

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, September 19, 2021

Sunday after Holy Cross

The Divine Liturgy

Commemoration: Sunday after Holy Cross; Trophimus, Sabbatius, and Dorymedon the Martyrs; Plato the new Hieromartyr of Patmos; Theodore of Tarsus, Archbishop of Canterbury; Afterfeast of the Holy Cross.

Morning Gospel: Second

Tone: Fourth

Variable Hymns and Readings in the Liturgy

At the Second Antiphon

Save us, O Son of God, crucified in the flesh, save us who sing to you: Alleluia!

At the Small Entrance

Hymn of the Elevation of the Holy Cross, First Tone

Save, O Lord, save your people and bless your inheritance. Give victory to those who battle evil and protect us all by your holy cross.

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, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

Repeat the Hymn of the Elevation of the Holy Cross, 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 Holy Cross, Fourth Tone

You who were lifted on the cross voluntarily, O Christ our God, bestow Your tender compassions upon Your new community to which You gave Your name. Cause our faithful emperors to be glad in Your power, granting them the victories against their adversaries. And for an ally, Lord, may they have You, peace as their armor, the trophy invincible.

Epistle..... Galatians 2:16-20

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Gospel.....Mark 8:34 – 9:1

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

The Communion Prayers are found on page 4 of this leaflet.

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.

Prosforo: Presbytera Alexandra Houck

Memorial Prayers today are offered for: **Vasiliki Piirainen** (1 year),
mother of Manousis Katsoulis.

Sacraments This Week

Baptism: *Katrina Mattson, September 18, 2021*

Marriage: *Kelsie Grothaus to Michael Menke, September 18, 2021*

Prayer List

Please remember the sick, the suffering, and those in need, especially: 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; Judi, Evonne, James, Nichole, Constantine, Helen, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Alex, Karrisa, Corina, Tom, Vasiliios, George R., Ken, Presvytera Tulla Poteres, Nancy and Tim, Olga, Peter, Kristina, Armour family, Cora and family, Lamona, Bo, Tom, Lynn, Deb, Sarah, Maia, Jeanette, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, 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, Nancy, Alex, Eryn, Phil, Karen, Phil, Mar-nie 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 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.

Calendar of the Week

*Until further notice, all services will be held in the Great Hall
while the Nave is undergoing renovations.*

*Due to the renovations, our live-stream of the Sunday Liturgy
has been suspended.*

Sunday, September 19: Sunday after Holy Cross

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

Church School begins

Tuesday, September 21

12:00 noon – Senior Citizens' Meeting, Terrace Room

6:15 p.m. – Parish Council Meeting, Classroom #3

6:30 p.m. – Philoptochos Board Meeting, Fireside Room

Wednesday, September 22

6:15 p.m. – Parish Night, Terrace Room

6:30 p.m. – Choir Rehearsal, Music Office

Thursday, September 23

6:30 p.m. – Stewardship Committee, Fireside Room

Saturday, September 25

9:00 a.m. – Saturday Bible Study, Fireside Room

5:00 p.m. – Great Vespers

Sunday, September 26:

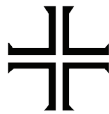
The Falling Asleep of Saint John the Theologian

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

Church School

11:30 a.m. – Chant Group Rehearsal, Music Office

11:30 a.m. – HOPE/JOY Kickoff, Youth Room



Announcements

Youth Activities Registration



The 2021-2022 school year is in session and we'd like everyone planning to participate in any youth activity to complete our all-inclusive registration form. Please note that we will use this one form for nursery through 12th grade. It is for all youth activities sponsored by St. Mary's, including Church School, HOPE, JOY, Junior GOYA, Senior GOYA, etc. Please complete this form ASAP. To sign up, scan the QR code at left or visit this link: <https://forms.gle/edh6b4EJ21QUfs3AA>

From the Bookstore

Copies of *2022 Daily Lives, Miracles, and Wisdom of the Saints and Fasting Calendar* are available for pre-order and will be shipped mid-October. Copies are \$21.00 (\$19.50 for the book and \$1.50 to help defray shipping costs). If you would like to order a copy, please email bookstore@stmarysgoc.org by **September 20**. The bookstore will not have extra copies available. This annual calendar is also available as an ebook through Amazon, iTunes, and Barnes & Noble for \$9.99.

