

# SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, March 13, 2022

*Sunday of Orthodoxy*

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## The Divine Liturgy

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*The City of Minneapolis has lifted its recent mask mandate for entry into public buildings, however, it is encouraged that masks continue to be worn when in public spaces to help keep young children and those who may be vulnerable safe. Thank you for your cooperation.*

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**Commemoration:** Sunday of Orthodoxy; Removal of the relics of Nicephorus, Patriarch of Constantinople; Pouplios the Martyr, Bishop of Athens; Christina the Martyr of Persia; Gerald, Bishop of Mayo.

*Morning Gospel: Fifth*

*Tone: Plagal First*

### *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.

#### *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!

***Resurrection Hymn, Plagal First Tone***

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For he willed to be lifted up on the cross in the flesh, to endure death and raise the dead by his glorious resurrection.

*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.***

***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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Prosforo for today's Liturgy is provided by Yana Patridge

As we conclude the first week of the Great Fast, we will only be offering coffee and water during our Fellowship Hour following Divine Liturgy. A more traditional coffee hour will return next week. *Blessed Lent.*

# 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.

# Prayer Ministry

***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; Efstatia, Jordan, David, Nino, 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.

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## Lenten Prayer Challenge

***The world needs Christians on their knees, praying!***

Join us and Orthodox Christians around the world to make prayer a priority during this upcoming Lent season, beginning March 7. Our goal? To pray at least three times per day for a total of 25+ minutes. If you haven't downloaded the new Orthodox prayer app "The Encounter," search for it in the app store or visit our table in the Great Hall after Liturgy for help. This new app offers the morning, noon, and evening prayers in a modern design as well as recordings of the prayers if you want to listen. Some of the prayers were recorded by St. Mary's parishioners!

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***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.***

# — Lenten Worship Schedule —

## Lenten Weekday Schedule

*Please note new start times.*

### Wednesdays

4:00 - Holy Confession

5:30 p.m. - Liturgy of the Presanctified Gifts

after Liturgy - Lenten Dinner; Youth Groups and Activities

7:30 p.m. - Choir Rehearsal

### Fridays

4:00 - Holy Confession

6:00 - Salutations to the Theotokos (*Akathist Hymn*)

## MEOCCA Pan-Orthodox Lenten Vespers

*Sundays, 4:00 p.m.*

### Sunday, March 13

St. Mary's Orthodox Cathedral

1701 Fifth Street NE, Minneapolis, MN 55413

### Sunday, March 20

St. George Greek Orthodox Church

1111 Summit Avenue, St. Paul, MN 55105

### Sunday, March 27

St. George Antiochian Orthodox Church

1250 Oakdale Avenue, West St. Paul, MN 55118

### Sunday, April 3

St. Mary's Greek Orthodox Church

3450 Irving Avenue South, Minneapolis, MN 55408

### Sunday, April 10

Holy Myrrhbearers Orthodox Church

601 Seventh Avenue South, Saint Cloud, MN 56301

### Sunday, April 17

St. Herman's Orthodox Church

5355 - 38th Avenue South, Minneapolis, MN 55412

# Calendar of the Week

## Sunday, March 13: Sunday of Orthodoxy

- 8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; Church School
- 4:00 p.m. – Pan-Orthodox Vespers  
St. Mary's Orthodox Cathedral  
1701 Fifth Street NE, Minneapolis

## Tuesday, March 15

### *Quarterly Clean Out Deadline*

- 6:00 p.m. – Adult Open Gym, Great Hall
- 6:30 p.m. – Philoptochos Board Meeting, Fireside Room

## Wednesday, March 16

- 4:00 p.m. – Holy Confession, Nave
- 5:30 p.m. – Liturgy of the Presanctified Gifts  
after Liturgy– Church School Confession: Grades 11 & 12, Nave  
after Liturgy– Lenten Dinner, hosted by Philoptochos, Terrace Room
- 7:30 p.m. – Choir Rehearsal, Nave

## Friday, March 18

- 4:00 p.m. – Holy Confession, Nave
- 6:00 p.m. – Salutations to the Theotokos

## Saturday, March 19

- 9:00 a.m. – Bible Study, Lecture Room
- 10:30 a.m. – Prosforo Workshop, Kitchen
- \* *Vespers is suspended until Holy Pascha.*

## Sunday, March 20: Sunday of Saint Gregory Palamas

- 8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; *No Church School*  
after Liturgy– Summer Camp Presentation
- 11:30 a.m. – Missions and Outreach Meeting, Fireside Room
- 4:00 p.m. – Pan-Orthodox Vespers  
St. George Greek Orthodox Church  
1111 Summit Avenue, St. Paul

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# Announcements

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## Immediate Food Shelf Needs for Next Week

Graham crackers, pancake syrup, coffee,  
hot chocolate packets, saltines, cooking oil

*March's recipient is FOCUS Minnesota.*

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

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## IOCC: International Orthodox Christian Charities

We welcome *Nick Kasemeotes* from IOCC to St. Mary's this morning. He will give a short "Greeting and Thanks from IOCC" at the end of the Liturgy.

## For Prayer during Lent...

Complimentary copies of "A Rule of Prayer for Great Lent" are available in the bookstore.

## Sunday Church School Schedule Change

Sunday Church School *will* meet today, March 13, but *not* next Sunday, March 20, in order for everyone to take part in our Camp Sunday presentation. The children are asked to stay in church next Sunday rather than go to their classes.

## Lenten Dinner Hosts Needed

We are resuming our Wednesday evening Lenten dinners this year. Most Wednesdays have hosts, however, we are in need of hosts for Wednesdays, March 23 and 30. If your organization, family, or group of friends would like to host, please contact the Church Office.

