

# SAINT MARY'S GREEK ORTHODOX CHURCH

October 2, 2022  
*Second Sunday of Luke*

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## The Divine Liturgy

**Commemoration:** Second Sunday of Luke; The Holy Hieromartyr Cyprian and the Virgin Martyr Justina; Theophilus the Confessor.

*Morning Gospel: Fifth*

*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 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 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 Cyprian, Fourth Tone***

In the manner of the Apostles, and as successor to their thrones, God-inspired one, you deemed action above contemplation. Thus, rightly reaching the word of truth, you contended in faith to a bloody end, Priest-martyr Cyprian. Intercede with Christ our God that our souls may be saved.

***Hymn of Saint Romanos, Plagal Fourth Tone***

In you, holy father Romanos, the image of God shone forth, for you took up your cross and followed the Lord. By word and example you taught us to live in the spirit while still in the flesh. Therefore your spirit rejoices with the angels forever.

***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, Second Tone***

O unfailing protection of Christians, and our faithful advocate before the Creator: though we are sinners, do not ignore our entreaty; but in your goodness, grant your timely help to us who appeal to you in faith. Quickly make intercession; on our behalf make speedy supplication, O Theotokos, for you always protect those who honor you.

***Epistle..... Corinthians 6:1-10***

Brethren, working together with him, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

***Gospel..... Luke 6:31-36***

The Lord said, "As you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is

that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful.”

***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.*



## **Today**

40-day Churching – ***Sophia***, parents: Stephen & Katherine Selinsky.

Memorial Prayers today are offered for ***Anna Barakos*** (1 year), mother of Nick Barakos; ***Saleh Canavati*** (1 year); ***Chris Effrem*** (15 years).

The coffee hour today is hosted by the Canavati family in memory of Saleh.

## **National Church Music Sunday**

Today has been designated as National Church Music Sunday. This special day has been set aside by the Greek Orthodox Archdiocese of America and the National Forum of Greek Orthodox Church Musicians to honor and recognize all of our musicians dedicated to the church music ministry of our Holy Greek Orthodox Church. This commemoration traditionally takes place the first Sunday after the feast day celebration of St. Romanos, the National Forum's Patron Saint. We celebrate this day on October 2 this year.

*Thank you, musicians, for leading us in our prayer and song!*

# 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.

# Sacraments This Week

## **Baptisms**

*Achilles*, parents: William Pappas & Adele DeNicola,

September 30, 2022

*George*, parents: Joshua & Ellen Richter, September 30, 2022

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## **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; Alexey; Alexandra, Ray, Christina, Joanne, Athena, the Muñoz family, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Maria, Dave Ruesink, Liz, Efstratia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnar-ae, 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, Carole, Patty, Karrisa, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Bo, Tom, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, 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, Nancy, Alex, Eryn, Phil, Karen, 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, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.

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### ***Text to Give***

Text “SMGOC” to 73256 to give using your mobile device. This number will never send unsolicited texts to you. To cancel further messages, text STOP. If you need assistance with text giving, text HELP. Standard text message and data rates may apply.



***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, October 2: Second Sunday of Luke**  
OCF College Student Sunday

- *“The Messenger” news item deadline.*

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

after Liturgy – Take Heart Fundraiser, Terrace Room  
FOCUS meal preparations

**Monday, October 3**

9:15 a.m. – Akathist to the Mother of God

**Tuesday, October 4**

6:00 p.m. – Adult Open Gym, Great Hall

**Wednesday, October 5**

9:30 a.m. – FAITH Play Group, Great Hall and Terrace Room

6:15 p.m. – Junior GOYA, Great Hall and Terrace Room

6:30 p.m. – Choir Rehearsal, Nave

**Thursday, October 6**

7:00 p.m. – Philoptochos Book Club, Fireside Room

**Friday, October 7**

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

*Family Camp*

**Saturday, October 8**

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

5:00 p.m. – Great Vespers

*Family Camp*

**Sunday, October 9: Third Sunday of Luke**

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

Church School

*Family Camp*

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# Announcements

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## Food Shelf Needs for October 9

Potatoes (boxed, instant, or canned)

*October's recipient is Simpson Food Pantry.*

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

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## Akathist to the Mother of God

Given the spiritual challenges facing our youth, we are inviting everyone interested to join us as we pray the Akathist to the Mother of God "Nurturer of Children." We will meet in the Nave on the first and third Monday of each month, beginning October 3, at 9:15 a.m. and October 17, at 7:00 p.m. The Akathist prayer booklet may be purchased in the bookstore. All are welcome! Questions...call Cindy Karos 612.701.7320 or Popie Rakes 952.393.4180.

## 2023 Daily Lives Calendars Available

The 2023 Daily Lives, Miracles, and Wisdom of the Saints and Fasting Calendar is available to order. If you would like a copy, please stop in the bookstore or email [bookstore@stmarysgoc.org](mailto:bookstore@stmarysgoc.org) by Sunday, October 23. The price is \$22 (\$20 for the book and \$2 to help defray the shipping charge). Payment is due when you pick up your book. If you would prefer the e-book version, the calendar is available for \$9.99 from iTunes, Amazon, and Barnes & Noble.

## Women's Annual Pilgrimage to St. Paisius Monastery

This year has been a bit difficult to plan this pilgrimage — fewer flights and higher prices. However, we have scheduled the trip for Tuesday, January 24-Saturday, January 28. The price, which includes airfare and ground transportation, is at \$550 (the price may go down based on how many attend). There is no charge for the monastery stay, but freewill donations are highly recommended. A firm commitment is needed by **Wednesday, October 19**. Please call *Sandra Anderson*, 612.940.8933, to make your reservation. Also, please go to the Monastery website, [stpaisiusmonastery.org](http://stpaisiusmonastery.org), and click on **visitor information** for more details.

## **Holy Unction**

The Sacrament of Holy Unction will be celebrated at **St. Mary Romanian Orthodox Church**, 189 Atwater Street W., St Paul, on Friday, October 14, 6:30 p.m. Everyone is welcome to attend, especially those who need physical and spiritual healing. Those whose strength does not permit them to attend the full service may want to arrive at or just before 7:30 p.m. so they may at least benefit from the final prayer and anointing.

## **Metropolitan Leonty Memorial Lectures**

The fourth annual Metropolitan Leonty Memorial Lectures in Orthodox Theology and Spirituality will be held on Saturday, October 15, at St. Mary's Orthodox Cathedral Parish Center, 1701 Fifth Street NE, Minneapolis. This year's speaker is Dr. Eugenia Constantinou J.D. of the University of San Diego. Her topic will be: *Orthodoxy's Essential Element: How to Preserve, Promote, and Protect the Faith in the Third Millennium*. The event begins at 1:00 p.m. and concludes with Vespers at 5:00 p.m. Everyone is welcome to attend.

## **Testimonial Dinner for Tessie Bourdamis**

*Saturday, October 22*

Everyone is invited to attend the Testimonial Dinner for Tessie Bourdamis on Saturday, October 22, 6:30 p.m., at the Bloomington Hilton Hotel, 494 and France Avenue South, Bloomington. Tessie is being honored as the National Daughters of Penelope Penelope of the Year. The cost for the event is \$60.00.

- Please **make your check payable to** DOP Chapter 35
- **Mail your check** to 813 - 145th Street E., Burnsville, MN 55337

*Please RSVP no later than Friday, October 14.*



# Philoptochos News

## **Prosforo Bakers Needed!**

The supply of prosforo is once again very low. All prosforo bakers are encouraged to bake 1-3 loaves, wrap them well, and place them in the freezer in the room south of the altar. You can drop them off during regular church hours or on Sunday mornings. Stop by the Philoptochos table after church to pick up the prosforo prayers and recipe, and to sign up to be on the baking schedule.

## **Women's Book Club Discussion on Thursday**

The Women's Book Club discussion of *Mere Christianity* by C.S. Lewis will be held Thursday, October 6, 7:00-8:30 p.m. This will be a hybrid event, with the in-person discussion at church and a call-in option. All women are welcome.

More information and a link will be sent to the distribution list. To have your name added to the list, contact *Katherine Boosalis* ([katherine@boosalis.net](mailto:katherine@boosalis.net)). Books are available in the church bookstore.

## **Twin Cities Pan-Orthodox Tea**

Saturday, October 22, 10:00-11:30 a.m.

St. Mary's Orthodox Cathedral Parish Center

1701 - Fifth Street NE, Minneapolis

All women are invited to join their Orthodox sisters for fellowship and to help with a humanitarian project. Bring an appetizer or dessert to share. Questions: *Susan Boris*, 612.258.6481, [susan.boris10@gmail.com](mailto:susan.boris10@gmail.com).

## **More Volunteer Opportunities in October**

### ***Service Sunday with Church School***

On Sunday, October 23, this annual day of service will take place in the Terrace Room in lieu of Sunday School. Helpers are needed for set-up at 9:00 a.m. and student assistance after communion. Stop by the Philoptochos table or contact *Dena Tortorelis* to volunteer.

### ***Philoptochos Sunday***

On Sunday, October 30, we will celebrate our Patron Saints Cosmas and Damian with artoclasia, a special collection for the Ecumenical Patriarchate, and by hosting the social hour. Stop by the Philoptochos table for more information.

## **From the Fathers...on Love**

Love every man in spite of his falling into sin.  
Never mind the sins, but remember that the foundation  
of the man is the same—the image of God.

–*Saint John of Kronstadt*

### **Daily Bible Readings**

#### ***Monday, October 3***

Acts 17:16-34 • Luke 6:24-30

#### ***Tuesday, October 4***

Ephesians 2:19 – 3:7 • Luke 6:37-45

#### ***Wednesday, October 5***

Ephesians 3:8-21 • Luke 6:46-49, 7:1

#### ***Thursday, October 6***

***The Holy and Glorious Apostle Thomas***

I Corinthians 4:9-16 • John 20:19-31

#### ***Friday, October 7***

Ephesians 4:17-25 • Luke 7:31-35

#### ***Saturday, October 8***

I Corinthians 14:20-25 • Luke 5:27-32

#### ***Sunday, October 9***

#### ***Third Sunday of Luke***

II Corinthians 6:16 – 7:1 • Luke 7:11-16

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

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*Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon*