The Messenger

St. Mary's Greek Orthodox Church | 3450 Irving Avenue South, Minneapolis, MN 55408 | 612.825.9595 | www.stmarysgoc.org

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St. Mary's Mission Statement

To proclaim, celebrate, and share the good news of salvation in Jesus Christ in accordance with the Orthodox Tradition.

The Five Tasks of Our Parish Vision

Hear Pray Grow Serve Share



On Prayer Archbishop Anastasios of Albania

"Prayer summarizes a longing. The problem is that so often we become egocentered, lacking humility. Thus it is good to pray, 'Oh Lord, deliver me from myself and give me to Yourself!'—a cry of the heart. It is similar to the prayer, 'Lord, I believe, please help my unbelief.' Often it is necessary to pray for forgiveness.

"Many times in my life, there has been no opportunity for long prayers, only time to go quickly into what I call the 'hut of prayer'—very short prayers that I know by heart or to make a very simple request: 'Show me how to love!' Or, when you have to make a decision, 'Lord, help me make the right estimation and come to the right judgment, to make the right action.' Then there is the very simple prayer, 'Your will be done.' I have also learned, in Albania, what it means to be a foreigner, to come from a country many regard with suspicion. This, however, can help one become more humble. It helps one pray with more intensity, 'Use me according to Your will.' Often I pray, 'Lord, illumine me so that I know Your will, give me the humility to accept your will and the strength to do your will.' I go back to these simple prayers again and again.

"Many times, the Psalms are my refuge. You realize that in the spontaneous arising of certain phrases from the Psalms you are hearing God speak to you. Perhaps you are reciting the Psalm, 'My soul, why are you so downcast...' And then another phrase from the psalms arises which is a response. It is an ancient Christian tradition that a bishop should know many psalms by heart. The psalms provide a spiritual refuge. In each situation there is a psalm that can help you, in those critical moments when you have no place of retreat.

Perhaps you remember the words, 'Unless the Lord guards the house, they who guard it labor in vain.' You are reminded that your own efforts are not decisive. You also come to understand that your own suffering is a sharing in God's suffering. It is a theme St. Paul sometimes writes about. You come to understand that the resurrection is not after the cross but in the cross."

—reprinted from The Light; the monthly newsletter of Saints Constantine and Helen Greek Orthodox Church, Webster, MA

Daylight Saving Time ends on Sunday morning, November 6. Set your clocks back one hour before you retire on Saturday, November 5.

Our Life Together

Baptisms

Achilles Parents: William Pappas & Adele DeNicola September 30, 2022

George Parents: Joshua & Ellen Richter September 30, 2022

Theodore Christopher Parents: Ross & Karen McHugh October 9, 2022

Aiden Parents: Alex & Jackie Amacci October 15, 2022

Death

George Svolopoulos October 14, 2022 May his memory be eternal.



Share YourShelf

November's recipient of Share YourShelf contributions is FOCUS Minnesota.

Sunday, November 6 Oatmeal or Cream of Wheat

Sunday, November 13 Spam

Sunday, November 20 Boxed pasta

Sunday, November 27 Canned meat (e.g. tuna, chicken)

You pray for the hungry. Then you feed them. This is how prayer works. —Pope Francis

Donate online: https://www.focusmn.org/ then "Donate Now"

Memorial Prayers

Sunday, November 6

John Muchulas (15 years) Jean Jorgenson (10 years) mother of Cathy Forchas; Catherine (Nitsa) Panagos (10 years) cousin of Jeanne Forchas and Harriett Cheolis

Sunday, November 13

Christina Zoitos (10 years) daughter of Cassandra Apostolou James H. Zubulake (25 years)

Thank You

Peace and Hope – Mission Take Heart

take heart

Mission Take Heart wishes to thank you for your prayers and generosity. St. Mary's Missions and Outreach volunteers offer an annual fundraiser which occurs each October. You gave \$1,670.00, which will help develop leaders within communities. Community leaders and especially widows need the spiritual encouragement, technical direction, and financial support.

