

# SAINT MARY'S GREEK ORTHODOX CHURCH

November 6, 2022  
*Seventh Sunday of Matthew*

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## The Divine Liturgy

**Commemoration:** Seventh Sunday of Luke; Paul the Confessor, Patriarch of Constantinople; Luke the Monk of Taormina.

*Morning Gospel: Tenth*

*Tone: Fourth*

### 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, Fourth Tone**

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with 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 Paul the Confessor, Third Tone**

Your confession of divine faith showed you to be for the Church another Paul, a zealot among priests. Abel cries out with you to the Lord, as does the righteous blood of Zechariah, venerable father. Entreat Christ our God to grant us His great mercy.

### ***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!

Ἐν τῇ γενήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ κοιμήσει τὸν κόσμον  
En ti gennisi tin parthenian efilaxas en ti kimisi ton kosmon  
οὐ κατέλιπες, Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα  
u katelipes, Theotoke. Metestis pros tin zoin, mitir iparhousa  
τῆς ζωῆς, καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρουμένη ἐκ θανάτου τὰς  
tis zois, ke tes presvies tes ses litrumeni ek thanatu tas  
ψυχὰς ἡμῶν.  
psihās imon.

### ***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 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 ..... Luke 8:41-56**

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had

spent all her living upon physicians and could not be healed by anyone, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter and those who were with him said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened.

***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 Tia Muchulas.

Memorial Prayers today are offered for **John Muchulas** (15 years); **Jean Jorgenson** (10 years) mother of Cathy Forchas; **Catherine (Nitsa) Panagos** (10 years) cousin of Jeanne Forchas and Harriett Cheolis. **Judith Hibberd** (2 years) sister of Paul Hibberd; **William** (53 years) and **Catherine** (40 years) **Poulos, Peter Poulos** (2 years), **John Poulos** (2 years), **Chrisoula, Anthony, and Beth**.

The coffee hour today is hosted by the Muchulas family in memory of John.

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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; Noel, Stephen, 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, Karrisara, 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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### 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, November 6: Seventh Sunday of Luke

- *“The Messenger” news item deadline.*

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

11:30 a.m. – Missions and Outreach, Meeting Room 1

11:30 a.m. – Visitation Meeting, Fireside Room

12:30 p.m. – Basketball Practices, Great Hall

## Monday, November 7

9:15 a.m. – Akathist to the Mother of God

6:30 p.m. – Parish Council Candidates’ Meeting, Fireside Room

## Tuesday, November 8: The Holy Archangels

9:30 a.m. – Divine Liturgy

6:15 p.m. – Parish Council, Fireside Room

## Wednesday, November 9

6:15 p.m. – Senior GOYA at FOCUS MN

6:30 p.m. – Choir Rehearsal, Nave

## Thursday, November 10

9:30 a.m. – FAITH Play Group, Great Hall and Lecture Room

6:30 p.m. – IOCC Fundraiser

## Saturday, November 12

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

5:00 p.m. – Great Vespers

6:00 p.m. – Stewardship Appreciation Glendi

## Sunday, November 13: Eighth Sunday of Luke;

### Saint John Chrysostom

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

after Liturgy – Stewardship/Ministry Fair, Great Hall

11:30 a.m. – Greeters Relaunch Meeting, Fireside Room

*No basketball practice today.*

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# Announcements

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## Food Shelf Needs for November 13

Spam, canned meats

*November's recipient is FOCUS Minnesota.*

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

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## Parish Council Candidate Applications

Application forms for prospective Parish Council members are available in the narthex. Active sacramental members are encouraged to apply. An information sheet is attached to the application form. *Deadline for applications is today!*

## FOCUS Now Accepting Winter Clothes

FOCUS is now accepting winter clothing especially winter outerwear of all sizes for men, women, and children. Bags of clothing 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. Stop by the Philoptochos table after church or contact Andrea Tiggas at [adtiggas@msn.com](mailto:adtiggas@msn.com) to place your order.

## Saturday Bible Study Now on Zoom

Our Saturday morning Bible Study is now on Zoom! 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*

## From the Bookstore

If you would like to special order an icon for Christmas gift giving, please do so by Sunday, November 13, to assure delivery in time. *Thank you.*

## **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.

## **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>.

## **Harvest Pack Event**

*Save the Date* – St. Mary's Missions and Outreach Ministry is hosting a meal pack event for Harvest Pack on Sunday, December 4, 2022, after Liturgy, and we can use your help. Online registration begins Wednesday, November 10. Look for the Signup Genius link on St. Mary's website beginning November 10.

# Philoptochos News

## Operation Classroom: Winter Snow Gear for Students

*Collections End November 13*

We've teamed up with Bancroft Elementary School and Ella Baker Magnet School and aim to keep kids warm through a Snow Gear Drive! Please bring new or gently used winter outerwear for children ranging from preschool through grade 8.

- Jackets (preschool through middle school)
- Snow pants (kid sizes 5-14, adult small)
- Boots (kid sizes 5-12, adult small)
- Gloves, mittens and hats

Bring donations to the Philoptochos table during social hour after Liturgy by Sunday, November 13. Thank you!

