Fr. Perry and Presvytera Cassie Kallis present on Special Needs in our Church Home.

- This will be a hybrid event.

For those that want to come in person, we will meet in the Terrace Room. Dinner will not be provided, however, we will have a small snack as well as water. To sign up to attend in person, visit: <https://tinyurl.com/MAYPN2021>. If you don't wish to attend in person, you can participate via Zoom online. To register for the Zoom, visit: <https://tinyurl.com/MayPNRegistration>

### In-Person Youth Activities

It is important for us to follow social distancing measures throughout our in-person activities. Below are the safety precautions:

- Masks must be worn properly by everyone for the

duration of the event

- Practice social distancing (at least six feet apart from each other)
- Avoid touching each other
- Sanitize hands frequently. Everyone will be required to sanitize your hands when you arrive and encouraged throughout the evening.

Please note that while the Church has taken steps to reduce the spread of COVID-19, it cannot guarantee safety. Attending this activity may increase your child's risk of contracting the disease. By attending these events for which you are making a reservation, you acknowledge the contagious nature of COVID-19 and assume the risk of becoming ill. Further, you agree to release, covenant not to sue, discharge, and hold harmless the Church, its employees, agents, and representatives, of and from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to COVID-19. You understand and agree that this release includes any claims based on the actions, omissions, or negligence of the Church, its employees, agents, and representatives.

*When should I stay home?* For the well-being of others, you should stay home if you are displaying COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with symptoms or a confirmed or suspected case. Click this link if you need help discerning whether you are sick:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

### March Recap

Another busy month has come and gone! The HOPE/JOY group met in the Great Hall where we talked about the feast of the Annunciation. Our GOYAns participated in the Fanari Retreat at St. George Greek Orthodox Church. There were six satellite locations throughout our Metropolis that participated in the same retreat, and we all came together and sang Camp songs virtually! The theme of the retreat was Call on Me, where we should call on one another and God when we are going through difficult times in our lives.



Follow the GOYAns on Instagram: **St\_Marys\_GOYA**

## Youth Feedback

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

## Congratulations Graduates!

We wish to congratulate our 2021 high school graduates! They are:

Yanni Antoniou • George Bakritzes • Maxwell Binning  
Tyler Boyd • Albert Buss • Eleni Ciuta  
Olivia Dascalos • Evie Dokos • Audrey Friesen  
Elena George • George Goodfriend • Amaryllis Hennessy  
Andrew Hicks • Grace Hoffhines • Grace Jacobsen  
Fae Marie Katras • Evie Kaznessis • Siena Kuehn  
Madeline LaValle • Helena Lind • Dean McGuire  
Themistocles Megas • Anna Nicklow • Vasili Nicklow  
Evangelios Pappas • Andrew Possis • Ellie Skoog  
Elias Wehr • Sophia Youngdahl

We will recognize our graduates during Liturgy on May 23.

# Vacation Church School

## Put on the Full Armor of God!

June 14-18, 2021

8:45 a.m.-12:00 noon

### Calling all able-bodied Christian soldiers!

*We need YOU for a week-long training program where you will learn skills and knowledge necessary to fight for our Lord!*

4 years old (if potty-trained) through entering 6<sup>th</sup> grade in the fall  
7<sup>th</sup> grade and older needed as Squires (Helpers greatly needed!)

Calling all able-bodied Christian soldiers! We need YOU for a week-long training program where you will learn skills and knowledge necessary to fight for our Lord!

Questions?

Contact Lady Krissa Rovolis or Lady Dena Tortorelis  
churchschool@stmarysgoc.org

Online registration now open...

Use this link: <https://tinyurl.com/StMarysVCS2021> or go to our website for the link.



# Summer Camp

## Saint Mary's Summer Camp Is Back!

July 3-10, 2021

St. Mary's Summer Camp will be held this year at Camp Courage near Maple Lake, MN.

The move to a different site is due to maximum participant limitations at the Camp Wapo facilities for this summer only. We plan to return to Wapo in 2022.

Appropriate safety protocols will be in place to ensure a safe, fun, and enriching experience for our youth.

The start of registration will be delayed until May - Bright Tuesday, May 4. Please stay tuned for all the registration details that will be coming soon!

# On the Sacramental Mystery of the Divine Eucharist

by **St. Nikodemos of the Holy Mountain**

Consider that there are three things required to come together to make a gift most precious: 1) the greatness of the gift, 2) the love of the person giving the gift, and 3) the benefit enjoyed by the person receiving the gift. These three things are wondrously found in the Mystery of the divine Eucharist.

