

SAINT MARY'S GREEK ORTHODOX CHURCH

October 23, 2022

Sixth Sunday of Luke

The Divine Liturgy

Commemoration: Sixth Sunday of Luke; James (Iakovos) the Apostle, brother of Our Lord; Our Righteous Father Ignatius, Patriarch of Constantinople.

Morning Gospel: Eighth

Tone: Second

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, Second Tone

When you descended into death, Life immortal, you vanquished the power of hell by your resplendent divinity, and when you raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to you.

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 James (Iakovos), Fourth Tone

O Righteous one, as a disciple of the Lord, you received the Gospel. As a Martyr you have firm conviction, as Brother of the Lord boldness, and as a Hierarch intercession. Intercede with Christ our God, that our souls may be saved!

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..... Galatians 1:11-19

Brethren, I would have you know that the gospel which was preached by me is not man’s gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when he who had set me apart before I was born, and had called me through his grace, was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other apostles except James the Lord’s brother.

Gospel..... Luke 8:26-39

At that time, as Jesus arrived at the country of the Gadarenes, there met him a man from the city who had demons; for a long time he had worn no clothes and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, “What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me.” For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into

the desert.) Jesus then asked him, “What is your name?” And he said, “Legion”; for many demons had entered him. And they begged him not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned. When the herdsmen saw what happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked him to depart from them; for they were seized with great fear; so he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, “Return to your home, and declare how much God has done for you.” And he went away, proclaiming throughout the whole city how much Jesus had done for 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.

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

Memorial Prayers today are offered for **Lamona Legeros** (6 months); **Kosta Asselanis** (25 years) **George Asselanis** (3 years), **Margarita (Peggy) Asselanis** (2 years), **Jon Asselanis** (1 year), father, grandfather, grandmother, and uncle, respectively, of George Asselanis.

The coffee hour today is hosted by the family of Lamona Legeros in her memory.

Prayer Ministry

Please remember the sick, the suffering, and those in need, especially: The family of George Svolopoulos; 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, Chrysanthus, 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.

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.

———— Calendar of the Week ————

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

Tuesday, October 25

7:00 p.m. – Philoptochos Meeting, Terrace Room
(*Reception at 6:45 p.m.*)

Wednesday, October 26: Saint Demetrios

9:30 a.m. – Divine Liturgy
No Choir Rehearsal

Thursday, October 27

9:30 a.m. – FAITH Playgroup, Great Hall and Terrace Room
7:00 p.m. – Stewardship Committee

Saturday, October 29

9:00 a.m. – Bible Study, Fireside Room
10:00 a.m. – Blessing of the Animals, South Parking Lot
5:00 p.m. – Great Vespers

Sunday, October 30: Fifth Sunday of Luke

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
11:30 a.m. – Fall General Assembly, Great Hall
11:30 a.m. – Church School Fall Festival

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

Help is needed throughout the day of the Glendi.

Scan the code below, or look for the link in the
Weekly Update e-mail to find out where you can assist!

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



Glendi
Workers



RSVP

Announcements

Food Shelf Needs for October 30

Pasta

October's recipient is Simpson Food Pantry.

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

Parish Council Candidate Applications

We are pleased to announce that applications for prospective Parish Council members are now available in the narthex. An online application will be available beginning next week. Active sacramental members are encouraged to apply. Deadline for applications is Sunday, November 6.

2023 Saints and Fasting 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 today because this is the last day to order. 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.

FOCUS Now Accepting Winter Clothes

FOCUS is ready to receive 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.

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 next 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 business items: Approval of Spring General Assembly Minutes, Stewardship Update, Approval of the 2023 Ministries & Operational Budget, Parish Council Initiatives Update, Elect Board of Auditors, Clergy Update.

A light lunch will be served during the meeting. We look forward to seeing you on October 30!

Greeters Relaunch Gathering

We are pleased to announce the relaunch of our Greeters' ministry, which includes parishioners of all ages, to welcome people to St Mary's. Following our Ministry Fair on Sunday, November 13, all those interested should plan to stop by Meeting Room 1 for fellowship, a light snack, and to learn more about this important program. If you have any questions prior to the meeting, please contact Glenna Alevizos, 612.707.0307, for additional information or to register as a St. Mary's greeter.

Please Join Our Visitation Team!

Our first Visitation Training Session for new/returning Visitors since Covid began will be Sunday, November 6, after Divine Liturgy (11:30 a.m.-1:00 p.m.) in the Fireside Room. Current Visitation Team members are welcomed and encouraged to attend. A light lunch will be served.

Our only expectation for each Visitation Team member is to visit one "VIP" (Very Important Parishioner), once per month, and communicate that visit to Doria. The term "shut-in" has lost favor with our senior citizens.

If you are ready to join our Visitation Team, or are a current Visitation Team member, or simply have any questions about Visitation, please contact Doria, doria@stmarysgoc.org or 612.825.9595, and please sign-up for our Training Session on Sunday November 6, so that we can plan for lunch.

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

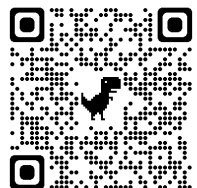
Order your fresh fillo, \$5.00 per pound, today or next Sunday, October 30. Stop by the Philoptochos table after church or contact Andrea Tiggas at adtiggas@msn.com to place your order.

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 Lecture Room during the General Assembly!

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





IOCC Reception

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 Salvation

Let the sinner rejoice, since he is invited to grace.

—Leo the Great

Daily Bible Readings

Monday, October 24

Philippians 2:12-15 • Luke 10:22-24

Tuesday, October 25

Philippians 2:16-23 • Luke 11:1-10

Wednesday, October 26

Saint Demetrios

II Timothy 2:1-10 • John 15:17—16:2

Thursday, October 27

Philippians 3:1-8 • Luke 11:14-23

Friday, October 28

The Holy Protection of the Theotokos

Hebrews 9:1-7 • Luke 10:38-42, 11:27-28

Saturday, October 29

II Corinthians 1:8-11 • Luke 8:16-21

Sunday, October 30

Fifth Sunday of Luke

Galatians 1:11-19 • Luke 16:19-31

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