

SAINT MARY'S GREEK ORTHODOX CHURCH

October 30, 2022

Fifth Sunday of Luke

The Divine Liturgy

Commemoration: Fifth Sunday of Luke; The Holy Martyrs Zenobius and His Sister Zenobia; Cleopas and Artemas of the 70 Apostles; Joseph, Patriarch of Constantinople.

Morning Gospel: Ninth

Tone: Third

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, Third Tone

Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of his arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world his great mercy.

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 for the Martyrs, Fourth Tone

For their struggles, O Lord, Your Martyrs received the crown of immortality from You our God. Armed with Your might they defeated the tyrants. They also crushed the arrogance of demons. By their intercessions, O Christ our God, save our souls.

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

Prosforo is provided by Ruta Kubits.

Artoclasia is provided by Presvytera Alexandra Houck.

The coffee hour today is hosted by Philoptochos in celebration of Philoptochos Sunday.

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, 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.

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 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, Lecture Room

Tuesday, November 1: Saints Cosmas and Damian

- 9:30 a.m. – Divine Liturgy
- 12:00 noon – Senior Citizens, Terrace Room
- 6:00 p.m. – Adult Open Gym, Great Hall
- 7:00 p.m. – Women's Book Club, Fireside Room

Wednesday, November 2

- 4:00 p.m. – Telos Gamma Meeting, Fireside Room
- 6:15 p.m. – Junior GOYA, Great Hall and Terrace Room
- 6:30 p.m. – Choir Rehearsal, Nave

Thursday, November 3

- 10:30 a.m. – Intercessory Prayer, Nave
- 11:00 a.m. – Women's Bible Study, Fireside Room

Friday, November 4

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

Saturday, November 5

- 9:00 a.m. – Bible Study, Fireside Room
- 5:00 p.m. – Great Vespers

Sunday, November 6: Seventh Sunday of Luke

• *"The Messenger" news item deadline.*

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
- 12:30 p.m. – Basketball Practices, Great Hall

The Feast of Saints Cosmas and Damian

Everyone is welcome to journey to Rochester and Holy Anargyroi (Saints Cosmas and Damian) Greek Orthodox Church for their Feast Day celebration:

Monday, October 31: 6:00 p.m. - Great Vespers

Tuesday, November 1: 8:30 a.m. - Orthros; 9:30 a.m. - Divine Liturgy

This will be their new priest's first Liturgy at the church. Fr. Nicholas Hubbard, Presvytera Georgiana, and family are our guests here at St. Mary's this weekend.

Today is Philoptochos Sunday

Philoptochos is hosting the social hour in honor of Sts. Cosmas and Damian, our patron saints, who are commemorated on November 1, and to share with you the good works of our chapter. Look for these special happenings during and after church:

- Philoptochos is offering **Artoclasia**, the blessing of the five loaves, at the conclusion of Liturgy. Listen to the prayers and enjoy the bread baked by Presvytera Alexandra Houck and Ruta Kubits.
- Members will be holding baskets at the Narthex doors as you exit for a **special collection** for the Ecumenical Patriarchate. This is done by chapters throughout the country on Philoptochos Sunday. Please give as you're able. Checks can be made payable to St. Mary's Philoptochos.
- We're showing a **slide show** on the big screen in the Great Hall to highlight our activities and organizations we support. Check it out and see how you make a difference in lives around the world.
- Stop by the Philoptochos table to...
 - pick up the prosforo recipe so you can help restock our supply.
 - order fresh fillo for \$5.00 per pound. Orders will be taken through November 6 for delivery on November 13.
 - buy a cookbook for \$20 and support FOCUS Minnesota. (There are only about a dozen left, then they'll be gone!)
 - drop off donations for Operation Classroom: Bancroft Elementary School winter clothing drive: snow pants (kid sizes 5, 6, 7/8, 9/10), boots (kid sizes 5-12), children's gloves, mittens and hats
- Mark your calendar with the following events...
 - Tuesday, November 1 and Thursday, December 1, 7:00 p.m.: Parts 2 & 3 of the Women's Book Club discussions on *Mere Christianity* by C.S. Lewis. Books available in the church bookstore.
 - Tuesday, November 15, 3-6pm: Decorate Sanctuary and Narthex for Advent
 - Sunday, November 20 (until they're gone): Select a Christmas Gift Tag for a child or mom at Healing House
 - Sunday, November 20, 11:45 a.m., Terrace Room: Assemble IOCC Hygiene Kits
 - Tuesday, November 22, 6:00 p.m., Terrace Room: Assemble bouquets with Bluebirds and Blooms, then attend the November Philoptochos Meeting at 7:00 p.m.