## 1. The Greatness of the Gift

First, consider the greatness of this gift, for indeed, God has bestowed upon us great things. He has granted us our own selves, creating us by bringing us out of non-being into being, making us in His image and likeness. He granted us innumerable creations, heavenly and earthly, immaterial and material, unto the benefit of our birth and protection. He created heaven for us, and the earth, and all that is in them. But all of these gifts and charisms, even if they are in a certain way very great and precious, are still finite and limited in power. However, by His incarnate economy God granted men an infinite gift and charism. This charism of deification, however, occurred directly only in the humanity of Jesus Christ, with which God the Word was united hypostatically, and by means of this union did this charism indirectly come to us. Wherefore, there still remained some thing for our Lord to give us, and He desired to give Himself to each one of the faithful individually, and in this way to spread out even more the infinite beneficence of His incarnation.

And so that which was missing, behold, He grants and continuously grants by means of the Holy Communion of the Mysteries, granting us through Communion all the riches and blessings of His all-holy body and precious blood, and all the worth and virtues of His deified soul, and all the natural perfections of His Divinity. For this reason the divine John of Damaskos said: "This Mystery is called a 'receiving' because through it we receive the Divinity of Jesus. And it is called 'Communion' since through it we enter into communion with Christ and are made partakers both of His flesh and of His Divinity." In brief, this Mystery is an icon of the entire incarnate economy, according to Patriarch Jeremiah, and contains within it the birth of the Lord and His upbringing, His election, the passion, His death, the burial, His descent into Hades, the resurrection, the ascension, His enthronement at the right hand of the Father, and the second coming, just as the Divine Liturgies of Basil and Chrysostom demonstrate. What am I saying? Divine Communion is also an icon of the enjoyment and union of the blessed in the future age, as the divine Nicholas Cabasilas says. Then, the blessed will be united with one another and with Christ, as the members of a body are united to their head. Indeed, even now, by partaking of the one bread and of the one cup we are united with one another and with Christ, according to the prayer of the Lord: "That they may be one, even as We are one" (John 17:22). No other Mystery of the seven Holy Mysteries contains all of these things. Wherefore, Dionysios the Areopagite named this Mystery the "rite of rites," as it contains and perfects all of the other Mysteries.

Wherefore, there is nothing more that we can ask from our Redeemer. We must just say along with Philip: "Lord, it is sufficient for us" (John 14:8). But if we were to ask for some thing more from Him in this present life, He could answer us: "My children, this Mystery which I have granted you is the fullness of all blessings, and I do not have anything more to give you now, for I have granted you every blessing in the wheat and the wine," saying on our account that which Isaac said to Esau concerning his son Jacob: "With wheat and wine have I sustained him: and what shall I do now for you, my son?" (Genesis 27:37). O unsurpassable charisma! O incomparable gift, which the many-eyed Cherubim and the six-winged Seraphim will not be able to understand unto all ages.

Now, my brother, on account of such liberality which God shows towards you, should you not then offer to God wholeheartedly the small liberty which your free will has? On account of such great beneficence which God has shown towards you with this Mystery, should you not also offer a sacrifice to thank Him, offering your whole self, soul and body, to Him, in order to serve Him? Supposing you have remained thankless until now, O ungrateful man, and have been inconsiderate towards all of the other spiritual gifts which God has given you. Do you have such an ungrateful heart that you will still remain thankless towards a God Who gives His whole Self to you? What will the angels say about your great thanklessness? What will all the Saints of heaven say (who know very well the extreme liberality of Christ and the extreme stinginess of your own soul) about your great inconsiderateness? You should be ashamed, my brother, ashamed of such thanklessness which you show towards a Mystery which is named Thanksgiving [Eucharist]. And not only because the Lord offered it with thanksgiving, as it is written: "Jesus took bread, and blessed it... And He took the cup, and gave thanks" (Matthew 26:26-27), but also because its very name prompts us also to give thanks to God for the many blessings and graces He has given us through this Mystery, as Cyril of Alexandria says, and especially the divine Chrysostom: "The best preservative of any blessing is the remembrance of the blessing, and continual thanksgiving." Remember that, according to the measure of blessings you receive, that will be the measure of your punishments, if you misuse them. That is, the greater the blessings are which you receive from God, the greater the punishment you receive will be if you do not use them in a proper manner. Make a promise to give your whole self to the Lord, for He gives His whole Self to you. Thank Him from your heart for such a great and exceeding gift which He granted to you, and ask Him to also add this to the many blessings He has given you: a new spirit and a new heart, so that you may reckon these blessings properly and offer them back with the proper thanksgiving and reciprocation, as much as through words as through works: "A new heart also will I give you, and a new spirit will I put within you... and cause you to walk in My statutes, and you shall keep My judgments, and do them" (Ezekiel 36:26-27).