We encourage you to become a monthly giver to Mission Take Heart. THANKS to all of you at St. Mary's!



St. Mary's Church Staff

Proistamenos Fr. Timothy Sas

Associate Priest Fr. Jason Houck

Attached Priest Fr. John Kostas

Deacons Fr. Paul Kalina Fr. Luke Twito

Administrator Julie Moricz

Parishioner Support Communications David Mertesdorf

Ministry Support Doria Saros

Youth Director Jonathan Klein

Facilities Coordinator Bob Yang

Music Director Thespina Macres

Organist Mark Macres

St. Mary's Parish Council

President William M. Hoeft

Vice President John Beauchamp

Secretary Maria Smith

Treasurer Thomas Hainlin

Assistant Treasurer Andrew Twito

Members

Daniel Buss Ina Dunham Sam Hanna Nicholas Legeros Cristina Nicklow Jeannie Possis Dean Psyhogios Andrew Twito

Education · Fellowship · Worship

Fellowship and Study Groups

Intercessory Prayer

Thursdays, November 3 and 17 10:30 a.m., Nave Chapel

Men's Fellowship

Friday, November 4 The Book of Numbers

Friday, November 16 Psalm 119 7:00 a.m., Fireside Room

Saturday Bible Study

Every Saturday 9:00 a.m., Fireside Room

Women's Bible Study

Thursdays, November 3 and 17 11:00 a.m., Fireside Room

Weekend Schedule

Saturday Great Vespers – 5:00 p.m.

Sunday (live-streamed) Orthros – 8:30 a.m. Divine Liturgy – 9:30 a.m.

Weekday Schedule

Tuesday, November 1 Saints Cosmas and Damian Divine Liturgy – 9:30 a.m.

Monday, November 7 Akathist – 9:15 a.m.

Tuesday, November 8 The Holy Archangels Divine Liturgy – 9:30 a.m. **Monday, November 14** Saint Philip the Apostle Divine Liturgy – 9:30 a.m.

Wednesday, November 16 Saint Matthew Divine Liturgy – 9:30 a.m.

Monday, November 21 Entrance of the Theotokos Orthros – 8:30 a.m. Divine Liturgy – 9:30 a.m. Akathist – 7:00 p.m.

Friday, November 25 Saint Katherine Divine Liturgy – 9:30 a.m.

Wednesday, November 30 Saint Andrew Divine Liturgy – 9:30 a.m.

In appreciation of your gifts of Time, Talent, and Treasure, St. Mary's Parish Council and Stewardship Committee cordially invite you to attend the complimentary

Stewardship Appreciation Clendi

Saturday, November 12, 2022 6:00-11:00 p.m. St. Mary's Great Hall Dinner, Dancing, and Great Company! Please join us!

RSVP by November 1 to <u>david@stmarysgoc.org</u>, call the church office, or scan the code at the right.



Parish News & Events

Year-End Giving

As we approach the end of both our calendar and fiscal year, it is important that we correctly record all stewardship gifts. We ask that ALL contributions including those made online, be made by **3:00 p.m.** on **Tuesday, December 27**, in order to be recorded and reflected on your yearend Contribution Statement, and matched against your yearly pledge, as stewardship income for 2022. Donations received after the deadline will be counted towards our budget for 2023.

Those planning to give through an investment program should arrange to do so now in order for the contribution to reach St. Mary's before year's end.

FOCUS Now Accepting Winter Clothes

FOCUS is now accepting winter clothing, especially winter outerwear of all sizes for men, women, and children. Bags can be put by the FOCUS sign in the Church hallway leading to the Office, or taken to FOCUS House at 550 Rice Street, St. Paul.

Daughters of Penelope Bake Sale

The Annual Holiday Bake and Craft Sale sponsored by the Daughters of Penelope will take place on Sunday, November 20, in the Great Hall. Come stock up on delicious gourmet treats and craft items for the holidays. Thank you for your support!



Join us for wine, heavy hors d'oeuvres, and dessert

Thursday, November 10, 2022

6:30pm Vespers | 7:00pm Reception

Come and learn how your support is helping IOCC's recent global humanitarian work in Ukraine, Greece, the Middle East, and right here in the US.

