

# SAINT MARY'S GREEK ORTHODOX CHURCH

March 12, 2023

*Sunday of Saint Gregory Palamas*

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## The Divine Liturgy

**Commemoration:** Sunday of Saint Gregory Palamas; Theophanes the Confessor; Symeon the New Theologian; Gregory Dialogos, Bishop of Rome; Phineas, grandson of Prophet Aaron; Paul Aurelian, Bishop of Brittany.

*Morning Gospel: Sixth*

*Tone: Plagal 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, Plagal Second Tone***

The angelic powers appeared at your tomb, the soldiers guarding it became as dead men, and Mary stood at your grave seeking, seeking your most pure body. But you made hell a captive; you were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, 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 Gregory Palamas, Plagal Fourth Tone***

O light of Orthodoxy, O pillar of strength and teacher of the Church! Glory of monks and nuns, and of theologians the protector invincible! O wonderworker Gregory, pride of Thessalonika and preacher of grace, intercede without ceasing for the salvation of 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, Plagal Fourth Tone***

Victorious Lady, mighty champion, defending us, we your servants now inscribe to you this hymn of thanks, for you rescued us from suffering and tribulation. Theotokos, with your power that can never fail, keep us safe from every danger our whole life long that we may cry to you: Rejoice, O Bride unwedded.

***Epistle..... Hebrews 1:10-14; 2:1-3***

In the beginning, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end.” But to what angel has he ever said, “Sit at my right hand, till I make thy enemies a stool for thy feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

***Gospel..... Mark 2:1-12***

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them,

“Why do you question thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins”-he said to the paralytic-”I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

***Megalynarion, instead of “It is truly meet”***

In you, O woman full of grace, all creation rejoices, the orders of angels and the races of mankind. O hallowed temple and spiritual paradise, glory of virginal souls, from you our God was incarnate and became a child, he who is God from all ages. By making your womb his throne he made you more spacious than all heavens. In you, O woman full of grace. All creation, all creation rejoices. Glory to you!

***The Communion Prayers are found on page 40 of the hymnal.***



# Today

Prosforo is provided by Barbara Nichols.

Memorial Prayers today are offered for **Harriett Cheolis** (40 days); **Giannoula Bakritzes** (1 year); **Judy Wehr** (1 year) mother of Stephen Wehr.

The coffee hour today is hosted by the family of Giannoula Bakritzes.

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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; Elpis Fotini, Byrdie, Jennifer, John S., Becky, Kristina, Noel, Stephen, John K., 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., 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, Rick, Nancy, Alex, Eryn, Phil, Karen, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, 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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## Stewardship Update

To date, we have received 243 pledges totaling \$677,080.00 which only covers 49% of our 2023 ministries and operations budget of \$1,389,820.00. The goal is to have pledges covering 100% of the budget, so please submit your pledge form at your earliest convenience. If you need a form, you'll find additional ones, and a drop box, at the display in the narthex.

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### **Text to Give**

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

*This number will never send unsolicited texts.*

# Calendar of the Week

## Sunday, March 12: Saint Gregory Palamas

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
- after Liturgy – Lenten Cooking Class, Kitchen
- 11:30 a.m. – Greek Dance Practice, Terrace Room
- 5:00 p.m. – Pan-Orthodox Lenten Vespers

St. Mary's Greek Orthodox Church

## Tuesday, March 14

*Senior Citizens do not meet this month.*

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

## Wednesday, March 15

- 9:00 a.m. – “The Messenger” Mailing, Fireside Room
- 4:00 p.m. – Holy Confession
- 5:30 p.m. – Liturgy of the Presanctified Gifts
- 6:30 p.m. – Lenten Dinner
- 6:30 p.m. – Church School Confessions, Grades 3 and 4
- 6:30 p.m. – Senior GOYA, Youth Room
- 7:10 p.m. – Choir Rehearsal, Nave

## Thursday, March 16

- 7:00 p.m. – Metropolis Book Club Discussion, on Zoom

## Friday, March 17

- 7:00 a.m. – Men's Fellowship, Fireside Room
- 4:00 p.m. – Holy Confession
- 6:00 p.m. – Salutations to the Theotokos

## Saturday, March 18

- 9:00 a.m. – Bible Study, Fireside and on Zoom
- Great Vespers will not be held during Great Lent***
- 5:00 p.m. – Healing House Dinner and Bible Study, off-site

