

SAINT MARY'S GREEK ORTHODOX CHURCH

October 16, 2022

Sunday of the Seventh Ecumenical Council

The Divine Liturgy

Commemoration: Sunday of the Seventh Ecumenical Council; Longinus the Centurion; The Two Soldiers martyred with Saint Longinus.

Morning Gospel: Seventh

Tone: First

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, First Tone

Although your tomb was sealed with a stone, O Savior, and your most pure body was guarded by the soldiers, you rose on the third day giving life to all the world. Therefore, O giver of life, the powers of heaven praise you: Glory to your resurrection, O Christ. Glory to your kingdom. Glory to your saving wisdom, O only lover of mankind.

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 the Holy Fathers, Plagal Fourth Tone

Unending glory be yours, O Christ our God, for making our holy fathers radiant lights to all the world. Through them you led us to the true faith. Compassionate Savior, glory to you.

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..... Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Gospel..... Luke 8:5-15

The Lord said this parable: “A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold.” And when his disciples asked him what this parable meant, he said, “To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what

fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.” As he said these things, he cried out “He who has ears to hear, let him hear.”

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

Prosforo is provided by Barbara Nichols.

Memorial Prayers today are offered for **Connie** (50 years) & **Bill** (32 years) **Alevizos**, parents of Jayne Klatt and Tim Alevizos.

The coffee hour today is hosted by the family of Bill and Connie Alevizos.

Sacraments This Week

Baptism

Aiden, parents: Alex & Jackie Amacci, October 15, 2022

Text to Give

Text **smgoc** to **73256**

This number will never send unsolicited texts.



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.

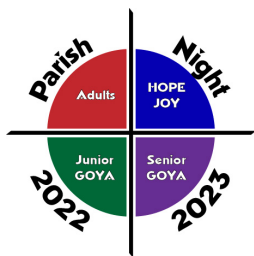
Prayer Ministry

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; John K., Kristina, 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, Donnarae, Samira, Mary K., Dreux, Monte, Bethany, Mark, Owen, Chrysanth, Estelle, Justine, Melissa, Megan, Dallas, Lenzie, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Carole, Patty, Karris, 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.

Parish Night

Parish Night 2022-2023



Join us as we kick off Parish Night this Wednesday, October 19! Our theme for the year is Living a Sacramental Life. 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 will end by 8:00 p.m.

Parish Night is a parish-wide event for kindergarteners through adults that occurs monthly on a Wednesday from October through May, taking a hiatus during Great Lent.

— Calendar of the Week —

Sunday, October 16:

Sunday of the Seventh Ecumenical Council

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
- 11:30 a.m. – Newcomers' Meet and Greet, Terrace Room

Monday, October 17

- 7:00 p.m. – Akathist to the Mother of God

Tuesday, October 18: Saint Luke

- 9:30 a.m. – Divine Liturgy
- 6:00 p.m. – Adult Open Gym, Great Hall
- 6:30 p.m. – Philoptochos Board, Fireside Room

Wednesday, October 19

- 9:00 a.m. – “The Messenger” Mailing
- 6:15 p.m. – Parish Night
- 6:30 p.m. – Choir Rehearsal, Nave

Thursday, October 20

FAITH Play Group has been rescheduled to next Thursday, October 27

Saturday, October 22

- 9:00 a.m. – Bible Study, Fireside Room
- 10:00 a.m. – Pan-Orthodox Women's Tea, St. Mary's Cathedral
- 5:00 p.m. – Great Vespers
- 7:00 p.m. – Orthodox Game League Night, Lecture Room

Sunday, October 23: Sixth Sunday of Luke; Saint Iakovos

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
- after Liturgy – Church School/Philoptochos Service Sunday,
Terrace Room

Announcements

Food Shelf Needs for October 23

Hygiene items

October's recipient is Simpson Food Pantry.

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

FOCUS Now Accepting Winter Clothes

FOCUS is ready to receive winter clothing especially winter outer-wear 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.

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. The next gathering is **Monday, 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.

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, and click on **visitor information** for more details.

Game League Night Returns!

