

# SAINT MARY'S GREEK ORTHODOX CHURCH

March 5, 2023  
*Sunday of Orthodoxy*

---

## The Divine Liturgy

**Commemoration:** Sunday of Orthodoxy; Conon the Gardener; Parthenios the New Martyr who contested in Didymoteichos; Mark the Ascetic; Righteous Father Mark of Athens; John the Bulgarian; Mark the Faster; George the New-Martyr of Rapsani; Eulogios the Martyr; Eulabios the Martyr; Conon the Isaurian; Archelaos the Martyr of Egypt.

*Morning Gospel: Fifth*

*Tone: Plagal First*

### 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*

#### ***Hymn of the Sunday of Orthodoxy, Second Tone***

Before your most pure image we bow down, O Good One, entreating you to forgive our sins, Christ our God. For you willingly ascended the cross in the flesh to deliver from the enemy those whom you had made. For this we thank you and we cry to you, O Savior: By coming to save the world, you have filled all things with joy.

#### ***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, Plagal First Tone***

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For he willed to be lifted up on the cross in the flesh, to endure death and raise the dead by his glorious resurrection.

Repeat the *Hymn of the Sunday of Orthodoxy*, page 1 of bulletin.

***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 11:24-26, 32-40***

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward.

And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth.

And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

***Gospel..... John 1:43-51***

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can

anything good come out of Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathanael coming to him, and said of him, “Behold, an Israelite indeed, in whom is no guile!” Nathanael said to him, “How do you know me?” Jesus answered him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathanael answered him, “Rabbi, you are the Son of God! You are the King of Israel!” Jesus answered him, “Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these.” And he said to him, “Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

***Megalyrnarion, 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 Diane Achterling.

The coffee hour today is hosted by the Barakos family.

---

## Stewardship Update

To date, we have received 232 pledges totaling \$652,480.00, an increase of over \$18,000 since our last report on February 12. Have you submitted your pledge form yet? If you need a form, you'll find additional ones and a drop box at the display in the narthex.

---

### ***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; 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, Karrisra, 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 new start time)

**March 5** St. Mary's Orthodox Cathedral

1629 Fifth Street NE, Minneapolis, MN 55413

**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 - 38<sup>th</sup> Avenue South, Minneapolis, MN 55412

*Bridegroom Matins*

# Calendar of the Week

## Sunday, March 5: Sunday of Orthodoxy

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
- after Liturgy – Newcomer Mixer
- 5:00 p.m. – Pan-Orthodox Lenten Vespers,  
St. Mary's OCA Cathedral

## Monday, March 6

- 7:00 p.m. – Greek Dance Practice, Great Hall

## Tuesday, March 7

- 9:30 a.m. – FAITH Playgroup, Great Hall and Terrace Room

## Wednesday, March 8

- 4:30 p.m. – Holy Confession, Nave
- 5:30 p.m. – Liturgy of the Presanctified Gifts
- 6:30 p.m. – Lenten Dinner, Terrace Room
- 6:30 p.m. – Church School Confession - Grades 11 & 12, Nave
- 6:45 p.m. – Junior GOYA
- 7:10 p.m. – Choir Rehearsal, Nave

## Friday, March 10

- 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. – Salutations to the Theotokos
- 6:00 p.m.-9:00 a.m. – Junior GOYA Lock-in

## Saturday, March 11

- 9:00 a.m. – Bible Study, Fireside Room and on Zoom
- Great Vespers will not be held during Great Lent*

## 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

---

# Announcements

---

## Food Shelf Needs for March 12

Spam®

*March's recipient is FOCUS Minnesota.*

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

---

## 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.

## 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

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 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 on Sunday, March 19. Stop by the AHEPA family table in the Great Hall today and next Sunday 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.

# — 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/hxkc7w2y>). 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](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.

## **Today is Final Day to Order Fresh Fillo**

Today, March 5, is the last day you can order your fresh fillo for your spring and Pascha baking! Cost is \$5 per pound, with proceeds supporting the philanthropic work of Philoptochos. Stop by our table during the social hour on Sunday or contact Andrea Tiggas at [adtiggas@msn.com](mailto:adtiggas@msn.com).



# Sunday of Orthodoxy

## *The restoration of the holy icons*

The Sunday of the Triumph of Orthodoxy is celebrated on the first Sunday of Great Lent. It is the celebration of the victory of the iconodules over the iconoclasts by the decision of the Seventh Ecumenical Council. Therefore, the service is to commemorate the restoration of icons for use in services and private devotional life of Christians.

Services often include the clergy or the faithful triumphantly processing around the church, holding icons of their patron or parish saints. In areas where multiple jurisdictions exist (such as the United States), Pan-Orthodox Vespers are also usually celebrated in the evening.

Each of the Sundays of Great Lent has its own special theme. In the course of Church history, almost each Lenten Sunday has obtained a second theme, a historical theme. Originally the Lenten fast was the time for catechumens to prepare for baptism and entry into the Church. The Sunday spiritual themes were part of the early Christian catechesis.

The theme of the day is victory of the True Faith. “This is the victory that overcomes the world, our faith” (1 John 5:4). Also, the icons of the saints bear witness that man, “created in the image and likeness of God” (Genesis 1:26), becomes holy and godlike through the purification of himself as God’s living image. The connection of the victory over iconoclasm with Lent is purely historical; the first Triumph of Orthodoxy took place on this particular Sunday.

The first Sunday of Great Lent originally commemorated the Prophets such as Moses, Aaron, and Samuel. The Liturgy’s alleluia verses and scripture readings appointed for the Sunday of Orthodoxy reflect this older usage. The Epistle reading is a completion of Hebrews 11:24-26, 32—12:2. The yet-to-be-baptized catechumens of the early church heard the Epistle about the Old Testament men who lived by their faith in a promise whose fulfillment they did not see. After the righteous of the Old Testament are mentioned, the Epistle says: *And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us.*

## From the Fathers...on Fasting

The essence and power of abstinence is not the refraining from food, but in expelling from the heart every remembrance of evil and other such things.

That is true fasting, and what—above all else—the Lord demands.

—*Saint Leo of Optina*

### Daily Bible Readings

#### *Monday, March 6*

Isaiah 4:2-5:7 • Genesis 3:21—4:7 • Proverbs 3:34-4:22

#### *Tuesday, March 7*

Isaiah 5:7-16 • Genesis 4:8-15 • Proverbs 5:1-15

#### *Wednesday, March 8*

Isaiah 5:16-25 • Genesis 4:16-26 • Proverbs 5:15—6:3

#### *Thursday, March 9*

#### *The Holy Forty Martyrs of Sebastia*

Hebrews 12:1-10 • Matthew 20:1-16

#### *Friday, March 10*

Isaiah 7:1-14 • Genesis 5:32—6:8 • Proverbs 6:20—7:1

#### *Saturday, March 11*

Hebrews 3:12-16 • Mark 1:35-44

#### *Sunday, March 12*

#### *Sunday of St. Gregory Palamas*

Hebrews 1:10—2:3 • Mark 2:1-12

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

3450 Irving Avenue South

Minneapolis, Minnesota 55408-3399

Telephone: 612.825.9595 • Facsimile: 612.825.9283

  @stmarysgoc

*Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas*

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