## Sunday, March 19: Sunday of the Holy Cross

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
- after Liturgy – Annunciation/Greek Independence Day Celebration
- 5:00 p.m. – Pan-Orthodox Lenten Vespers

St. Mary's Romanian Orthodox Church

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# Announcements

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## Food Shelf Needs for March 19

Peanut butter

*March's recipient is FOCUS Minnesota.*

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

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## MEOCCA-Sponsored Pan-Orthodox Lenten Vespers

- Each Sunday during Great Lent at 5:00 p.m. (note start time)

**March 12** St. Mary's Greek Orthodox Church  
3450 Irving Avenue South, Minneapolis, MN 55408

**March 19** St. Mary's Romanian Orthodox Church  
189 Atwater Street W., St. Paul, MN 55117

**March 26** St. Michael and St. George Ukrainian Orthodox Church  
505 4<sup>th</sup> Street NE, Minneapolis, MN 55413

**April 2** Holy Anargyroi Greek Orthodox Church  
703 W. Center Street, Rochester, MN 55902

**April 9** St. Herman's Orthodox Church  
5355 - 38th Avenue South, Minneapolis, MN 55412  
*Bridegroom Matins*

## Earthquake Relief

In the wake of the recent earthquake in Turkey and Syria and as more earthquakes strike the region, we are collecting monetary contributions for relief in those countries. If you wish to make a donation, ***please make your check payable to Saint Mary's*** and place it in the offering tray on Sundays or mail it to the church office. You may also donate through our giving platform on our website, using Disaster Relief in the account drop down.

## Lenten Dinner Hosts Needed

Are you or your church organization interested in raising some funds for a special charity? Why not host a Wednesday evening Lenten dinner? We have one opening remaining this Lent. It is Wednesday, March 22. Call the office for more information. If no one signs up, we will not be able to have a dinner that evening.

## **In the Bookstore**

Please come visit the bookstore for a large selection of books and resources for your Lenten journey, including many books for and activities to do with children. Complimentary copies of “A Rule of Prayer for Great Lent” are also available.

### **Metropolis Book Club ~ This Thursday**

The Metropolis of Chicago presents part 2 of “Engaging with Faith”: A Metropolis-Wide Virtual Discussion of the book *For the Life of the World: Towards a Social Ethos of the Orthodox Church* on Thursday, March 16, 7:00-8:30 p.m. on Zoom. The discussion is facilitated by Rev. Dr. Perry Hamalis, co-author of *For the Life of the World*. More information about the book and Fr. Perry as well as the Zoom link is in the Weekly Update e-mail. The book is available in our bookstore.

### **Annunciation/Greek Independence Day Luncheon**

Come one, come all to the annual Annunciation and Greek Independence Day luncheon and program next Sunday, March 19. Stop by the AHEPA family table in the Great Hall today to purchase tickets. Ticket costs are \$10 for adults and \$5 for children 10 years and younger. Please make checks payable to AHEPA. Net proceeds to be donated to the Greek dance program. Thank you for your support.

### **MEOCCA Choir Participation**

Anyone who would like to sing in the MEOCCA choir, please attend the rehearsal prior to Vespers at 3:55 p.m. in the choir loft. Questions and concerns can be sent to the director at [POCM@stmarysoca.org](mailto:POCM@stmarysoca.org).

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### **Lost and Found**

A small gem was recently found in the entrance to the south restroom. It could be real or from a piece of costume jewelry. If you are missing a stone, please contact the Church Office and bring your jewelry piece with you to see if it's a fit.

A number of items have been left at Church over the past few weeks. We have umbrellas, water bottles, children's toys, and a variety of other items. Please check the cart outside the Church Office to claim your missing items. We will not be keeping items for an indefinite amount of time.

# — Philoptochos Lenten News —

## **SERVE! GROW! DO!**

### **Serve! - The Parish and The Community**

Philoptochos is hosting three dinners during Lent:

1. **Sunday, March 12** – Catered Dinner following 5:00 p.m. MEOCCA Vespers – hands on help and desserts needed
2. **Wednesday, March 15** – Meal after Presanctified Liturgy in support of Lift Up The Vulnerable with speaker Sasha Nicolle – hands on help and desserts needed
3. **Sunday, April 2** – Meal at FOCUS Minnesota – help needed to cook (at home) and volunteer in person  
Three Meals – One Sign-Up Genius (<https://tinyurl.com/hxkc7w2v>).  
All parishioners are invited to join us in these efforts. Questions? Stop by our table after church or contact Mary Ellis, 612.716.5658 or [m.e.ellis925@gmail.com](mailto:m.e.ellis925@gmail.com), or Paulette Hastings, 952.564.8388 or [pmg@sisyphuscafe.com](mailto:pmg@sisyphuscafe.com).