St. Mary's Greek Orthodox Church 3450 Irving Avenue S | Minneapolis, MN 55408

TICKETS \$30 RSVP AT CHURCH OR ONLINE BY OCT. 28

> Questions? Contact Angelea Hoeft at angelea.hoeft@gmail.com



Saint Mary's Seniors will gather for their monthly meeting and social on Tuesday, November 1, at 12:00 noon in the Terrace Room. Please note the date change due to Election Day on our usual meeting day. We will be entertained by the Minnesota Mandolin Orchestra. We will have a potluck luncheon, so please bring any item to share. We will end our afternoon with a short meeting.

Parish Council Needs YOU!

Are you an active pledging member of St. Mary's? Are you looking for an opportunity to contribute to the work of the church? Do you have time to commit to serving others? Do you have a special gift for working cooperatively and enhancing our parish utilizing your time and talents?

WE NEED YOU! Four positions area available each year, and we are actively seeking women and men to become part of the Parish Council. If you have been a member in good standing of St. Mary's for at least one-year, please prayerfully consider serving on the council.

Members serve for a three-year term, and meetings are on the second Tuesday of each month at 6:15 p.m.

All candidates will attend a seminar conducted by Fr. Tim prior to the election where you learn about the Uniform Parish Regulations, work of the council, and the significance of the affirmation of office.

Candidate applications are now available in the Church Office and due back by Sunday, November 6.

All interested parishioners are encouraged to speak with a current member of the Parish Council to ask questions and learn more about this important ministry of the church.

AHEPA Family Children's Christmas Party

Santa's Coming Back to Town (St. Mary's) on Saturday, December 17.

Enjoy caroling with Kally, entertainment, a keepsake photo with Santa and Mrs. Claus, a gift specially selected by Santa, and lunch for the entire family, all for a nominal per child charge. Save the date and watch for further details and RSVP form. Sponsored by AHEPA.

Philoptochos



Philoptochos Meetings for

November Board Meeting

Tuesday, November 15, 6:30 p.m. Fireside Room

General Meeting

Tuesday, November 22

• 6:00-7:00 p.m.

Service Projects and Meeting Assemble IOCC Hygiene Kits and create bouquets through Bluebirds and Blooms.

• 7:00-8:30 p.m. General Meeting Terrace Room Watch for more information in the weekly bulletins.

Ministry Fair

November 13

Philoptochos will staff a table which will have information about our organization and what we do. Plus, that day we will have our fillo sale distribution.

Women's Book Club Discussion

Upcoming Meetings

Tuesday, November 1 – 7:00 p.m. Fireside Room Thursday, December 1 – 7:00 p.m. Terrace Room

Vasilopita

Vasilopita presales will begin Sunday, November 27. Watch for more details of this sale.

Decorate for Christmas

The date has yet to be set, but watch for the announcement and sign up sheet at the Philoptochos table.

Thank You...

Events that happened in October in our parish which we cohosted or helped with.

...to everyone who helped at the fall kick off dinner and meeting on September 27.

...to all who made the FOCUS meal on October 2 a success.

- ...to those who helped at the Service Sunday on October 23 with our Church School students,
- ...thank you, in advance, to all who helped at our Philoptochos Sunday observance on October 30, those who made the *artoclasia*, supported our special collection for the Ecumenical Patriarchate, hosted coffee hour, and helped with the slide show about Philoptochos.



Stewardship

Time and Talent Spotlight

Jimmy Geogleris – Usher



When did you first become an usher at St. Mary's?

Three years ago.

What drew you to this ministry?

I was talking with Father George at the time and I was looking for a way to give back to the church even though we were going through COVID. He said we were in need of ushers, so I volunteered!

Do you have a favorite memory or experience while serving with this ministry team?

I enjoy when people walk into the church and I have the opportunity to welcome them every Sunday. Just being here for them!

If someone else was interested in joining the ushering ministry team, could they contact you to learn more?

