

# SAINT MARY'S GREEK ORTHODOX CHURCH

September 18, 2022

*Sunday after Holy Cross*

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## The Divine Liturgy

**Commemoration:** Sunday after Holy Cross; Eumenius the Wonderworker, Bishop of Gortynia; Ariadne the Martyr; Afterfeast of the Holy Cross.

*Morning Gospel: Third*

*Tone: Plagal First*

### Variable Hymns and Readings in the Liturgy

#### *At the Second Antiphon*

Save us, O Son of God, crucified in the flesh, 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, 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 Holy Cross, 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 Elevation of the Holy Cross, Fourth Tone***

Bestow your mercies on the people called by your name, Christ God, who freely let yourself be raised on the cross. To all who battle evil give joy in your power, by gracing them with victory over every foe, for having you as their ally they possess a weapon of peace, an invincible trophy of victory.

***Epistle..... Galatians 2:16-20***

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

***Gospel..... 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 generation, 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."

***The Communion Prayers are found on page 3 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.*

# 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.

# Today

Prosforo is provided by Triada Paulson.

Memorial Prayers today are offered for **Giannoula Baktritzes** (6 months); **George Rouman** (6 months) father of Sam Rouman; **George, Stamatia, Evangelos, Diane, Kontos, Ike, Lucile, Stamatia, Tom, Gene, Jack, Kennedy, Helen, Chris Fanaras** (family members of Hope Kennedy).

The coffee hour today is hosted by Robert and Hope Kennedy in celebration of their 60<sup>th</sup> wedding anniversary.

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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; Joanne, 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.

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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.***

# Calendar of the Week

## **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

*Missions and Outreach Committee will not meet today.*

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

## **Tuesday, September 20**

12:00 noon – Senior Citizens' Meeting, Terrace Room

6:30 p.m. – Philoptochos Board Meeting, Fireside Room

## **Wednesday, September 21**

9:00 a.m. – “The Messenger” Mailing

6:15 p.m. – Junior GOYA Kick Off, Great Hall

6:30 p.m. – Choir Rehearsal, Nave

## **Thursday, September 22**

6:30 p.m. – Stewardship Committee Meeting, Fireside Room

7:00 p.m. – Edina Koinonia, Meeting Room 1

## **Friday, September 23**

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

## **Saturday, September 24**

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

12:30 p.m. – FAITH Play Group, Trolley Ride, 4200 Queen Ave. S.

*Great Vespers will not be offered this evening.*

## **Sunday, September 25: First Sunday of Luke**

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

Church School

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# Announcements

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## Food Shelf Needs for September 25

Hygiene items

*September's recipient is Joyce Uptown Food Shelf.*

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

## Festival Food for Sale

Take home some delicious Festival food and enjoy these last days of summer in the backyard! You'll find lamb burgers, souvlaki, and several other selections for sale in the Great Hall this morning – don't miss out!

## September Senior Citizens' Meeting

Saint Mary's Seniors will gather for their monthly meeting and social this Tuesday, September 20, at 12:00 noon, in the Terrace Room. 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.

## Choir Rehearsals Resume

*Wednesday, September 21, 6:30-8:00 p.m., Choir Loft*

Current members... ASSEMBLE!

Prospective members... do you sing well, do you read music, do you play well with others? Two out of three? You may be worthy! Please go to the choir page on the church's website for scheduling, policies, general information, and contact the music director: [choirdirector@comcast.net](mailto:choirdirector@comcast.net), ASAP!

## 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.

## **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](http://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/](http://stmaryscamp.com/family-camp/) – *Hope to see you there!*

## **Tiger Open Greek Golf Event**

The annual Tiger Open Greek Golf Event is Sunday, October 2, 2022, at Heritage Links Golf Club, 8075 Lucerne Boulevard in Lakeville.

12:15 p.m.: group picture and 12:30 p.m.: shotgun start.

Entry fee is \$80.00 and includes green fee, skins game, prizes, and a little something to eat. Entries must be received by Thursday, September 29, to guarantee your spot. Mail check to Mike Hasselstrom, 6621 Londonderry Drive Edina, MN 55436-1757. Make checks payable to Alex Karos.

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# Philoptochos News

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## **September Metropolis Luncheon Raffle Tickets**

Today is the last opportunity to purchase raffle tickets to benefit Hellenic College/Holy Cross, the Saint Iakovos Retreat Center, and Metropolis of Chicago philanthropic endeavors. The Metropolis September Luncheon and Raffle is September 24 in Chicago and is the biggest fundraiser of the Metropolis Philoptochos. Raffle tickets are available for purchase at the Philoptochos table today. The grand prize is \$1,000 with four smaller cash prizes. Donation is \$10 per ticket or three for \$25.

## **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*

> *FOCUS Dinner – Sunday, October 2...see next page for details.* <

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# Youth News

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## **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

### ***FAITH Play Group (0-5 year olds and parents)***

Trolley ride and fun at Lake Harriet – Saturday, September 24, 12:30-2:00 p.m. Meet at 4200 Queen Avenue South, Minneapolis. Contact *Kyrsten Theodotou*, 641.629.0181, with questions.

### ***Senior GOYA (grades 9-12)***

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



# Philoptochos to Provide FOCUS Dinner

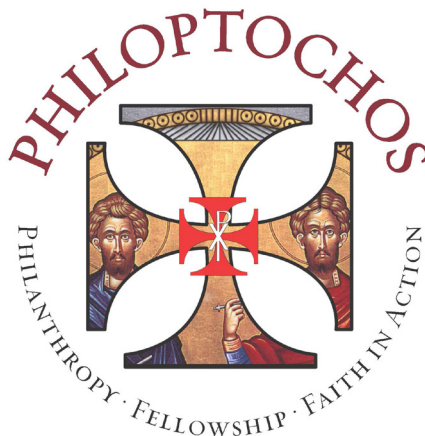
*Sunday, October 2, 2022*

Philoptochos 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 Philoptochos 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](mailto:smithzcl@gmail.com)



## From the Fathers...on the Holy Cross

In the ... Sign of the Cross is all virtue and power ... In this Sign of the cross is salvation for all who are marked on their foreheads.

–*Saint Cyprian of Carthage*

### Daily Bible Readings

#### *Monday, September 19*

Galatians 2:11-16 • Luke 3:19-22

#### *Tuesday, September 20*

Ephesians 6:10-17 • Luke 21:12-19

#### *Wednesday, September 21*

Galatians 3:15-22 • Luke 4:1-15

#### *Thursday, September 22*

Galatians 3:23 – 4:5 • Luke 4:16-22

#### *Friday, September 23*

Galatians 4:22-27 • Luke 1:5-25

#### *Saturday, September 24*

II Timothy 3:10-15 • Luke 10:38-42, 11:27-28

#### *Sunday, September 25*

##### *First Sunday of Luke*

II Corinthians 4:6-15 • Luke 5:1-11

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

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