

# SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, January 30, 2022

*The Three Hierarchs*

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## The Divine Liturgy

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*In accordance with the City of Minneapolis' regulations and on the advice of the Greek Orthodox Metropolis of Chicago, FACE MASKS ARE REQUIRED for entry into our building for worship, fellowship, or other activities.*

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**Commemoration:** Synaxis of The Three Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom; Hippolytos, Pope of Rome; Athanasia the Martyr and her three daughters.

*Morning Gospel: Tenth*

*Tone: Grave*

### *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*

#### **Resurrection Hymn, Grave Tone**

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrhbearers' sorrow you transformed into joy, and you sent your apostles forth to proclaim that you had risen from the dead, Christ our God, bestowing on all the world your great mercy.

#### **Hymn of Entrance**

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!

Repeat the **Resurrection Hymn**, above.

***Hymn of the Hierarchs, First Tone***

Let all who love their words come together, and honor with hymns the three greatest lamps of the thrice-brilliant Godhead, who illumined the world with the rays of their divine teachings; the sweet-flowing rivers of wisdom, who watered all creation with the streams of the knowledge of God – Basil the Great, Gregory the Theologian, together with John who possessed a golden tongue. For they always intercede on our behalf with the Trinity!

***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 Presentation of the Lord, First Tone***

For our salvation you took flesh and you sanctified the Virgin’s womb; you blessed the aged Simeon as you lay resting in his arms; and having come to save us all, O Christ our God, to these troubled times, bring your lasting peace. Give strong and undaunted faith to all your people, O only lover of mankind.

***Epistle..... Hebrews 13:7-16***

Brethren, remember your leaders, those who spoke to you the word of God; consider the outcome of their lives, and imitate their faith. Jesus Christ is the same yesterday and today and for ever. Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. We have an altar from which those who serve the tent have no right to eat. For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. So Jesus also suffered outside the gate in order to sanctify the people through his own blood. Therefore let us go forth to him outside the camp and bear the abuse he endured. For here we have no lasting city, but we seek the city which is to come. Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

***Gospel..... Matthew 5:14-19***

The Lord said to his disciples, “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light

so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”

***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.*



**Memorial Prayers** today are offered for **John** (1 year) and **Mary** (6 years) **DeMoss; Lydia Ambros** (25 years) mother of Michael Ambros.

Prosforo for today’s Liturgy is provided by Yana Patridge.

The coffee hour today is hosted by the DeMoss family in memory of John and Mary.



# 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

Sunday, January 30: The Three Hierarchs

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

Tuesday, February 1: Eve of Presentation

6:00 p.m. – Great Vespers  
after Vespers – Adult Open Gym

Wednesday, February 2: Presentation of Our Lord in the Temple

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy  
5:30 p.m. – Byzantine Matins Ensemble Rehearsal, Nave  
6:15 p.m. – Junior GOYA, Youth Room

Thursday, February 3

7:00 p.m. – Women’s Book Club, Fireside Room and Zoom

Friday, February 4

7:00 a.m. – Men’s Fellowship, Fireside Room

Saturday, February 5

9:00 a.m. – Bible Study, Lecture Room  
5:00 p.m. – Great Vespers

Sunday, February 6: Sunday of the Canaanite

“The Messenger” News Item Deadline

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

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## Our Church – Our Spiritual Home

### *2022 Stewardship Campaign*

Our 2022 Stewardship Campaign is underway. If you haven’t returned your completed card, please do so. Additional cards are available at the stewardship drop box in the narthex. Please prayerfully consider what you are able to share with St. Mary’s in 2022. We thank you for your generosity of **time, talent, and treasure!**



*Scan the QR code to give through Venmo.*

*When giving through Venmo, please provide both your first AND last name in order to receive proper credit for your contribution.*

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# Announcements

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

Canned meals (chili, pork and beans, etc.)

*January's recipient has Joyce Uptown Food Shelf.*

*February's recipient will be Simpson Food Pantry.*

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

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## **Winter General Assembly Change**

Please note we are rescheduling our Winter General Assembly to March. As a Parish Council we are trying new things to increase engagement and participation, and as a result we will be returning to our previous format of two General All-Parish Assembly Meetings per year – Spring and Fall. This will not only help us align with the Uniform Parish Regulations, but provide an opportunity for increased participation and engagement. We look forward to seeing you in March. Please contact our Parish Council Officers with any additional questions.

## **House Blessings**

Through February, Fr. Tim and Fr. Jason are conducting house blessings. To schedule a blessing, please contact the Church Office: [stmarysgoc@stmarysgoc.org](mailto:stmarysgoc@stmarysgoc.org) or call 612.825.9595. Also, it is within our Orthodox tradition for lay people to bless their own homes with bottled Holy Water, as it states in the Great Blessing of the Waters service: “For those who are sprinkled with it and take it for the blessing of homes; let us pray to the Lord.”

## **Coffee Hour Hosts Needed**

*Sundays, February 6 and 20*

Do you enjoy the after-Liturgy social time? We are in need of hosts for the Sundays listed above. How about taking a Sunday to host? It's not a huge responsibility, but one that is well worth it! If you would like to host, or want to find out more about hosting, contact the Church Office. We have a step-by-step sheet available that will guide you through the process from set up through clean up.

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# Philoptochos News

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## Plans Underway for Sweet Sunday on February 13

Philoptochos members, please stop by our table in the Great Hall to volunteer to help with this fundraiser for Children's HeartLink. We need food donations as well as in-person helpers. Thank you!

## Philoptochos Membership Drive Has Begun

Did you know Philoptochos financially supports seven Twin Cities food shelves? We can't do this without you. Please consider joining us during our annual Philoptochos Membership Drive, which runs through March. Women of the parish, watch for your informational letter in the mail this week.

## Women's Book Club Discussion This Thursday

The book discussion of "Toolkit for Spiritual Growth: A Practical Guide to Prayer, Fasting, and Almsgiving" by Father Evan Armatas will be at 7:00 p.m. in the Fireside Room AND via Zoom. Books are available in the church bookstore for \$13. Our conversations are always rich, and all women are welcome (even if you haven't finished the book!).

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## 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; Metro Hope Ministries; Orthodox Christian Prison Ministry; Families Moving Forward; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; David, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., Dreux, Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Dallas, Lenzie, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Karrisa, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Lamona, Bo, Tom, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Nancy, Alex, Eryn, Phil, Karen, Phil, Joyce, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, Julie, R.J., Allie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.

## From the Fathers...on Instruction

Why are the unlearned ever so rash as to undertake the care of teaching,  
when the art of teaching is the art of all arts?

Who does not know that the wounds of the mind are more obscure  
than the wounds of the body?

—*Saint Gregory the Great*

### Daily Bible Readings

#### *Monday, January 31*

I Corinthians 12:27 – 13:8 • Matthew 10:1, 5-8

#### *Tuesday, February 1*

Romans 8:28-39 • Luke 10:19-21

#### *Wednesday, February 2*

#### *Presentation of Our Lord in the Temple*

Hebrews 7:7-17 • Luke 2:22-40

#### *Thursday, February 3*

Hebrews 9:11-14 • Luke 2:25-38

#### *Friday, February 4*

I Peter 1:1 – 2:10 • Mark 12:1-12

#### *Saturday, February 5*

I Thessalonians 5:14-23 • Luke 17:3-10

#### *Sunday, February 6*

#### *Sunday of the Canaanite; Saint Photios*

Hebrews 7:26 – 8:2 • Matthew 15:21-28

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