Yes! They can reach out to me at geoglerisj@gmail.com



Saint Mary's 2022 Stewardship Campaign Update Our Church Our Spiritual Home

Thank you for your participation in our 2022 Stewardship Campaign and your on-going support of St. Mary's through your gifts of time, talent, and treasure.

<u>As of October 10, 2022, we have received \$738,544 in</u> <u>Stewardship Income</u>. This represents only 58% of this year's budget for ministries and operating expenses and is behind compared to where we were last year at this time. An additional \$531,256 is needed by year end to cover all our costs.



A Reminder: The goal this year is to cover all the Church ministries and operating costs through Stewardship contributions without relying on rental and festival income to cover the gap. The experience of the pandemic impact during the past two years reminds us how important it is not to rely on the rental and festival income to cover the costs of our ministries and operations of the church.

As we approach the end of the year, please prayerfully consider St. Mary's in your holiday giving, and also consider increasing your Stewardship contribution this year to help us reach our goal. Your stewardship giving to St. Mary's is one way to exhibit the principle of generosity.

If our current 530 donors were to give \$1,000 each before the end of the year, we would achieve our goal! Please prayerfully give within your means.

Thank you again for your on-going support of St. Mary's through your gifts of time, talent, and treasure.

The St. Mary's Stewardship Committee

Missions and Outreach

Hello and can you believe it – November 2022 is here! There are many wonderful blessings happening at St. Mary's

St. Mary's Missions and Outreach Annual Missions Fundraiser was Sunday, October 2.

Mission Take Heart representative Catherine Makar led a presentation on how we can send our prayers and dollars to persecuted Christians. We heard how the founder was moved to begin Mission Take Heart. There came to be three elements to a strategy. All missionaries are taught that missions have strategy; financial (micro-loans)tools of technology and the strength that comes from spiritual life. Missionaries make a commitment to team up with leaders for up to three years and even for five years. Mission Take Heart is blessed as 100% of donations are sent to the mission field which includes Iraq, Syria, Egypt, and Nigeria. Mission Take Heart administrative costs are paid by a separate donation.

Catherine repeated that the Take Heart message is "hope for peace." missiontakeheart.org



Harvest Pack Event



Put Sunday, December 4, on your calendar! We are packing meals for Harvest Pack. The meals packed will be distributed to local food shelves that are unable to meet the demands

of families for food. Directors of food banks call to help those with food insecurity. A healthy breakfast of oatmeal will be helpful for many individuals and families.

Harvest Pack helps volunteers pack meals for distribution. Food shelves said they urgently need nutritious

It is a privilege to welcome newcomers to St. Mary's. Many of you were sent invitations to a "Mixer" on Sunday, October 16, 2022. This is way to meet other newcomers and ambassadors.

The mixer is a small group just for you.

- 1. Connect names with faces.
- 2. Ask others about their experiences and learn of some ways to volunteer.

People often look through the Missions and Outreach Ministries display case or the Sunday Missions and Outreach Table for an introduction to all the new, newer folks, or those considering Orthodoxy to talk with ambassadors about St. Mary's. Isn't this wonderful and such a blessing to meet the newcomers and to share and learn more about Orthodoxy?



breakfasts, and we formulated the most nutrient-rich oatmeal out there. Our oatmeal provides daily essential vitamins and minerals, is a soy and GMO-free, flavorful, and comes in easily recognizable pouches with cooking tips.

In the past two years, St. Mary's has distributed more than 124,000 meals to local food shelves. You can help as a volunteer packer and, also, with a monetary contribution to St. Mary's with Harvest Pack in the memo line. Watch for our volunteer sign up!