### **Grow! - Your Faith and Your Friendships**

1. **Your Faith** – Attend the hybrid Women’s Book Club discussion of *Saint Nektarios: The Saint of Our Century* by Sotos Chondropoulos on Thursday, April 6, 7:00-8:30 p.m. Stop by the bookstore to pick up your copy.
2. **Your Friendships** – Working together to help others, support the parish, and grow in faith is a great way to build friendships. All these things happen in Philoptochos. To join, stop by our table during Sunday social hours, or send in the membership form (mailed to the homes of all women in the parish).

### **Do! - Hands-On Activities**

1. **Operation Classroom: School Supply Drive for Bancroft Elementary School**

We are supporting this grade K-5 South Minneapolis school as it enters the final months of the school year by collecting Crayola Washable Markers, Crayola Crayons (16- and 24-packs), wide ruled spiral notebooks, composition notebooks, wooden lead pencils, pencil sharpeners, and kid sized Fiskars scissors.



- Place an Amazon order (<https://tinyurl.com/48s3p7n3>) and choose delivery to “Carol A. Smith’s Gift Registry Address,” or bring donations to our table during a Sunday social hour. Drive ends March 26.

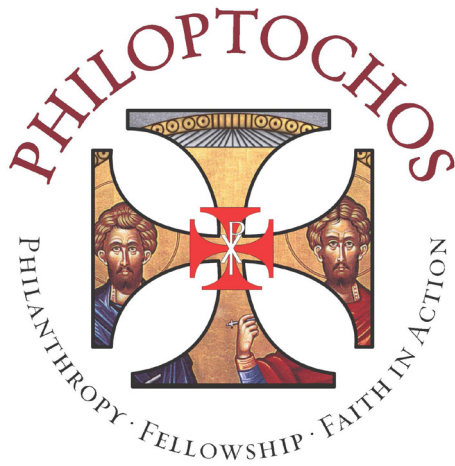
Also, following social worker Cathy Todd’s visit at our January Philoptochos meeting, a couple of people expressed an interest in volunteering at the school. Individuals, or small groups are welcome. If interested, please contact Carol Smith for details, 952.210.8618, smithzc@hotmail.com.

2. ***Financially Support Mamas and Littles at Tandem***

Tandem “provides a community for women to pursue the struggle of life together” through educational classes, medical care, counseling and support, material needs like food, clothing and diapers, life coaching, and childcare. Stop at our table in the Narthex or Great Hall and take a baby bottle to fill with coins and dollars or put your gift in a provided envelope. Please return gift by Palm Sunday, April 9.

3. ***Assemble IOCC Hygiene Kits***

Plan to join us in the Terrace Room at 11:30 a.m., Sunday, March 26, to assemble 180 kits. The March Philoptochos meeting will follow.



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# Youth News

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*St. Mary's Holy Friday Retreat*

## **Walk with Christ to the Cross**

**Friday, April 14 • 10:30 a.m.-1:15 p.m.**

*(Taking Down from the Cross Vespers starts at 1:30 p.m.)*

*Pre-K (4 year old) through 12<sup>th</sup> grade*

>> Registration Link: <https://tinyurl.com/HolyFriday2023> <<

Please join us for an engaging day at our church in which children will learn about Holy Week, the Crucifixion, and Resurrection of our Lord, Jesus Christ. We will have lessons, crafts, lunch, stations in the church, and gym time (to help get the wiggles out- even the big kids). Retreat ends at 1:15 p.m., so please be here at that time to check out your child(ren) and accompany them for the Taking Down from the Cross Vespers.

Please register early so we can plan accordingly for helpers, supplies, space and food ordering/packaging.