Music Ministry Program Updates

Due to the logistics of St. Mary's ongoing refurbishing projects, Music Ministry start dates are as follows:

Byzantine Matins Chanters - Wednesday, October 13

Senior Choir - Wednesday, October 20

Liturgical Chant Group (middle and high school) - Sunday, October 24

More details to follow.

Philoptochos Meetings

Board meeting: Tuesday September 21, 6:30 p.m., in the Fireside Room.

We are excited to meet in person for our annual September Kick-Off Dinner and Meeting on Tuesday, September 28, 5:30 p.m., in the Terrace Room. Sign up today at the Philoptochos table to attend the meeting and/or to help with the set up prior to the event.

Food Shelf Needs for Next Week

Hygiene items

September's recipient is Joyce Uptown Foodshelf.

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

Senior Citizens' Meeting ~ Tuesday, September 21

Saint Mary's Seniors will gather for their September meeting one week later than usual this month. We'll meet on Tuesday, September 21, 12:00 noon, in the Terrace Room. As usual, we will enjoy a lunch, followed by the business meeting, a program, and Bingo. After lunch, about nine mandolin players of the Minnesota Mandolin Orchestra will entertain us with Greek contemporary classical pieces as well as international selections of jigs, reels, polkas, etc. *Don't miss it!*

Saturday Morning Bible Study

Saturday Bible Study is now underway. Join us!

Theme: ***The Biblical Roots of Orthodox Worship***

In addition to the Bible, we are using the two-volume study guide: *The Incarnate God: The Feasts of Jesus Christ and the Virgin Mary*, which is available in the Bookstore and office together with the course outline. The cost of the book is \$36.00.

Family Camp 2021 ~ October 8-10!

"And He Shall Come Again"

Join us as Bishop Anthony Michaels of the Antiochian Archdiocese shares the good news about Christ's second coming. We are planning for a smaller Family Camp at Camp Courage, the same location of this year's Summer Camp. **Registration is open now** and will be first come, first served. There is plenty of room to spread out, spend time with your family, and safely visit with other Orthodox families from the Twin Cities. Need a break from the world? This is your chance! Check out the many informational articles on-line including Q & A, sample schedule, description of the weekend, packing list, etc., at www.stmaryscamp.com and select Family Camp. **Registration will end September 28 at 4:30 p.m.** If you have questions, feel free to contact us at camp@stmaryscamp.com. Remember, you don't have to bring kids to Family Camp! All are welcome as part of our Twin Cities Orthodox Family!

New Church Website

Our updated website is now active. Take a look around and let us know what you think. It's the same address as always: www.stmarysgoc.org.

Parish Night



Parish Night is back! Join your St. Mary's family at church on Wednesday, September 22, for an inspirational evening of fellowship, learning, and prayer. The evening begins at 6:15 p.m. with a brief prayer service followed by dinner in the Terrace Room and breakout sessions for the adults and kids. We wrap up by 8:00 p.m.

Parish Night is a parish-wide event for kindergarteners-12th graders and adults. Our themes this season are:

- *Adults*: The Illness & Cure of the Soul
- *Senior GOYA (Grades 9-12)*: Tending the Garden of Our Hearts
- *Junior GOYA (Grades 6-8)*: Be a Bee
- *HOPE/JOY (K-5th Grade)*: Journey Through the Parables

FOCUS Needs

There is a great need for men's and women's underwear. Also, FOCUS has begun to receive requests for winter outerwear and boots for women, kids, and especially men at their clothes closet.

Bishop Neofitos to Visit St. Mary's

Are you interested in learning more about Orthodoxy around the world? Join us for a Missions and Outreach luncheon with Bishop Neofitos Kongai of Nyeri and Mount Kenya (via Zoom) in the Terrace Room on Sunday, October 3, after Liturgy. Father Jason will be facilitating as we learn of Bishop Neofitos' mission work in Africa. Please RSVP for the luncheon by going to the link in the Weekly Update e-mail or calling the Church Office.

Women's Book Club

The next Women's Book Club discussion will be held Tuesday, October 19, at 7:00 p.m. in Classroom #2. We will be continuing our excellent discussion of our August book, "Wounded by Love," by Elder Prophyrios. December's book will be "Acquiring the Mind of Christ." Both books are available in the bookstore.

Introducing “Person to Person” Podcast

How do our beliefs as Orthodox Christians impact our daily lives?

How do they inform our interactions with contemporary society?



Welcome to “Person to Person,” an Orthodox podcast where we aim to answer questions like the ones above and many, many more. Presented by two lifelong friends, Dr. Harry Boosalis and Paul Karos, “Person to Person” is dedicated to exploring Orthodox spiritual life within the pursuits and struggles of everyday living.

Dr. Harry Boosalis, retired professor of dogmatic theology at St. Tikhon’s Orthodox Seminary, is an author of multiple Orthodox books, and a well-known speaker. His co-host, a retired Wall Street Executive, Paul Karos, has a Masters of Applied Orthodox Theology and is an Orthodox lay ministry leader doing one-on-one coaching, pre-marital counseling, prison ministry and parish retreats.

The inspiration to create Person to Person came from Paul and Harry’s annual pilgrimages to Mount Athos, where they shared deep, extraordinary discussions with their fellow pilgrims on Orthodox spirituality and how it relates to our contemporary lives. With the desire to recreate that special environment and share the conversations with all of you, the podcast was born.

We are so blessed to have you join us as we journey through the different topics one might encounter as an Orthodox Christian in the secular world. Please follow the link below to access all content for Person to Person, including podcast streaming, social media, books by Dr. Harry Boosalis, and more!

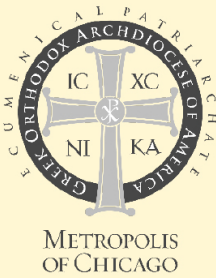
Glory to God!

Link to podcast streaming and all other content:

<https://linktr.ee/PersontoPersonPodcast>

MINNESOTA TOWN HALL

WITH METROPOLITAN NATHANAEL



Saturday, October 2, 2021

1:00 - 3:00 p.m.

Saint Mary's

Greek Orthodox Church
3450 Irving Avenue South
Minneapolis, MN 55408



**Join us as we welcome His Eminence
Metropolitan Nathanael to Minnesota for a
discussion among the faithful.**

Live stream & in-person participation
RSVP at <https://www.chicago.goarch.org/-/townhalls>

New Venmo Giving Option

We are excited to announce that we now have a St. Mary's Venmo account that provides all our parishioners the option of using this application to make mobile and on-line donations and payments for pledge income, special donations, and purchases. Getting set up is easy.

Online Venmo Giving Instructions

1. **Download** the "Venmo" app to your mobile phone and create an account.
2. **Scan** the provided QR code or **find** our church account by searching St. Mary's Greek Orthodox Church or @st_marys_goc_mpls.

Note: There are several St. Mary's churches so please make sure you select the correct account.

3. **Input** the dollar amount you wish to give.



4. **Include** your name, envelope number (if you have it), purpose of the gift (pledge or general donation, candle donation, meal, etc.) in the "What's it for?" section so that we can properly record your donation.

You may scan the QR code above with your phone to launch Venmo and get set up.

save the date

OUR CHURCH.

OUR SPIRITUAL HOME.

Join us on Saturday evening, November 13, for the
annual Stewardship Appreciation Glendi

More information will be posted here as the date approaches.



From the Fathers...on the Holy Cross

Adam by the tree fell away;
thou by the Tree art brought into Paradise.

—*Saint Cyril of Jerusalem*
(*Lecture on the Word, Crucified and Buried*)

Daily Bible Readings

Monday, September 20

Ephesians 6:10-17 • Luke 21:12-19

Tuesday, September 21

II Corinthians 12:20 – 13:2 • Luke 3:23 – 4:1

Wednesday, September 22

II Corinthians 13:3-13 • Luke 4:1-15

Thursday, September 23

The Conception of St. John the Baptist

Galatians 4:22-27 • Luke 1:5-25

Friday, September 24

II Timothy 3:10-15 • Luke 10:38-42, 11:27-28

Saturday, September 25

I Corinthians 4:1-5 • Luke 4:31-36

Sunday, September 26

Falling Asleep of St. John the Evangelist and Theologian

I John 4:12-19 • John 19:25-27; 21:24-25

Saint Mary's Greek Orthodox Church

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 Facebook: www.facebook.com/stmarysgoc

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

Fr. John Kostas; Deacon Paul Kalina