

# SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, March 20, 2022

*Saint Gregory Palamas*

---

## The Divine Liturgy

**Commemoration:** Sunday of Saint Gregory Palamas; Righteous Fathers slain at the Monastery of St. Savas; Myron the New Martyr of Crete; Cuthbert the Wonderworker, Bishop of Lindisfarne; Photini the Samaritan Woman.

*Morning Gospel: Sixth*

*Tone: Plagal Second*

### *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, Plagal 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!

*Repeat the Resurrection Hymn, above.*

#### *Hymn of Saint Gregory Palamas, Plagal Fourth Tone*

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

***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 1:10-14; 2:1-3***

“In the beginning, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end.” But to what angel has he ever said, “Sit at my right hand, till I make thy enemies a stool for thy feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

***Gospel..... Mark 2:1-12***

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? Which is easier, to say to

the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins’-he said to the paralytic-”I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

***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 and on page 40 in the Liturgy booklet.***

***The Prayer of St. Ephraim***

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk. *Prostration*

But give rather the spirit of chastity, humility, patience, and love to your servant. *Prostration*

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed are you unto ages of ages. *Prostration*

***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.*

# 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.

Prosforo for today's Liturgy is provided by yesterday's prosforo workshop attendees.

Memorial Prayers today are offered for: **Kenny (Basil) Schwark** (40 days); **Cleo Zarifis** (1 year) mother of Kathy Richardson & Mary Pappas; **Nick Pappas** (33 years) brother of George and Louis Pappas; **Viktor Dimitriou, Evangelos Dimitriou.**

The coffee hour today is hosted by the Pappas and Richardson families in memory of departed loved ones.

---

## Prayer Ministry

***Please remember the sick, the suffering, and those in need, especially:***

The family of Maria Atsidakos; Those suffering from COVID-19 and those who care for them; for the people of Ukraine; 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; Maria, Kristina, Dave Ruesink, Liz, 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.

---



***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.***

# Calendar of the Week

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

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

## Wednesday, March 23

- 10:30 a.m. – Intercessory Prayer, Nave
- 11:00 a.m. – Women’s Bible Study, Fireside Room
- 4:00 p.m. – Holy Confession, Nave
- 5:30 p.m. – Liturgy of the Presanctified Gifts
- after Liturgy– Church School Confession: Grades 3 & 4, Nave
- after Liturgy– Lenten Dinner, hosted by IOCC, Terrace Room
- 7:30 p.m. – Choir Rehearsal, Nave

## Thursday, March 24

- 9:30 a.m. – FAITH Play Group, Great Hall and Terrace Room
- 6:00 p.m. – Great Vespers
- 7:00 p.m. – Stewardship Committee, Fireside Room

## Friday, March 25: The Annunciation

- 8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; Church School
- 4:00 p.m. – Holy Confession, Nave
- 6:00 p.m. – Salutations to the Theotokos

## Saturday, March 26

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

## Sunday, March 27: Sunday of the Holy Cross

- 8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; Church School
- after Communion – Parent Presentation, Terrace Room
- 11:30 a.m. – Philoptochos General Meeting, Terrace Room
- 11:45 a.m. – HOPE/JOY Service Project, Youth Room
- 4:00 p.m. – Pan-Orthodox Vespers  
St. George Antiochian Orthodox Church  
1250 Oakdale Avenue, West St. Paul

---

# Announcements

---

## Food Shelf Needs for Next Week

Canned meat (tuna, chicken, etc.)

*March's recipient is FOCUS Minnesota.*

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

---

## Today Is Camp Ministry Sunday

The Metropolis of Chicago celebrates our camping ministry today, 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 camp alum will address our parish describing the role of camp in young person's life.

## 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 Wednesday, April 6. 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 is posting/e-mailing weekly reflections on the book throughout the six weeks of Lent.

## 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.

# Philoptochos News

## 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

### *Sale Wraps Up Today*

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

## NEW! Two Lenten Collections Coming

### *FOCUS Fun and Games Drive*

During the month of April, Philoptochos will be 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





# Borscht *For* Ukraine

**Sunday**  
**March 27**  
**12 pm - 3 pm**

**Borscht Fundraiser & Silent Auction**

St. Michael's and St. George's  
Ukrainian Orthodox Church

321 5th Avenue Northeast • Minneapolis, Minnesota 55413

\$10.00 includes borscht, bread, beverage, and dessert.

## From the Fathers...on Prayer

Let not one think, my fellow Christian, that only priests and monks need to pray without ceasing and not laymen. No, no; every Christian without exception ought to dwell always in prayer.

—*Saint Gregory Palamas*

### Daily Bible Readings

#### *Monday, March 28*

Isaiah 14:24-32 • Genesis 8:21 – 9:7 • Proverbs 11:19 – 12:6

#### *Tuesday, March 29*

Isaiah 25:1-9 • Genesis 9:8-17 • Proverbs 12:8-22

#### *Wednesday, March 30*

Isaiah 26:21 – 27:9 • Genesis 9:18 – 10:1 • Proverbs 12:23 – 13:9

#### *Thursday, March 31*

Isaiah 28:14-22 • Genesis 10:32 – 11:9 • Proverbs 13:19 – 14:6

#### *Friday, April 1*

Isaiah 29:13-23 • Genesis 12:1-7 • Proverbs 14:15-26

#### *Saturday, April 2*

Hebrews 6:9-12 • Mark 7:31-37

#### *Sunday, April 3*

#### *Saint John Climacus*

Hebrews 6:13-20 • Mark 9:17-31

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

3450 Irving Avenue South

Minneapolis, Minnesota 55408-3399

Telephone: 612.825.9595 • Facsimile: 612.825.9283

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

*Fr. Timothy Sas, Proistamenos; Fr. Jason Houck, Associate*

*Fr. John Kostas; Deacon Paul Kalina*