

# SAINT MARY'S GREEK ORTHODOX CHURCH

March 19, 2023  
*Sunday of the Holy Cross*

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## The Divine Liturgy

**Commemoration:** Sunday of the Holy Cross; The Holy Martyrs Chrysanthus and Daria; Demetrios the New Martyr.

*Morning Gospel: Seventh*

*Tone: Grave*

### 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 Third Antiphon*

##### *Hymn of the Holy Cross, First Tone*

Save, O Lord, save your people and bless your inheritance. Give victory to those who battle evil and protect us all by your holy cross.

#### *At the Small Entrance*

##### *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!

##### *Resurrection Hymn, Grave Tone*

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrh-bearers' sorrow you transformed into joy, and you sent your apostles forth to proclaim that you had risen from the dead, Christ our God, bestowing on all the world your great mercy.

##### *Hymn of the Holy Cross, First Tone*

Save, O Lord, save your people and bless your inheritance. Give victory to those who battle evil and protect us all by your holy cross.

***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.

***Instead of “Holy God...”***

Before Your cross we bow down, O Master, and we glorify Your holy resurrection.

***Epistle..... Hebrews 4:14—5:6***

Brethren, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “Thou art my Son, today I have begotten thee”; as he says also in another place, “Thou art a priest for ever, after the order of Melchizedek.”

***Gospel..... Mark 8:34—9:1***

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful

generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

***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.***

***Communion Hymn***

Upon us shines the light of your countenance, O Lord, Alleluia!

***Instead of “We Have Seen the Light”***

Save, O Lord, save your people and bless your inheritance. Give victory to those who battle evil and protect us all by your holy cross.

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## Today

Prosforo is provided by Presvytera Alexandra Houck and Ruta Kubits.

After Liturgy, please stop by the Great Hall for lunch and our annual Annunciation/Greek Independence Day program. Tickets are available at the door.

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## Stewardship Update

To date, we have received 251 pledges totaling \$685,655.00 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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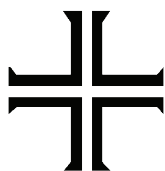
***Text to Give***

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

*This number will never send unsolicited texts.*

# 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; Helena, 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.



## MEOCCA-Sponsored Pan-Orthodox Lenten Vespers

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

**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*

# Calendar of the Week

## **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

## **Tuesday, March 21**

- 9:30 a.m. – FAITH Playgroup, Great Hall and Terrace Room
- 6:00 p.m. – Adult Open Gym Basketball, Great Hall
- 6:30 p.m. – Philoptochos Board Meeting, Fireside Room

## **Wednesday, March 22**

- 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 9 and 10
- 6:30 p.m. – Junior GOYA, Youth Room

## **Thursday, March 23**

- 7:00 p.m. – Edina Koinonia, Meeting Room 1
- 7:00 p.m. – Stewardship Committee Meeting, Fireside Room

## **Friday, March 24: Eve of Annunciation**

- 7:00 a.m. – Men's Fellowship, Fireside Room
- 11:00 a.m. – Intercessory Prayer, Nave
- 11:30 a.m. – Women's Bible Study, Fireside Room
- 4:00 p.m. – Holy Confession, Nave
- 6:00 p.m. – Great Vespers for the Annunciation

## **Saturday, March 25: Annunciation of the Theotokos**

- 9:00 a.m. – Bible Study, Fireside Room and on Zoom
- 9:00 a.m. – Matins; 10:00 a.m. – Divine Liturgy

***Great Vespers will not be held during Great Lent***

## **Sunday, March 26: Saint John Climacus**

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
  - 11:30 a.m. – Missions and Outreach Meeting, Fireside Room
  - 11:30 a.m. – Philoptochos Meeting, Terrace Room
  - 5:00 p.m. – Pan-Orthodox Lenten Vespers
- St. Michael & St. George Ukrainian Orthodox Church

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# Announcements

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## Food Shelf Needs for March 26

Canned meat (chicken or tuna)

*March's recipient is FOCUS Minnesota.*

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

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## Introducing ... Realm



Our church is introducing a new way for our community to come together through the Realm app. We now have our very own “channel” where we can get parish news, contact fellow parishioners, view our directory and get updates for groups you are part of. We will be sending you an invite to join in the coming weeks. It's easy to get started, and easy to access to training if needed. Stay tuned for more information.

## Annunciation / Greek Independence Day Luncheon

All are welcome to the Annunciation / Greek Independence Day luncheon and program today in the Great Hall after Liturgy. Tickets are available at the door: \$15 for adults and \$7 for children 10 and under. Please make checks payable to AHEPA 66. Menu: Lenten spaghetti, salad, bread, cake, coffee, and water.

## Daughters of Penelope Spanakopita / Tiropita Sale

Come purchase spanakopita and tiropita for your Easter holiday get-togethers. The Daughters of Penelope is sponsoring their annual sale today in the Great Hall.

## 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).

## Lost and Found

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.

## Saint Mary's Holy Friday Retreat



# Walk with Christ to the Cross

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

*Pre-K (4 year old) through 12th grade*

>> Register at <https://tinyurl.com/HolyFriday2023> <<

Please join us for an engaging day 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.

*Parents:* The 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.

# — Philoptochos Lenten News —

## Serve! Grow! Do!

### **SERVE! *The Parish and The Community***

Philoptochos is coordinating the free meal at FOCUS Minnesota on Sunday, April 2. We need volunteers to cook rigatoni, green bean casserole, or cookies (at home) and to help in person at St. Mary's in the afternoon and at FOCUS in the evening. All parishioners are invited to join us in these efforts. Sign up online (<https://tinyurl.com/hxkc7w2v>) or stop by our table after church. Questions? Contact *Mary Ellis*, 612.716.5658, [m.e.ellis925@gmail.com](mailto:m.e.ellis925@gmail.com), or *Paulette Hastings*, 952.564.8388, [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](mailto: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.

### ***Philoptochos Spring Calendar***

Sunday, March 26 – Philoptochos Meeting, Bancroft School Supply Drive Ends

Sunday, April 2 – Serve Dinner at FOCUS MN

Thursday, April 6 – Women’s Book Club Discussion

Sunday, April 9 – Tandem Baby Bottle Fundraiser Ends

Tuesday, May 16 – Board Meeting

Saturday, May 20 – Pan Orthodox Women’s Tea in Lecture Hall

Tuesday, May 23 – Spring Finale and Elections



### **Fanari Regional Lenten Retreat**

Youth in grades 5-12 are invited to attend the Fanari Lenten Retreat on Saturday, April 1, 2:00-8:00 p.m., at St. George Greek Orthodox Church in St. Paul. Registration is now open and is \$30.00 per camper. For more information and to register, go to: [fanari.com/retreat](http://fanari.com/retreat)



### **Holy Week and Pascha Flowers**

Donations are now being accepted for Holy Week and Pascha flowers. Your generous donation helps us beautify our worship space for this most holy season. A large number of flowers and greens is needed for the various services. Forms and envelopes are found in the narthex.

## From the Fathers...on the Holy Cross

Adam by the tree fell away; thou by the Tree art brought into Paradise

—Cyril of Jerusalem

### Daily Bible Readings

#### ***Monday, March 20***

Isaiah 14:24-32 • Genesis 8:21—9:7 • Proverbs 11:19—12:6

#### ***Tuesday, March 21***

Isaiah 25:1-9 • Genesis 9:8-17 • Proverbs 12:8-22

#### ***Wednesday, March 22***

Isaiah 26:21—27:9 • Genesis 9:18—10:1 • Proverbs 12:23—13:9

#### ***Thursday, March 23***

Isaiah 28:14-22 • Genesis 10:32—11:9 • Proverbs 13:19—14:6

#### ***Friday, March 24***

Isaiah 29:13-23 • Genesis 12:1-7 • Proverbs 14:15-26

#### ***Saturday, March 25***

#### ***Annunciation of the Theotokos***

Hebrews 2:11-18 • Luke 1:24-38

#### ***Sunday, March 26***

#### ***Sunday of St. John Climacus***

Hebrews 6:13-20 • Mark 9:17-31

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

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