Thank you for your support of Philoptochos!

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 November 6

Oatmeal or Cream of Wheat®

November's recipient will be FOCUS Minnesota.

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

FOCUS is now accepting winter clothing of all sizes for men, women, and children.

We are no longer collecting used eye glasses. The office where we took the collection no longer exists. Please consult your clinic or optometrist for donation suggestions.

Fall General Assembly ~ Today

Saint Mary's Fall General Assembly will be held this morning at 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.

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 this week. Active sacramental members are encouraged to apply. *Deadline for applications is next Sunday, November 6.*

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.

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, November 6 (sale extended by one week!). Stop by the Philoptochos table after church or contact Andrea Tiggas at adtiggas@msn.com to place your order.

Saturday Bible Study Now on Zoom

Our Saturday morning Bible Study is now on Zoom! Beginning next Saturday, November 5, you can join our group simply by following the link in the Weekly Update e-mail. The group will also continue to meet in person in the Fireside Room on Saturdays, 9:00-10:00 a.m. Our current topic is: *The Gospel of Mark*

Senior GOYA Sponsored Food Drive

Sunday, November 13

The American Legion Women's Auxiliary helps support the VA Community Resource and Referral Center (CRRC) in downtown Minneapolis. CRRC offers support programs for veterans and their families who are homeless. As a fall service project, St. Mary's GOYA is inviting our parishioners to donate non-perishable items and place them on a table in the Great Hall marked CRRC Food Drive on Sunday, November 13. For food item suggestions, visit: <https://tinyurl.com/SMGFD>

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.

Prison Ministry Job Opening

Orthodox Christian Prison Ministry (OCPM) is seeking to fill a full-time position of Prison Correspondence Associate. This position includes but is not limited to aiding with the assembly of mass mailings, making runs for pickup and drop off of supplies, helping to maintain publications inventory, and monitoring mailing rules for various correctional facilities. More details can be found on the OCPM website (thocpm.org) or via the link in this weekend's Weekly Update e-mail.

Philoptochos News

Women's Book Club Discussions Continue

The October Women's Book Club discussion of *Mere Christianity* by C.S. Lewis was so robust, it will be continued for two more months!

Mark your calendars and join in:

- Tuesday, November 1, 7:00 p.m. - Fireside Room/Call-in
- Thursday, December 1, followed by a Lenten potluck supper

These will be hybrid events with the in-person discussion at church and a call-in option. All women are welcome.

Closer to the event dates, an email will be sent to the distribution list. To have your name added to the list, please contact Katherine Boosalis (katherine@boosalis.net). Books are available in the church bookstore.

Decorate the Church for Advent

Help us decorate the church and narthex for the Nativity Advent on Tuesday, November 15, from 3:00-6:00 p.m. The Christmas trees will be trimmed on Saturday, December 3, 10:00 a.m.-3:00 p.m. *Deck the halls with us!*

Please Join Our Visitation Team!

Our first Visitation Training Session for new/returning visitors since Covid began will be next 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. 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 next Sunday, so that we can plan for lunch.

Liturgical Music Workshop

Saint Mary's Orthodox Cathedral in Northeast Minneapolis is hosting a liturgical music workshop, in partnership with the MEOCCA Pan-Orthodox Choir Ministry, on Saturday, November 19, 1:00-4:00 p.m. at the Cathedral. The two sessions will focus on vocal technique and the liturgical chants of Advent. Please register by Monday, November 14, by going to: <https://bit.ly/MusicWkShp2022>.



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



Angelea Hoeft will be at a table in the Great Hall this morning to accept your reservations and answer questions about IOCC and its work.

From the Fathers...on Gratitude

Let us give thanks to God continually. For, it is outrageous that when we enjoy His benefaction to us in deed every single day, we do not acknowledge the favor with so much as a word; and this, when the acknowledgment confers great benefit on us. He does not need anything of ours, but we stand in need of all things from Him.

—Saint John Chrysostom

Homily 25, Homilies on the Gospel of St. Matthew

Daily Bible Readings

Monday, October 31

Romans 16:1-16 • Luke 11:29-33

Tuesday, November 1

Saints Cosmas and Damian

I Corinthians 12:27—13:8 • Matthew 10:1, 5-8

Wednesday, November 2

Colossians 1:18-23 • Luke 11:42-46

Thursday, November 3

Colossians 1:24—2:1 • Luke 11:47—12:1

Friday, November 4

Colossians 2:1-7 • Luke 12:2-12

Saturday, November 5

II Corinthians 3:12-18 • Luke 9:1-6

Sunday, November 6

Galatians 2:16-20 • Luke 8:41-56

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