**Adults:** we could use additional help with set up/clean up and food preparation. To volunteer or with questions, contact *Dena Tortorelis* [churchschool@stmarysgoc.org](mailto:churchschool@stmarysgoc.org)

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## *Vacation Church School 2023*

### **The Fruits of the Spirit**

*St. Mary's Greek Orthodox Church*

June 12-16, 2023 • 8:45 a.m.-12:00 p.m.

Kids ages 4 years old (and potty trained) through going into 6<sup>th</sup> grade (fall 2023) are welcome. Middle and high school students and adults are needed to help

Join us for a fun-filled tropical adventure as we learn about the wonderful fruits that the Holy Spirit gives us. We will have crafts, singing, gym activities, snacks, and interesting lessons!

Questions? Contact Dena Tortorelis or Krissa Rovolis at...

[Churchschool@stmarysgoc.org](mailto:Churchschool@stmarysgoc.org)

Hope to see you there!

To register: [tinyURL.com/Fruits-VCS-2023](https://tinyurl.com/Fruits-VCS-2023)

Or scan the code at the right on your phone.



## Saint Gregory Palamas

Our father among the saints Gregory Palamas (1296-1359), Archbishop of Thessalonica, was a monk of Mount Athos in Greece (at Vatopedi Monastery and Esphigmenou Monastery), and later became Archbishop of Thessalonica. He was a preeminent theologian and a proponent of hesychastic theology. His feast days in the Church are November 14 and the second Sunday of Great Lent as the Sunday of St. Gregory Palamas.

He was probably born at Constantinople of a noble Anatolian family. From his youth, he was attracted to the monastic ideal, and successfully persuaded his brothers and sisters, along with his widowed mother, to take up the monastic life. Around 1318 he and his two brothers went to Mount Athos, where they learned firsthand the traditional hesychastic way of contemplative prayer.

The 14<sup>th</sup> century was the time of the Palamite controversy in the Eastern Church. St Gregory Palamas was a practitioner of the method of prayer called hesychasm (hesychia means ‘silence’). This method of prayer is centered in the continuous repetition of the name of Jesus, usually in the form of the Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me, a sinner.” And a rigorous bodily discipline—emphasizing certain sitting postures and breathing techniques—is employed in order to help unite the mind and heart in God. Through the use of this method of prayer, the hesychast monks claimed to experience genuine communion with God, including sometimes a vision of the Uncreated Light of Divinity such as that seen by Moses on Mount Sinai, and by the Apostles Peter, James, and John at the Transfiguration of Christ on Mount Tabor.

In 1330 Barlaam the Calabrian, an Italo-Greek monk raised in an Orthodox family in southern Italy but educated in the Scholastic spirit prevailing in Western Europe at that time, came to Constantinople and accepted a chair in philosophy at the University of Constantinople. Barlaam, along with a number of other Byzantine humanists who were highly influenced by Western philosophical and theological ideas, ridiculed the practice of hesychastic prayer. They denied the possibility for human beings to be in direct, genuine communion with God.

In 1347, he was consecrated Archbishop of Thessalonica, but the political climate made it impossible for him to take up his see until 1350. During a voyage to the Imperial capital, he was captured by the Turks and held in captivity for over a year. He died in 1359 and was subsequently glorified by the Orthodox Church in 1368.

## From the Fathers...

Let us take off our life's complex covering of rapacity and greed, since it is ugly in God's sight and condemned, and let us put on, as the elect of God, compassion, humility, modesty, and meekness.

—Saint Gregory Palamas

### Daily Bible Readings

#### *Monday, March 13*

Isaiah 8:13—9:7 • Genesis 6:9-22 • Proverbs 8:1-21

#### *Tuesday, March 14*

Isaiah 9:9—10:4 • Genesis 7:1-5 • Proverbs 8:32—9:11

#### *Wednesday, March 15*

Isaiah 10:12-20 • Genesis 7:6-9 • Proverbs 9:12-18

#### *Thursday, March 16*

Isaiah 11:10—12:2 • Genesis 7:11—8:3 • Proverbs 10:1-22

#### *Friday, March 17*

Isaiah 13:2-13 • Genesis 8:4-21 • Proverbs 10:31—11:12

#### *Saturday, March 18*

Hebrews 10:32-38 • Mark 2:14-17

#### *Sunday, March 19*

#### *Sunday of the Holy Cross*

Hebrews 4:14—5:6 • Mark 8:34—9:1

#### *Saint Mary's Greek Orthodox Church*

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Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon*