

SAINT MARY'S GREEK ORTHODOX CHURCH

September 11, 2022

Sunday before Holy Cross

The Divine Liturgy

Commemoration: Sunday before Holy Cross; Theodora of Alexandria; Euphrosynos the Cook; Demetrios and Evanthea the Martyrs and their son Demetrianos; Sergius and Herman of Valaam, Finland; Afterfeast of the Nativity of the Theotokos; Deinol the First Bishop of Bangor.

Morning Gospel: Second

Tone: Fourth

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 Birth of the Theotokos, Fourth Tone

Your birth, O Theotokos, has filled the world with joy, for there rose from you the Sun of Justice, Christ our God. He destroyed the ancient curse and replaced it with a blessing, thus confounding death by giving us eternal life.

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, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

Repeat the Hymn of the Birth of the Theotokos, 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 Birth of the Theotokos, Fourth Tone

Your holy birth delivered Joachim and Anna from the reproach of childlessness and liberated Adam and Eve from death's corruption, O Pure One. Thus freed from the stain of sin, we your people honor your birth, crying out to you: A woman thought barren brings forth the Theotokos who nourishes Christ our Life.

Epistle..... Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel..... John 3:13-17

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

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

Memorial Prayers today are offered for ***Joan Spell (40 days); The victims of September 11, 2001.***

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; Athena, the Muñoz family, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Maria, Dave Ruesink, Liz, Efstratia, 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, 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.



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.

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, September 11: Sunday before Holy Cross

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

12:00 noon-5:00 p.m. – A Taste of Greece

Monday, September 12

9:00 a.m. – Festival Clean Up

Tuesday, September 13: Eve of the Elevation of the Holy Cross

6:00 p.m. – Great Vespers

7:00 p.m. – Parish Council Meeting, Fireside Room

Wednesday, September 14: Elevation of the Holy Cross

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

Friday, September 16

Men's Retreat

Saturday, September 17

Men's Retreat

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

5:00 p.m. – Great Vespers

Sunday, September 18: Sunday after Holy Cross

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

First Day of Church School

11:30 a.m. – HOPE/JOY Kick-Off, Youth Room

11:30 a.m. – Missions and Outreach, Fireside Room

3:00 p.m. – Lyn Olson Medical Crisis Program Fundraiser,
Korluka Equestrian Farm, Stillwater

Announcements

Food Shelf Needs for September 18

Canned meals – large cans

(e.g.: chili, pork and beans)

September's recipient is Joyce Uptown Food Shelf.

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

Youth Program Kick Off

Sunday Church School

First Day of Class – Sunday, September 18

HOPE and JOY (Kindergarten-grade 2 and grades 3-5)

Kick Off – Sunday, September 18, 11:30 a.m., in the Youth Room

Junior GOYA (grades 6-8)

Kick Off – Wednesday, September 21, 6:15-8:00 p.m.,
in the Great Hall

Senior GOYA (grades 9-12)

Kick Off – Wednesday, September 28, 6:15-8:00 p.m.,
in the Great Hall

Introduction to Orthodoxy Class

The MEOCCA catechism course, Introduction to Orthodox Christianity, begins Tuesday, September 13, from 7:00-9:00 p.m. The class is open to all – those interested in learning more about Orthodox Christianity, inquirers, catechumens, and current Orthodox Christians as well! Classes will be held on Tuesday evenings in person (St. George Greek Orthodox Church, St. Paul) or online via Zoom. To register online or to learn more, go to: meocca.org.

September Senior Citizens' Meeting

Saint Mary's Seniors will gather for their monthly meeting and social on Tuesday, **September 20**, at 12:00 noon, in the Terrace Room. *Please note that the date has been changed to the third Tuesday.* After lunch, we will be “taking a walk down memory lane” to reminisce and share with table mates some memories of past festivals/bazaars attended. Please bring an item, artifact, or photo to display that pertains to your favorite memory of past festivals. We will end our afternoon with a short meeting and announcements of upcoming activities, as well as Bingo games.

