

# SAINT MARY'S GREEK ORTHODOX CHURCH

April 23, 2023

*Thomas Sunday*

---

## The Divine Liturgy

**Commemoration:** Thomas Sunday; George the Great Martyr and Triumphant; Martyrs Emmanuel, Theodore, George, Michael and the other George of Samothrace.

*Morning Gospel: Matthew 28:16-20*

### Variable Hymns and Readings in the Liturgy

#### *Christ Is Risen*

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!

#### *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 PASCHA, Plagal First Tone*

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!

#### *Hymn of Entrance*

Bless God in the churches; the Lord from the fountains of Israel. Save us, O son of God who rose from the dead, save us who sing to you: Alleluia!

*Repeat the Hymn of PASCHA, above.*

#### *Hymn of the Day, Grave Tone*

While the tomb was sealed, O Life, you did shine forth from the grave, O Christ our God. And while the doors were shut, you did come to your disciples, O Resurrection of all, renewing through them an upright spirit in us, according to your great mercy!

**Hymn of Saint George, Fourth Tone**

O Trophy-bearer Great martyr George, as a liberator of prisoners, and a protector of the poor, physician of the sick, and defender of kings, intercede with Christ our God, that our souls may be saved!

**Kontakion of PASCHA, Plagal Fourth Tone**

Into the grave you descended, Immortal One, yet you destroyed the power of Hades, and as victor you arose, O Christ our God; you proclaimed to the myrrh-bearing women a greeting of joy, you brought peace to your holy apostles, and to the fallen you granted resurrection.

**Epistle..... Acts 12:1-11**

About that time, Herod the king laid violent hands upon some who belonged to the church. He killed James the brother of John with the sword; and when he saw that it pleased the Jews, he proceeded to arrest Peter also. This was during the days of Unleavened Bread. And when he had seized him, he put him in prison, and delivered him to four squads of soldiers to guard him, intending after the Passover to bring him out to the people. So Peter was kept in prison; but earnest prayer for him was made to God by the Church.

The very night when Herod was about to bring him out, Peter was sleeping between two soldiers, bound with two chains, and sentries before the door were guarding the prison; and behold, an angel of the Lord appeared, and a light shone in the cell; and he struck Peter on the side and woke him, saying, "Get up quickly." And the chains fell off his hands. And the angel said to him, "Wrap your mantle around you and follow me." And he went out and followed him; he did not know that what was done by the angel was real, but thought he was seeing a vision. When they had passed the first and the second guard, they came to the iron gate leading into the city. It opened to them of its own accord, and they went out and passed on through one street; and immediately the angel left him. And Peter came to himself, and said, "Now I am sure that the Lord has sent his angel and rescued me from the hand of Herod and from all that the Jewish people were expecting."

**Gospel..... John 20:19-31**

On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, even so I send you." And when He had

said this, He breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.” Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe.” Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them and said, “Peace be with you.” Then He said to Thomas, “Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing.” Thomas answered Him, “My Lord and My God!” Jesus said to him, “Have you believed because you have seen Me? Blessed are those who have not seen and yet believe.” Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing, you may have life in His name.

### ***Megalyrnarion of PASCHA, First Tone***

The Angel spoke to her who is full of grace: Rejoice, O pure virgin, and again I say rejoice; your Son is risen from the grave on the third day.

Shine, Shine, O new Jerusalem, for the glory of the Lord is risen upon you. Now dance and be glad O Sion; and you, O pure Theotokos, exalt in the rising of your Son!

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

### ***Communion Hymn***

Receive the Body of Christ, and taste him who is the fountain of immortality.

*Instead of “We have seen the light...,” we chant “Christ is risen.”*

### ***The End of the Divine Liturgy***

*Priest:* Christ is risen!

*People:* Truly he is risen! (*Proclaimed three times.*)

*Priest:* Glory to his third-day Resurrection!

*People:* We adore his third-day Resurrection!

*Priest:* Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs, he has granted life.

*People:* Truly the Lord is risen!

# Christ Is Risen! Truly He Is Risen!

|           |   |
|-----------|---|
| English   | Christ Is Risen!..... Truly He Is Risen!  |
| Greek     | Christos anesti!.....Alithos anesti!  |
| Arabic    | Al-Masi-H Qam! .....Hakan Qam!  |
| Ethiopian | Christos tensáh mután!..... Bsavi hayl sultán!                                      |
| Slavonic  | Khristos Voskrese! ..... Voistinu voskrese!   |
| Romanian  | Christos a inviat!..... Adeverat a inviat!  |
| Albanian  | Khrishti u ungjall! ..... Vërtete u ungjall!  |
| French    | Le Christ est ressuscite! ..... En verite il est ressuscite!                        |
| Latin     | Christus resurrexit! ..... Vere resurrexit!   |
| Coptic    | Pikhrastos Aftonf! .....Khen oumethmi aftonf!                                       |
| Finnish   | Kristus nousi kuolleista..... Totisesti nousi                                       |
| Gaelic    | Kriost Eirgin! ..... Eirgin!  |
| Georgian  | Kriste ahzdkhah! ..... Chezdmari-det!   |
| German    | Christus ist erstanden! ..... Wahrlich ist er erstanden!                            |
| Hawaiian  | Ua ala hou 'o kristo! ..... Ua ala 'i 'o no 'oia!                                   |
| Hebrew    | Ha-Mashiah qam! ..... Be-emet qam!  |
| Italian   | Cristo e' Risorto!..... Verito e' Risorto!  |
| Japanese  | ハリストス復活! ..... 実に復活!<br><i>Harisutosu Fukkatsu!</i> ..... <i>Jitsu Ni Fukkatsu!</i> |
| Mandarin  | 基督復活了.....他確實復活了<br><i>Jidu fuhuo-le!</i> ..... <i>Ta queshi fuhuo-le!</i>          |
| Navajo    | Christ Nadeetsa! ..... Ao Nadeetsa!   |
| Nigerian  | Jesu Kristi Ebiliwo!..... Ezia o'biliwo!  |
| Norwegian | Kristus er oppstanden!.....Ja i sannhet er han oppstanden!                          |
| Polish    | Khrystoos Zmartfykhstal! ..... Zapravde Zmartfykhstal!                              |
| Serbian   | Christos vaskres! ..... Vaistinu vaskres!   |
| Swedish   | Christus är uppstanden!.....Han är verkligen uppstanden!                            |
| Ukrainian | Khristos voskres!..... Voistinu voskres!  |
| Welsh     | Atgyfododd Crist! ..... Artgyfododd yn wir!   |

# Today

Prosforo is provided by Presvytera Alexandra Houck.

The Spring General Assembly takes place at 11:30 a.m. today. All members are encouraged to attend.

---

## Prayer Ministry

*Please remember the sick, the suffering, and those in need, especially:* The family of Dimitoula Krinou (sister of Louis Trigas); 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; Charlie, Stan, 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, Kar-risa, 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.

---

## Stewardship Update

To date, we have received 307 pledges totaling \$858,890.00 which covers 62% 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.

---

### *Text to Give*

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

*This number will never send unsolicited texts.*

# Calendar of the Week

**Sunday, April 23: Sunday of Saint Thomas; Saint George**

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy; Church School  
11:30 a.m. – Spring Parish Assembly, Great Hall

**Tuesday, April 25: Saint Mark**

9:30 a.m. – Divine Liturgy  
6:00 p.m. – Greek Festival Committee, Fireside Room  
6:00 p.m. – Missions and Outreach Committee, Meeting Room 1

**Thursday, April 27**

9:30 a.m. – FAITH Playgroup, Great Hall and Terrace Room  
7:00 p.m. – Orthodoxy on Tap, Park Tavern  
7:00 p.m. – Stewardship Committee, Fireside Room

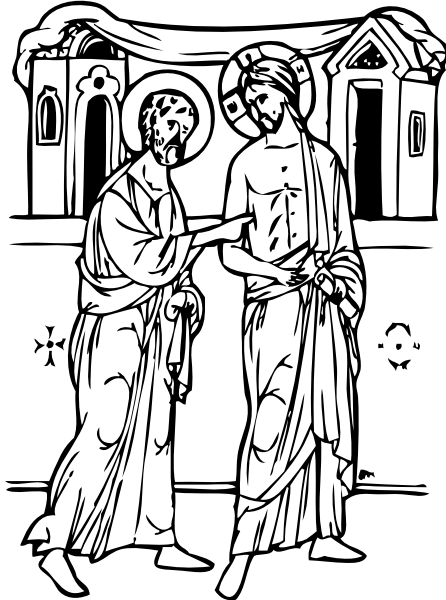
**Saturday, April 29**

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

**Sunday, April 30: Sunday of the Holy Myrrh-Bearers**

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

· THE DOUBTING THOMAS ·



---

# Announcements

---

## Food Shelf Needs for April

Individually wrapped bars of soap, individually wrapped toothbrushes, toothpaste, shampoo

*April's recipient will be Community Emergency Service (CES).*

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

---

## Summer Camp at Camp Wapogasset

*July 1-7, 2023*

Summer Camp registration is underway!

### *Registration Fee Schedule*

- Early Bird Discount: \$520.00, now through Tuesday, May 2
- Standard Registration Fee: \$550.00, from May 3 through May 18

Follow us on our website: [stmaryscamp.com](http://stmaryscamp.com)

and Facebook: [facebook.com/campstmarys/](https://facebook.com/campstmarys/)

## Special Parenting Webinar

*How to Help Our Kids When They Feel Empty or Anxious*

*George Papageorge, MA, LMFT, Presenter*

*Tuesday, May 2 • 7:30 p.m. Central Time*

We are facing a generation of youth who might accomplish their goals, but are left feeling empty and anxious. Many are high-performing but low coping. With their inner life in question, our children are vulnerable to developing addictive personalities and becoming attracted to toxic relationships.

Research shows that parents operate in one of two broad categories: Those who guide their children in the world of emotion and those who don't.

Join our parent education webinar with George Papageorge, MA, LMFT, Director of Family Wellness Ministry of the Metropolis of San Francisco, to seek insights into the emotional needs of our children and the parenting styles that most effectively help us connect with our kids. The webinar will focus on parenting tweens and teens, but parents of kids of all ages and stages, as well as church leaders and youth workers, will find this helpful as well.

To register and for more information:

<https://teloscommunity.org/parenting-webinar/>

---

# Philoptochos News

---

## Spring Fun with Philoptochos!

*After Pascha, Philoptochos has just-for-fun activities plus ways to serve the church and others. Join us as you're able.*

- Tuesday, May 16 – Board Meeting, 6:30 p.m., Fireside Room.
- Thursday, May 18 – Ladies Night Out hosted by Eleni George 6:00 p.m., Point of France Party Room.  
Bring an appetizer or dessert to share.
- Friday, May 19 – Kourambiethes Baking Session for the Taste of Greece, 12:00 noon-5:00 p.m.
- Saturday, May 20 – Pan-Orthodox Women's Tea, 2:30-4:30 p.m., Lecture Room. Bring an appetizer or dessert to share.
- Tuesday, May 23 – Spring Finale: Dinner and Elections 5:30 p.m., Terrace Room.
- Thursday, June 1 – Women's Book Club Discussion, 7:00 p.m.
- Friday, June 9 – Day of Service, 9:00 a.m.-9:00 p.m., Lecture Room.

---

## Youth News

---

### Fresh Baked Bread

Fresh baked bread will be offered today by the second grade Church School class. They are learning about and baking Prosforo during class. Small, non-prosforo, loaves will be at a table after Divine Liturgy for a suggested donation of \$2.00 each.