In the Bookstore

by Rebecca Myerly bookstore@stmarysgoc.org



On Prayer is the sixth volume of The Spiritual Counsels of Saint Paisios. Recently published in English with a translation by the esteemed translator Father Peter Chamberas, this is truly a book filled with spiritual wisdom and guidance. In the Prologue, Mother Philothei, the Abbess of the Holy Hesy-

chasterion "Evangelist John the Theologian," the monastery Saint Paisios was affiliated with and that publishes his counsels, writes:

For Elder Paisios, prayer is the immeasurable potential which God has given us in order to communicate with Him, and ask for His help. The Elder actually felt pain when he observed people suffering as they struggled "with their limited human capabilities," when they could have asked for help from God, Who "would have sent not only simply divine help, but a whole variety of divine assistance..." (11)

Divided into seven parts, *On Prayer* is a guidebook to, into, and in prayer. Beginning with "Communicating with God," the book continues with "The Struggle for Prayer," "Our Intercessors Before God," "Ask and It Shall Be Given You," "The Jesus Prayer and Nepsis," "The Life of Worship," and concludes with "The State of Doxology." Each section is divided into several chapters explaining the overarching themes in detail. Written in a question and answer format, one is aware of being in the presence of and hearing a wise and humble spiritual father speaking to each questioner and listener, connecting with their concerns and inviting them to awareness, insight, and spiritual growth and appreciation. For example, in answer to the question, "What is the meaning of "Remembrance of God, vision of God"?" Saint Paisios responds:

Remembrance of God means that the mind is on God, that one experiences God, in which case he sees God everywhere. He who succeeds in keeping his mind constantly on God, constantly senses the presence of God and is moved by gratitude, because he sees all things as the blessing of God. One look around suffices for him to understand that God closely follows not only one person, but the entire universe, even the smallest and most insignificant details. Wherever he looks, he sees the splendours of God. He takes one look at the heavens and is transformed by the presence of God. He takes a look at the earth; he sees the birds, the trees, and he sees God, their Creator. That is also prayer; it is also remembrance of God. (203-204)

Whether one is new to prayer or someone with long experience praying, everyone will find spiritual nourishment, direction, and guidance in this book. Saint Paisios speaks to the mind in the heart in the tradition of the Desert Fathers. All who read *On Prayer* attentively will grow in prayer.



Children & Youth

Our Children and Youth Mission Statement

To cultivate a safe and welcoming environment for kids by nurturing healthy relationships within the church family. We will teach the youth by building a strong foundation of knowledge, and together, we will experience the Orthodox tradition by following the four circles of youth ministry: **Liturgia** (Worship), **Diakonia** (Service), **Martyria** (Witness), and **Koinonia** (Fellowship), leading our youth to develop, by their own free will, a personal relationship with God and to pursue union with Him.

Faith Playgroup 0-5 Year Olds and Parents

- Thursday, November 10, 9:30-11:00 a.m.
 Great Hall and Terrace Room
- Wednesday, November 23, 9:30-11:00 a.m.
 Great Hall and Terrace Room

HOPE and JOY *Kindergarten-Grade 2 and Grades 3-5*

- Wednesday, November 16, 6:15-8:00 p.m.
 HOPE/JOY at Parish Night, beginning in the Nave
- Saturday, November 19, 1:00-3:00 p.m. HOPE/JOY going to Rudolph the Red-Nosed Reindeer The Musical at Stages Theatre. Parents/Guardians are responsible for your child, but we will sit together as a group. St. Mary's will pay for the HOPE/JOY kids (grades K-5) and one parent or guardian. Any additional family member will have to be covered by the family. To RSVP, please email jon@stmarysgoc.org by October 26

Junior GOYA Grades 6-8

- Wednesday, November 2, 6:15-8:00 p.m.
 Junior GOYA in Terrace Room and Great Hall
 To RSVP, please go to: <u>https://linktr.ee/stmarysgoya</u>
- Wednesday, November 16, 6:15-8:00 p.m.
 Junior GOYA at Parish Night, beginning in the Nave

Senior GOYA Grades 9-12

- Wednesday, November 9: 6:15-8:00 p.m.
 Senior GOYA at FOCUS MN (550 Rice Street, St. Paul).
 To RSVP, please go to: <u>https://linktr.ee/stmarysgoya</u>
- Wednesday, November 16, 6:15-8:00 p.m.
 Senior GOYA at Parish Night, beginning in the Nave

Western Region Family Basketball Tournament February 3-5, 2023

We are hosting the 2023 Western Region Family Basketball Tournament February 3-5, 2023. Be on the lookout for volunteer opportunities and basketball practices in the coming months!