Announcing St. Mary's Choir 2022-23 Season

Openings in all voice parts

Our senior choir provides musical responses and hymns for our Sunday Divine Liturgies throughout the year, as well as Christmas Eve, Holy Friday, and Pascha midnight services. We sing mostly in English, alternating with some Greek, and maintain a Byzantine ethos in almost all of our hymnology. A ten minute audition is required. Please contact Thespina Macres, 952.239.8460, choirdirector@comcast.net

Policies and requirements for ALL members of St. Mary's Choir:

- Audition required.
- No more than five absences (Sunday or Wednesday) in any session.
Session 1 – September through December, 2022.
Session 2 – January through May, 2023.
- Choir sings for 9:30 am Sunday Liturgy with call time at 9:20 am for Doxology.

All required rehearsals are scheduled Wednesday evenings 6:30-8:00 p.m. for sessions 1 and 2 with a time change, 7:10-8:45 p.m., during Great Lent

Rehearsals:

Session 1: Wednesdays, September 21-December 18, 2022.

Session 2: Wednesdays, January 18-June 4, 2023.

Mission Take Heart to Visit St. Mary's

Are you interested in learning more about Orthodoxy around the world? Join us on Sunday, October 2, after Liturgy, for a Missions and Outreach brunch with two presenters from Take Heart and learn how to help persecuted Christians get their businesses established once again by using training and micro loans.

“Serving the persecuted involves the entire body of Christ.”

Please RSVP for this brunch by contacting David in the Church Office (david@stmarysgoc.org). To learn more about Mission Take Heart, please visit their website: missiontakeheart.org

Family Camp ~ October 7-9

With a focus on understanding and improving our prayer life, Family Camp looks to be a wonderful weekend for our Minnesota Orthodox Family. It is a fabulous time to unplug from the world and enjoy nature. Everyone is welcome. Check out the website for more information and to register: stmaryscamp.com/family-camp/ – *Hope to see you there!*

Growing Young Assessment - Telos Gamma

In order to help us better understand the culture of our church, we are inviting all parish members to complete a brief online assessment. This survey is based on the work of the Fuller Youth Institute, specifically the research presented in the book *Growing Young: Six Essential Strategies to Help Young People Discover and Love Your Church*. You can access the survey at <https://tinyurl.com/ParishSurvey2022> or by scanning the QR code. Your participation and feedback are greatly appreciated! Please respond by September 18.



24 Hours to Advance Orthodox Higher Education

The Seventh Annual Day of Giving for Hellenic College Holy Cross is Wednesday, September 14. Make your donation to the school by going to the school's website: hchc.edu/give/give-online.

A Taste of Romania

Enjoy an afternoon of Romanian hospitality, food, and entertainment next Saturday, September 17, 12:00 noon-8:00 p.m., at St. Mary Romanian Orthodox Church, 854 Woodbridge Street (at Atwater), in St. Paul. Live music with Valentin Butnaru. www.saintmarymn.org

LOMCP Gala on the Farm

Don't miss the annual *Lyn Olson Medical Crisis Program* fundraiser **Gala on the Farm** at the Korluka Equestrian Farm in Stillwater, on Sunday, September 18, 2022, 3:00-6:00 p.m. We have an exciting day planned for you! New this year is a professional Spanish horse show, performed by *Fredy Castano* and *Manuel Vargas*. This is a family friendly event! Adults are \$30 and accompanying kids under 18 are free. Lyn Olson Medical Crisis Program supports individuals and families who are suffering financially due to a medical crisis.

Pan-Orthodox Choir Ministry

Singers from all MEOCCA parishes are invited to POCM. The Pan-Orthodox Choir Ministry is a new music ministry based in the Twin Cities under the directorship of Mark Wesche. POCM will have a three-week rehearsal series for recording and increasing or refining the music repertoire. All church musicians are welcome, invited, and needed, to sing at St. Mary's OCA Cathedral. Rehearsal are: Friday, September 23, Thursday, September 29, and Thursday, October 6, 7:00 p.m. *Come and sing praises to the Lord!*

Philoptochos News

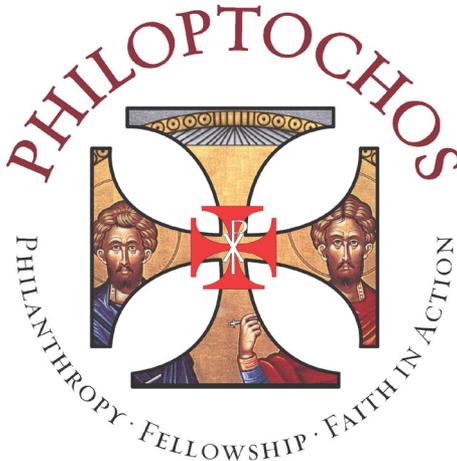
September Metropolis Luncheon Raffle Tickets

The Metropolis September Luncheon and Raffle on September 24 in Chicago is the biggest fundraiser of the Metropolis Philoptochos. Raffle tickets are available for purchase next Sunday at the Philoptochos table. The grand prize is \$1,000 with four smaller cash prizes. Donation is \$10 per ticket or three for \$25. The raffle benefits Hellenic College/Holy Cross, St. Iakovos Retreat Center, and Metropolis philanthropic endeavors. Everyone is invited to support the work of Philoptochos by purchasing raffle tickets!

Women's Book Club Discussion

The first discussion group for the fall season will be Thursday, October 6. The book for discussion is C. S. Lewis' *Mere Christianity*. It is available in the Bookstore.

Save the Date . . . Tuesday, September 27
Philoptochos Fall Kick Off Dinner and Meeting



Philotochos to Provide FOCUS Dinner

Sunday, October 2, 2022

Philotochos will provide dinner for FOCUS Minnesota on Sunday, October 2, and invites all interested parishioners to participate. FOCUS reports that 200 to 250 meals are being served each Sunday evening, punctuating the need in the community at large.

We will serve Greek chicken, potatoes or rice, carrots, a tossed salad, rolls, and cookies. Volunteers will prepare the entrée, vegetable, and salad in St. Mary's kitchen on Saturday and Sunday. We are asking for donations of rolls and cookies to be dropped off either October 1 or 2 in the kitchen. Our volunteer/donation request follows:

- 7 volunteers to prepare the entrée, salad and vegetable in St. Mary's kitchen on Saturday, October 1.
- 7 volunteers to finish baking the entrée and vegetable and prepare the salad on Sunday, October 2.
- 6 volunteers to bring 4 dozen rolls to the kitchen on Saturday or Sunday, October 1 or 2.
- 16 volunteers to bring 4 dozen cookies (homemade or store-bought) to the kitchen on Saturday or Sunday, October 1 or 2.
- Up to 8 volunteers to transport food, dish out food and serve dining guests at FOCUS.

Please help if you can. Volunteer at the Philotochos table after church or sign up via the Sign-Up Genius link in the Weekly Update. Please direct questions to Carol Smith, Chair, 952.210.8618, smithzcl@gmail.com

YOUNG ADULTS AGES 21-35

BONDING OVER BREWSKIS

Kick back, connect and join us as we
build a stronger more exciting young
adult community at St. Mary's

THURS, SEPTEMBER 15TH

6:30 PM

BAUHAUS BREW LAB

1315 Tyler St NE,
Minneapolis, MN 55413



From the Fathers...on the Holy Cross

In every act we do, in every step we take,
let our hands trace the Lord's Cross.

—*Saint Jerome*

Daily Bible Readings

Monday, September 12

II Corinthians 12:10-19 • John 11:47-54

Tuesday, September 13: Eve of Holy Cross

Hebrews 3:1-4 • Matthew 16:13-19

Wednesday, September 14: Elevation of the Holy Cross

I Corinthians 1:18-24 • John 19:6-11, 13-20, 25-28, 30

Thursday, September 15

Colossians 1:24 – 2:1 • Matthew 10:16-22

Friday, September 16

II Corinthians 6:1-10 • Luke 7:36-50

Saturday, September 17

I Corinthians 1:26 – 2:5 • John 8:21-30

Sunday, September 18: Sunday after Holy Cross

Galatians 2:16-20 • Mark 8:34 – 9:1

Saint Mary's Greek Orthodox Church

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Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas

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