Saint Mary's Greek Orthodox Church  
3450 Irving Avenue South  
Minneapolis, Minnesota 55408

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Hell took a body, and it discovered God.  
It took earth, and encountered Heaven.  
It took what it saw, and was overcome by what it did not see.  
O death, where is your sting? O Hades, where is your victory?  
Christ is risen, and you, O death, are annihilated!  
Christ is risen, and the evil ones are cast down!  
Christ is risen, and the angels rejoice!  
Christ is risen, and life is liberated!  
Christ is risen, and the tomb is emptied of its dead;  
for Christ, having risen from the dead,  
is become the first-fruits of those who have fallen asleep.  
To Him be glory and power forever and ever. Amen!

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*We wish everyone  
a most blessed and joyous Pascha!*

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

*The Messenger* is published  
monthly by St. Mary's  
Greek Orthodox Church,  
3450 Irving Avenue South  
Minneapolis, MN 55408  
May 2021

**Telephone**

612.825.9595

**Fax**

612.825.9283

**Email**

stmarysgoc@stmarysgoc.org

**Website**

www.stmarysgoc.org

**Facebook**

 [www.facebook.com/stmarysgoc/](http://www.facebook.com/stmarysgoc/)

**Publication Deadlines**

**The Messenger—**

First Sunday of each month.

**Sunday Bulletin—**

Preceding Thursday,  
12:00 Noon



# May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1 Holy Saturday</b> 10:00am-First Resurrectional Divine Liturgy  11:30pm-Resurrection Service, Orthros, and Liturgy
<b>2 Great and Holy Pascha "The Messenger" Deadline</b> 12:00noon-Agape Vespers <i>Egg hunt for children follows Vespers</i>	<b>3 Bright Monday Saint George (observed)</b> 8:30am-Orthros 9:30am-Divine Liturgy	<b>4 Bright Tuesday</b>	<b>5 Bright Wednesday</b> 6:45pm-Junior GOYA	<b>6 Bright Thursday</b>	<b>7 Bright Friday Life-Giving Font of the Theotokos</b> 8:30am-Orthros 9:30am-Divine Liturgy	<b>8</b> 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers
<b>9 Thomas Sunday Mother's Day</b> 8:30am-Orthros 9:30am-Divine Liturgy	<b>10</b>	<b>11</b> 6:15pm-Parish Council	<b>12</b> 6:45pm-Senior GOYA	<b>13 Saint Glykeria</b> 6:00pm-Evening Divine Liturgy	<b>14</b> 7:00am-Men's Fellowship	<b>15</b> 9:00am-Orthros 10:00am-Divine Liturgy <i>Fr. Anthony's Memorial Metropolitan Nathanael will be present.</i> 5:00pm-Great Vespers
<b>16 The Myrrh-Bearing Women</b> 8:30am-Orthros 9:30am-Divine Liturgy <i>Fr. Anthony's Memorial Metropolitan Nathanael will be present.</i>	<b>17</b>	<b>18</b> 6:30pm-Parish Night <i>HOPE/JOY</i>	<b>19</b> 9:00am-"The Messenger" Mailing 7:00pm-Parish Night, <i>Adults &amp; Senior GOYA</i>	<b>20</b> 7:00pm-Parish Night, <i>Junior GOYA</i>	<b>21 Saints Constantine and Helen</b> 8:30am-Orthros 9:30am-Divine Liturgy	<b>22</b> 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers
<b>23 The Paralytic</b> 8:30am-Orthros 9:30am-Divine Liturgy HS Graduate Recognition 10:45am-HOPE/JOY Activity 11:30am-General Assembly	<b>24</b>	<b>25</b> Philoptochos Spring Finale 6:00pm	<b>26 Mid-Pentecost</b> 8:30am-Orthros 9:30am-Divine Liturgy	<b>27</b> 6:30pm-Stewardship Com.	<b>28</b>	<b>29</b> 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers
<b>30 The Samaritan Woman</b> 8:30am-Orthros 9:30am-Divine Liturgy 12:00noon-Cemetery Service	<b>31 Memorial Day</b> <i>Church and Office closed</i>					