Do you enjoy playing cards and/or board games? Join the gang this Saturday, October 22, 7:00 p.m., in the Lecture Room (enter by the flagpole) for fun and fellowship with fellow Orthodox Christians from throughout the Metro area. Please bring a snack to share.

Contact Nikki Beauchamp with any questions, 612.910.2943

Testimonial Dinner for Tessie Bourdamis

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 RSVP today. There is a table in the Great Hall this morning where you may make your reservation.

Blessing of the Animals

God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good. —Genesis 1:25

Gather up the pets, grab the kids, and come to the church on Saturday, October 29, for the Blessing of the Animals at 10:00 a.m. in the south parking lot. We'll begin with a beautiful service of blessing, followed by treats and socializing. You won't want to miss it! All pets (and people) are welcome.

Fall General Assembly

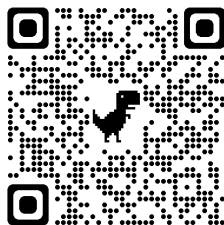
Saint Mary's Fall General Assembly will be held Sunday, October 30, 2022, 11:30 a.m., in the Great Hall. The agenda will consist of the following items of business items: Approval of Spring General Assembly Minutes, Stewardship Update, Approval of the 2023 Ministries & Operational Budget, Parish Council Initiatives Update, and Elect Board of Auditors. All members of St. Mary's are encouraged to attend.

Youth News

Church School Fall Festival

Calling all K-12th graders! Join us on Sunday, October 30, from 11:30 a.m.-1:00 p.m. for a Fall Festival with games, crafts, and a lot of fun in the Terrace Room during the General Assembly!

Sign up at: <https://tinyurl.com/SMGOCFallFestival>
...or scan the code at right.



Philoptochos News

Guest Speaker from Heartland Girls' Ranch

Everyone in the parish is invited to the October Philoptochos meeting on Tuesday, October 25, 7:00 p.m., to hear our guest speaker.

Heartland Girls' Ranch is a residential group home in Benson, MN, that provides housing, supportive services, mental health support, equine (horse) and other therapeutic programming and a dedicated school for girls. Their main program supports 24 girls, ages 12-21, who are at-risk or are victims of sexual exploitation, sexual/physical/verbal abuse, and/or are dealing with a variety of emotional, behavioral and mental challenges. Our speaker will focus on their Hearts For Freedom program, which has an additional 10 beds for sexually exploited girls ages 12-17.

For several years, Philoptochos has worked to support organizations and increase awareness to end human trafficking. Please join us for this 30 minute presentation. Reception at 6:45 p.m. and presentation at 7:00 p.m. in the Terrace Room. The October Philoptochos meeting will follow.

Prosforo Loaves Needed

If you're a baker, please consider baking loaves of prosforo in the coming weeks. Wrap them well for freezer storage (mark if it has a good seal) and place it in the freezer in the room to the south of the altar. Stop by the Philoptochos table this morning for the recipe. A few seals are also available to be loaned out.

Fall Fillo Sale

Order your fresh fillo, \$5.00 per pound, today through October 30. Stop by the Philoptochos table after church or contact Andrea Tiggas at adtiggas@msn.com to place your order.

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 Glendi*

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

*Stop by the table in the Great Hall this morning
or scan the code below.*





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

PURCHASE TICKETS BY OCT. 28 AT

iocc.org/minneapolis

OR RSVP with Angelea Hoeft
at angelea.hoeft@gmail.com



From the Fathers...on Teaching and Learning

The seed of words grows very well when the humanity of the teacher softens and moistens the breast of the hearer.

—Saint Gregory the Great

Daily Bible Readings

Monday, October 17

Romans 9:18-33 • Luke 9:18-22

Tuesday, October 18

Luke the Evangelist

Colossians 4:5-11, 14-18 • Luke 10:16-21

Wednesday, October 19

Acts 2:14-21 • Luke 9:44-50

Thursday, October 20

II Timothy 2:1-10 • Luke 9:49-56

Friday, October 21

II Corinthians 9:6-11 • Luke 10:1-15

Saturday, October 22

I Corinthians 15:58—16:3 • Luke 7:1-10

Sunday, October 23

Sixth Sunday of Luke

Galatians 1:11-19 • Luke 8:26-39

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