# ORTHODOXY ON TAP

**THURSDAY  
APRIL 27  
7-9 PM**

**GUEST SPEAKER:  
FR. DN. PAUL KALINA**

Join St. Mary's YAM  
for fellowship and  
discussion/Q&A  
Session



We'll see you at Park Tavern in St. Louis Park!  
Appetizers will be provided,  
drinks available for purchase.

RSVP @ link in bio, at  
<https://tinyurl.com/AprilOOT>  
or use the QR code pictured.



YAMinistry@StMarysGOC.Org



@St.Marys\_YAM





# **Come and see!**

**Come learn about  
the ancient Christian faith  
and experience its worship**

**A short evening Vespers service  
will be followed by a  
presentation and refreshments**

**St. Mary's Greek Orthodox Church**  
Saturday, May 6, 2023  
5:00–7:00 PM

**3450 Irving Ave S  
Minneapolis, MN 55408**

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!

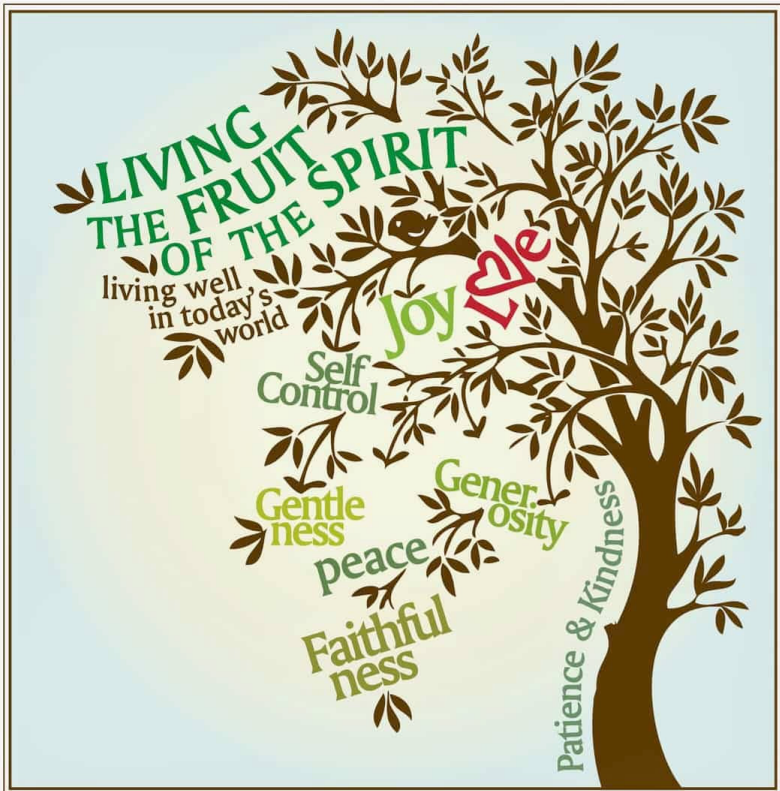
Questions? Contact Dena Tortorelis or Krissa Rovolis at...

[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.



# From the Fathers...on Faith

The reward of this faith is to see what we believe.

—*Saint Augustine*

## Daily Bible Readings

### *Monday, April 24*

Acts 3:19-26 • John 2:1-11

### *Tuesday, April 25*

#### *Mark the Apostle and Evangelist*

I Peter 5:6-14 • Luke 10:16-21

### *Wednesday, April 26*

Acts 4:13-22 • John 5:17-24

### *Thursday, April 27*

Acts 4:23-31 • John 5:24-30

### *Friday, April 28*

Acts 5:1-11 • John 5:30—6:2

### *Saturday, April 29*

Acts 5:21-32 • John 6:14-27

### *Sunday, April 30*

#### *Sunday of the Myrrh-Bearing Women*

Acts 6:1-7 • Mark 15:43—16:1

### *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*