~ **Mark Your Calendars** ~

*Sunday, November 20*

- Gift Tags for Healing House Moms and Children available for pick-up
- Assemble IOCC Hygiene Kits at 11:45 a.m. in Terrace Room

*Tuesday, November 22*

- 6:00-7:00 p.m.: Make bouquets with Bluebirds and Blooms. Donations of small/medium canning jars, fresh flowers or greens, and fresh flower "food" welcome.
- 7:00-8:30 p.m.: November Philoptochos Meeting in Terrace Room.

## **Women's Book Club Discussions Continue**

The October and November Women's Book Club discussion of *Mere Christianity* by C.S. Lewis were so robust, it will be continued for another month! Mark your calendars and join in:

- Thursday, December 1, followed by a Lenten potluck supper
- This will be a hybrid event with the in-person discussion at church and a call-in option. All women are welcome.

Closer to the event date, an email will be sent to the distribution list. 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.

**FAITH Playgroup**  
**Thursday, November 10**  
**9:30-11:00 a.m.**  
**Great Hall and Lecture Room**



Faith Playgroup is for children from birth through pre-K along with their parents, grandparents, or caregivers. We gather for play time in Great Hall, followed by a lesson and fellowship.

It is a great place to socialize with other young families in our church.

Questions? Please contact Fr. Jason, [frjason@stmarysgoc.org](mailto:frjason@stmarysgoc.org)

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## YAL News

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### YAL Friendsgiving

Young adults (ages 18-35) are invited to a “friendsgiving” potluck meal on Monday, November 14, 6:30 p.m., at St. Mary’s OCA Parish Center. The YAL board will provide turkey and attendees are asked to bring a dish to share with the group. Give thanks and enjoy a “feast before the Nativity fast” while spending time with other young adults! RSVP/sign up for a dish to share at <https://tinyurl.com/TCYALFriendsgiving> or the link in the @TwincitiesYAL instagram bio.

### 2023 Twin Cities YAL Board Application Now Open

Twin Cities YAL is looking for committed, ambitious young adults who are excited and passionate about serving the local YAL community to be on the executive board in 2023! Applicants should be willing and able to meet in person once a month and virtually once a month, as well as committed to attending most YAL events. Young adults (ages 18-35) from all local Orthodox churches are invited to apply. The deadline to apply is November 30, 2022. To read about open positions and to apply go to [linktr.ee/twincitiesyal](http://linktr.ee/twincitiesyal) (linked in the @twincitiesYAL instagram bio). For questions, email: [twincitiesyal@gmail.com](mailto:twincitiesyal@gmail.com)

## **The Holy Archangels – November 8**

The Synaxis of the Chief of the Heavenly Hosts, Archangel Michael and the Other Heavenly Bodiless Powers: Archangels Gabriel, Raphael, Uriel, Selaphiel, Jehudiel, Barachiel, and Jeremiel was established at the beginning of the fourth century at the Council of Laodicea, which met several years before the First Ecumenical Council. The 35th Canon of the Council of Laodicea condemned and denounced as heretical the worship of angels as gods and rulers of the world, but affirmed their proper veneration.

A Feastday was established in November, the ninth month after March (with which the year began in ancient times) since there are Nine Ranks of Angels. The eighth day of the month was chosen for the Synaxis of all the Bodiless Powers of Heaven since the Day of the Dread Last Judgment is called the Eighth Day by the holy Fathers. After the end of this age (characterized by its seven days of Creation) will come the Eighth Day, and then “the Son of Man shall come in His Glory and all the holy Angels with Him” (Matthew 25:31).

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## **John Chrysostom – November 13**

Our father among the saints John Chrysostom (347-407), Archbishop of Constantinople, was a notable Christian bishop and preacher from the fourth and fifth centuries in Syria and Constantinople. He is famous for his eloquence in public speaking, his philanthropy, his denunciation of abuse of authority in the Church and in the Roman Empire of the time, and for a Divine Liturgy attributed to him. He had notable ascetic sensibilities. After his death he was named Chrysostom, which comes from the Greek Χρυσόστομος, “golden-mouthed.” The Orthodox Church honors him as a saint (feast day, November 13) and counts him among the Three Holy Hierarchs (feast day, January 30), together with Saints Basil the Great and Gregory the Theologian. Another feast day associated with him is January 27, which commemorates the event in 437, thirty years after the saint's repose, when his relics were brought back to Constantinople from the place of his death.

John Chrysostom is commemorated on November 13. The celebration was transferred from September 14 by the tenth century AD as the Exaltation of the Holy Cross became more prominent. November 13 is the date news of John Chrysostom's death reached Constantinople.

## From the Fathers...on Angels

The angels must be petitioned for us,  
who have been given to us to guard us.

—*Saint Ambrose of Milan*

### Daily Bible Readings

#### *Monday, November 7*

Colossians 2:13-20 • Luke 12:13-15, 22-31

#### *Tuesday, November 8*

##### *Synaxis of the Archangel*

Hebrews 2:2-10 • Luke 10:16-21

#### *Wednesday, November 9*

##### *Saint Nectarios the Wonderworker*

Ephesians 5:8-19 • Matthew 4:25—5:12

#### *Thursday, November 10*

I Corinthians 4:9-16 • Luke 13:1-9

#### *Friday, November 11*

II Corinthians 4:6-15 • Luke 13:31-35

#### *Saturday, November 12*

II Corinthians 9:6-11 • Matthew 5:14-19

#### *Sunday, November 13*

##### *Eighth Sunday of Luke; Saint John Chrysostom*

Hebrews 7:26—8:2 • Luke 10:25-37

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