Each week a free-will offering is received in support of a charity of the hosts' choosing.

## Lenten Book Reading

To help us grow in faith and as a community of faith, Father Tim is inviting all parishioners to participate in a Lenten read. He has chosen the book *Arise, O God! The Gospel of Christ's Defeat of Demons, Sin, and Death* by Father Andrew Stephen Damick for this Lent. Copies are available for purchase in the bookstore. Fr. Tim will post weekly reflections on the book throughout the six weeks of Lent.



## **Quarterly Clean-Out ~ This Week!**

Our Quarterly Clean-Up (see the March “Messenger”), where the church staff will dispose of any items not labeled, organized, or being used by a ministry of the parish is this Tuesday, March 15. This month we will concentrate on our coolers and freezers inside the kitchen, plus the mechanical storage room inside our lower-level conference room (former youth room). The deadline for ministry leaders to label or organize their materials is March 15. Items not used, broken items, unlabeled items, etc will be placed in the dumpster on Friday, March 18.

## **Camp Ministry Sunday ~ March 20**

The Metropolis of Chicago celebrates our camping ministry on Sunday, March 20, to recognize and honor the fruitful work of our two summer camps as they celebrate milestone anniversaries. Fanari Camp, serving the Chicagoland parishes, celebrates 50 years and our very own St. Mary’s Camp, serving primarily Minnesota and Iowa parishes, celebrates 70 years of ministry meaningful to the spiritual growth of our youth. A speaker will address our parish describing the role of camp in young person’s life.

## **Film Screening: Man of God**

The film, *Man of God*, will play nationwide in theaters one night only, at 7:00 p.m., on Monday, March 21. *Man of God* depicts the trials and tribulations of Saint Nektarios of Aegina. It will be shown at numerous theaters throughout the Metro area. To find a theater near you and to purchase tickets, see the link in this weekend’s e-mails or contact the Church Office during the week for assistance.

## **Renovation Update**

As we complete the first week of the Great Fast, it is a joy to return to a fuller cycle of services. With this idea in mind, the Parish Council has paused any additional renovations and work inside the nave. Rest assured, the return of our pews is the main priority. The company is busily working on the repair and restoration of our pews, and we remain in almost daily contact with their team to monitor the progress. Once a return date has been formalized, we will share that information with all of our parishioners. We remain grateful for your patience during this time.

*“Entreat earnestly for us, O holy Apostles and all Saints, that we be delivered from peril and affliction; for you are our fervent advocates before the Savior.” (Lenten Apolytikion)*

# Philoptochos News

## **Prosforo Workshop**

*Saturday, March 19, 10:30 a.m.-1:30 p.m.*

Stop by the Philoptochos table to register for a free workshop to learn how to make prosforo (communion bread). Participants will learn prayers and general information and will bake loaves for use at St. Mary's.

## **Membership Drive Continues**

Philoptochos responds to immediate needs in the community and world. Membership voted at their February meeting to donate to two organizations providing medical needs to refugees from the Ukrainian crisis. Be a part of this dynamic organization by becoming a member. Stop by our table in the Great Hall to join.

## **Spring Fillo Sale**

*Runs through Sunday, March 20*

Stop by the Philoptochos table and order your fresh fillo today! The cost is \$5 per pound with delivery expected on Sunday, March 27.

## **NEW! Two Lenten Collections Coming**

*FOCUS Fun and Games Drive*

During the month of April, Philoptochos is collecting new and gently used books appropriate for ages 18 and older, 500+ puzzles, and backpacks. Please bring them to our table next month.

*TANDEM Baby Bottle Collection*

Our annual collection for Tandem, who supports women in crisis, is coming. Pick up a baby bottle (or an envelope) and fill it with dollars, coins and checks!

## **Women's Book Club Discussion Moves to June**

The Women's Book Club is joining with Fr. Tim's suggested Lenten reading of "Arise, O God" by The Very Rev. Archpriest Fr. Andrew Damick. The discussion of "Philokalia" by Father Anthony Coniaris will be held in June. Both books are available in the bookstore.

**Philoptochos General Meeting**  
**Sunday, March 27, after Liturgy**

# Walk with Christ to the Cross

## St. Mary's Holy Friday Retreat



**Friday, April 22, 2022**

**10:30 a.m. – 1:20 p.m.**

*Vespers of the Descent from the Cross at 1:30 p.m.*

**Pre-K (4 year old) through 12<sup>th</sup> Grade**

Register at <https://tinyurl.com/HolyFriday2022>

Please join us for an engaging day at Church in which children will learn about Holy Week, the Crucifixion, and Resurrection of our Lord Jesus Christ.

We will have lessons, crafts, lunch, stations in the church, and gym time (to help get the wiggles out - even the big kids).

The Retreat ends at 1:20 p.m. so please be here at that time to check out your child(ren) and accompany them to the Descent from the Cross Vespers.

Please register early so we can plan accordingly for helpers and supplies.

**Adults:** we could use additional help with set up/clean up and food preparation.

To volunteer or with questions, contact *Dena Tortorelis* —  
[churchschool@stmarysgoc.org](mailto:churchschool@stmarysgoc.org)

## 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 14*

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

#### *Tuesday, March 15*

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

#### *Wednesday, March 16*

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

#### *Thursday, March 17*

Isaiah 6:1-12 • Genesis 5:1-24 • Proverbs 6:3-20

#### *Friday, March 18*

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

#### *Saturday, March 19*

Hebrews 3:12-16 • Mark 1:35-44

#### *Sunday, March 20*

#### *Saint Gregory Palamas*

Hebrews 1:10 – 2:3 • Mark 2:1-12

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

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