

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, March 27, 2022

Sunday of the Holy Cross

The Divine Liturgy

Commemoration: Sunday of the Holy Cross; Martyr Matrona of Thessalonica; Paul, Bishop of Corinth,

Morning Gospel: Seventh

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 Third Antiphon

Hymn 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.

At the Small Entrance

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, Grave Tone

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrh-bearers' 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 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.

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.

Instead of "Holy God..."

Before Your cross we bow down, O Master, and we glorify Your holy resurrection.

Epistle.....Hebrews 4:14 – 5:6

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

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 gen-

eration, 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.”

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.

Communion Hymn

Upon us shines the light of your countenance, O Lord, Alleluia!

Instead of “We Have Seen the Light”

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.

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 Barbara Nichols, Cris Regas, and Presvytera Gabriela Sas.

Memorial Prayers today are offered for *Presvytera Lidia Sas* (6 months).

The coffee hour today is hosted by Bob Kolas.



Prayer Ministry

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

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; Elena, Speranta, 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 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

Tuesday, March 29

6:00 p.m. – Greek Festival Committee, Fireside Room

Wednesday, March 30

4:00 p.m. – Holy Confession, Nave
5:30 p.m. – Liturgy of the Presanctified Gifts
after Liturgy– Church School Confession: Grades 9 & 10, Nave
after Liturgy– Lenten Dinner, Terrace Room
after Liturgy– Junior GOYA Mini Meeting
7:30 p.m. – Choir Rehearsal, Nave

Friday, April 1

7:00 a.m. – Men's Fellowship, Fireside Room
4:00 p.m. – Holy Confession, Nave
6:00 p.m. – Salutations to the Theotokos

Saturday, April 2

9:00 a.m. – Bible Study, Fireside Room
Senior GOYA Lock-in

Sunday, April 3: Sunday of Saint John Climacus

• ***“The Messenger” news item deadline - May issue***
8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; Church School
4:00 p.m. – Pan-Orthodox Vespers
St. Mary's Greek Orthodox Church
3450 Irving Avenue South, Minneapolis

Announcements

Food Shelf Needs for Next Week

Canned soups and/or vegetables

April's recipient will be Community Emergency Service.

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

Borscht for Ukraine

Saint Michael's and St. George's Ukrainian Orthodox Church is holding a borscht fundraiser and silent auction today, 12:00 noon-3:00 p.m., at the church. \$10.00 includes borscht, bread, beverage, and dessert. St. Michael's and St. George's is located at 321 - 5th Avenue Northeast, Minneapolis, 55413.

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.

Holy Pascha Flowers

Contributions for flowers that will adorn our church during Holy Week and Pascha are now being accepted. Forms are at the display in the narthex. The deadline is Palm Sunday, April 17.

Looking Ahead to Summer!

~ **VACATION CHURCH SCHOOL** ~

Save the Dates! June 13-17 • 8:45 a.m.-12:00 noon

This year we will explore Superheroes — Super Saints Children 4 years old (and potty trained) through those entering grade 6 in the fall. Also needed are helpers/crew in grades 7-12 grades and adult. Registration begins soon!

~ **SUMMER CAMP REGISTRATION** ~

Summer Camp will be at Camp Wapogasset, **July 2-8, 2022!** Registration is approaching fast and will begin on Tuesday, April 26, at 10:00 a.m. Please watch www.stmaryscamp.com and <https://www.facebook.com/campstmarys> for details and updates.

Philoptochos News

Philoptochos General Meeting
Today after Liturgy ~ in the Terrace Room

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.

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

~ Fun and Games Drive for FOCUS ~

FOCUS Minnesota is in need of some (gently used) items.
Please bring any of the following between April 3 and April 17:

Books

Fiction and non-fiction - paperback or hardcover
Appropriate for adults age 18 and older (no children's books please)

Backpacks

Adult size

Puzzles and Board Games

Appropriate for any age

Please drop off your items at the Philoptochos table on Sundays.

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 12th 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



Spring Parish Assembly and Luncheon

Sunday, April 10

Saint Mary's Parish Council invites ALL parishioners to the Spring Spaghetti Luncheon and General All-Parish Assembly on Sunday, April 10, 2022. Participate in the important work of the church, learn about upcoming activities and priorities, and vote for our National Clergy Laity Assembly delegates.

We welcome your input and ideas to continue to make St. Mary's a place to Hear, Pray, Grow, Serve, and Share.

Our meeting agenda is:

- Approval of the Fall General Assembly Minutes
- Approve 2022 Budget
- Stewardship Update
- Delegates for National Clergy Laity
- Election of Board of Electors
- 2022 Parish Council Priorities
- Buildings and Grounds Update



Lazarus Saturday Family Service Day

Saturday, April 16

Everyone is invited to take part in our Lazarus Saturday Family Service Day on Saturday, April 16, following Liturgy.

Matins – 9:00 a.m. • Divine Liturgy – 10:00 a.m.

The Service Day projects will follow a time of fellowship after Liturgy and will include cleaning and preparing the church for Holy Week and plaiting palm crosses. It's a joy-filled day!

At midday, we will join together for a potluck lunch. Please bring a Lenten dish to share. We'll provide peanut butter and jelly sandwiches for the kids.

Sign up information will be available closer to the date. Watch for it!

The Sunday of the Holy Cross



The Sunday of the Holy Cross is the Third Sunday of Great Lent, also called Sunday of the Veneration of the Cross. On this Sunday, services include a special veneration of the Cross, which prepares the faithful for the commemoration of the Crucifixion during Holy Week and the holy Resurrection.

Each of the Sundays of Great Lent has its own special theme. This Sunday's theme is that in the cross of Christ crucified lies both "the power of God and the wisdom of God" for those being saved (I Corinthians 1:24). On this Sunday in the middle of the Lenten season, the cross stands in the middle of the church, not merely to remind the faithful of Christ's redemption and for them to keep the goal of their Lenten efforts, but also as a reminder: "He who does not take up his cross and follow me is not worthy of me" (Matthew 10:38).

The historical theme, as seen in the hymnology, is the victory and joy of the cross, not the suffering. The Church fathers equate the life-giving cross with the tree of life and plant it in the middle of the Lenten pilgrimage. It was the tree that was planted in Paradise; it is to remind the faithful of both Adam's bliss and how he was deprived from it.

For the catechumens of the early church, and the faithful preparing for Pascha today, the spiritual theme starts to change from personal *faith*, and personal *effort*, to Christ. The Church teaches that it is Christ's cross that saves. One cannot take up his own cross and follow Christ unless one has Christ's cross which he took up to save mankind. Partaking of this tree, one will no longer die, but will be kept alive.

This is done to refresh, reassure and to encourage those participating in Great Lent. The Church equates the appearance of the cross at this time to the banners and symbols that precede the return of a victorious king. The Epistle reading is from Hebrews 4:14 – 5:6 and explains Christ's priesthood, and the Gospel lesson from Mark 8:34 – 9:1 ends with *And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."*

—Orthodox Wiki

From the Fathers...on the Cross

The Cross is wood which lifts us up and makes us great...
The Cross uprooted us from the depths of evil
and elevated us to the summit of virtue.

—*Saint John Chrysostom*

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

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Fr. John Kostas; Deacon Paul Kalina