Parish Night

Parish Night is a parish-wide event for Kindergarteners-12th graders and all adults in our parish. It occurs monthly on a Wednesday from October through May, taking a hiatus during Great Lent.

The evening begins at 6:15 p.m. with a brief prayer service in the Nave, followed by dinner in the Terrace Room, and breakout sessions for the adults and kids. Parish Night ends by 8:00 p.m.

The theme this year is Living a Sacramental Life.

Parish Night Schedule: November 16, December 21, January 18, February 15, & May 17

Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. To access our formal feedback process, go to our St. Mary's home page-Click on "Youth," then "Youth Program Feedback." Your comments will be forwarded to a member of the Parish Council and will be reviewed for follow up.



Follow the GOYAns on Instagram: **St_Marys_GOYA**

Saint Mary's Greek Orthodox Church 3450 Irving Avenue South Minneapolis, Minnesota 55408

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RETURN SERVICE REQUESTED



O give thanks to the LORD, for he is good; for his steadfast love endures forever.

St. Mary's Greek Orthodox Church

The Messenger is published monthly by St. Mary's Greek Orthodox Church, 3450 Irving Avenue South Minneapolis, MN 55408 November 2022

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Publication Deadlines

The Messenger— First Sunday of each month.

> Sunday Bulletin— Preceding Thursday, 12:00 Noon

November 2022								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
		1 <i>Saints Cosmas & Damian</i> 9:30am-Divine Liturgy 12:00noon-Senior Citizens 6:00pm-Adult Open Gym 7:00pm-Women's Book Club	2 4:00pm-Telos Gamma Mtg. 6:15pm-Junior GOYA 6:30pm-Choir Rehearsal	3 10:00-Intercessory Prayer 11:00am-Women's Bible Study	4 7:00am-Men's Fellowship	5 9:00am-Bible Study 5:00pm-Great Vespers		
6 Seventh Sunday of Luke "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy 12:30pm-BBall Practices	7 9:15am-Akathist	8 The Holy Archangels 9:30am-Divine Liturgy 6:15pm-Parish Council	9 6:15pm-Senior GOYA 6:30pm-Choir Rehearsal	10 9:30am-FAITH Playgroup	11	12 9:00am-Bible Study 5:00pm-Great Vespers 6:00pm-Stewardship Glendi		
13 Eighth Sunday of Luke Saint John Chrysostom 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Stewardship/ Ministry Fair 12:30pm-BBall Practices	14 Saint Philip the Apostle 9:30am-Divine Liturgy	15 Nativity Fast Begins 6:00pm-Adult Open Gym 6:30pm-Philoptochos Board	16 Saint Matthew 9:30am-Divine Liturgy "The Messenger" Mailing 6:15pm-Parish Night 6:30pm-Choir Rehearsal	17 10:00-Intercessory Prayer 11:00am-Women's Bible Study 7:00pm-Stewardship Com.	18 7:00am-Men's Fellowship	19 9:00am-Bible Study 1:00pm-HOPE/JOY Outing 5:00pm-Great Vespers		
20 Ninth Sunday of Luke 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Parish Council Elections 11:30am-Missions/Outreach 12:30pm-BBall Practices	21 Entrance of the Theotokos 8:30am-Orthros 9:30am-Divine Liturgy 7:00pm-Akathist	22 6:00pm-Philoptochos	23 9:30am-FAITH Playgroup	24 Thanksgiving Day Church and Office closed	25 Saint Katherine 9:30am-Divine Liturgy <i>Office closed</i>	26 9:00am-Bible Study 5:00pm-Great Vespers Healing House Dinner		
27 Thirteenth Sunday of Luke 8:30am-Orthros 9:30am-Divine Liturgy	28	29	30 <i>Saint Andrew</i> 9:30am-Divine Liturgy 6:30pm-Choir Rehearsal					