

SAINT MARY'S GREEK ORTHODOX CHURCH

April 30, 2023

Sunday of the Myrrh-Bearing Women

The Divine Liturgy

Commemoration: Sunday of the Myrrh-Bearing Women; Jason and Sosipater the Apostles of the 70 and their Companions; Holy Martyr Cercyra; Our Holy Father John of Kaloktenos, Metropolitan of Thebes; Basil, Bishop of Montenegro; Nektarios the New Martyr of Optina.

Morning Gospel: Fourth

Tone: Second

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!

Resurrection Hymn, Second Tone

When you descended into death, Life immortal, you vanquished the power of hell by your resplendent divinity, and when you raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to you.

Hymn of St. Joseph of Arimathea, Second Tone

The noble Joseph took your most pure body down from the tree. He wrapped it in clean linen, anointed it with spices, and placed it in a new tomb. But on the third day you rose, O Lord, bestowing on all the world your great mercy.

Hymn of the Myrrh-bearing Women, Second Tone

The angel stood by the tomb and cried out to the myrrh-bearing women: Myrrh would be fitting to anoint the dead, but Christ has shown himself to be free from corruption. Therefore, proclaim that the Lord is risen, bestowing on all the world 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!

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 6:1-7

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, "it is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word." And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochoros, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

Gospel..... *Mark 15:43—16:8*

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joses saw where he was laid.

And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, “Who will roll away the stone for us from the door of the tomb?” And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, “Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you.” And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

Megalynarion 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.”

Today

Prosforo is provided by Yana Patridge.

40-Day Churching: **Walter George**, parents: Paul & Krissy Sommerstad

Memorial Prayers today are offered for: **Lamona Legeros** (1 year); **George Svolopoulos** (6 months); **Patricia Pollnow** (3 years); **Garifalia (Carrie) Boosalis**.

The coffee hour today is hosted by the Legeros family in memory of Lamona.

Prayer Ministry

Please remember the sick, the suffering, and those in need, especially: The family of Stephen Regan; the family of Harry Youtsos; 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; Kristina, Charlie, Stan, Helena, Elpis Fotini, Byrdie, Jennifer, John S., Becky, 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, Karisa, 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 319 pledges totaling \$897,587.00 which covers 65% 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.

Calendar of the Week

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

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

Tuesday, May 2

Last day for Early Bird Summer Camp Registration

6:00 p.m. – Adult Open Gym Basketball, Great Hall

7:30 p.m. – Special Parenting Webinar, online (see notice on pg. 6)

Wednesday, May 3

Intercessory Prayer and Women's Bible Study will not meet today.

6:15 p.m. – Junior GOYA, Youth Room

6:30 p.m. – Choir Rehearsal, Nave

Thursday, May 4

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

Friday, May 5

7:00 a.m. – Men's Fellowship, Fireside Room

Saturday, May 6

9:00 a.m. – Bible Study

5:00 p.m. – Great Vespers

after Vespers– “Come and See” Presentation and Reception

Sunday, May 7: Sunday of the Paralytic

- *“The Messenger” news item deadline ~ June issue*

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



Text to Give

Text **smgoc** to 73256

This number will never send unsolicited texts.

Announcements

Food Shelf Needs for May 7

Canned fruits and vegetables

May's recipient is Joyce Uptown Food Shelf.

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

and Facebook: 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/>

Realm Connect

Realm Connect Is Launching!

In the coming week, all members 12 and older will receive an invitation via e-mail to join Realm Connect, our new online community where we can stay connected with each other to share news, photos, events, and more.

Getting started takes three simple steps: 1) click on the link in the invite to register; 2) create a profile, and 3) download the app. A training guide to get started was sent in Friday's email, and information is available on our website under "Resources." We will conduct a training after Liturgy next Sunday May 7. We'll have more training to introduce additional features in the coming weeks.

If you do not have a current email on file, please send it to david@stmarysgoc.org so you can receive your invite. If you have questions, please ask David or Bettina Hanna (bhanna25@gmail.com).

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.

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**

QR Code RSVP



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 6th 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!

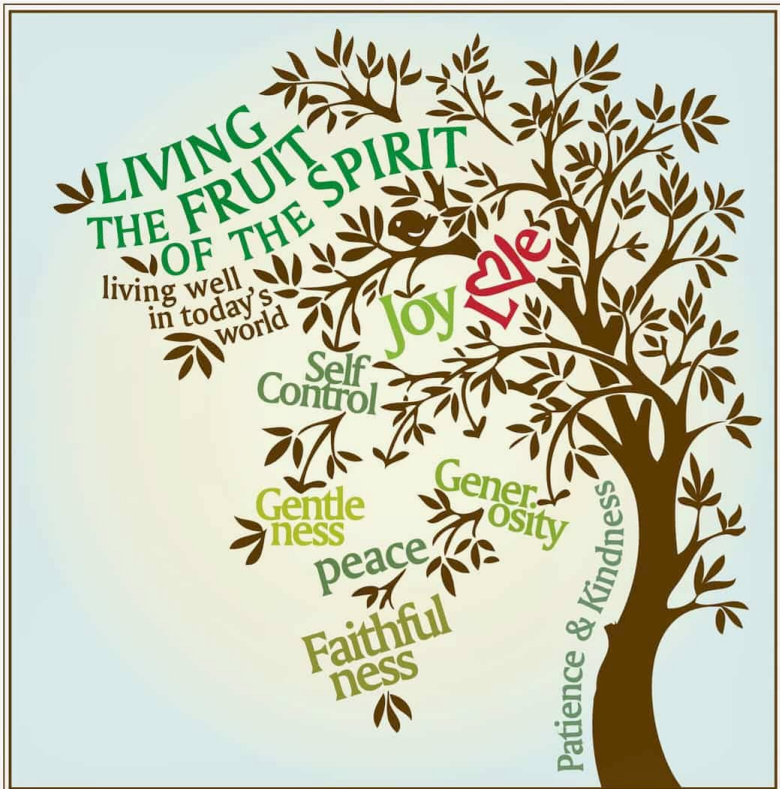
Questions? Contact Dena Tortorelis or Krissa Rovolis at...

Churchschool@stmarysgoc.org

Hope to see you there!

To register: tinyURL.com/Fruits-VCS-2023

Or scan the code at the right on your phone.



From the Fathers...on Christ

Christ, the divine man from heaven,
purchases humanity's life by His death.

—*Saint Cyril of Alexandria*

Daily Bible Readings

Monday, May 1

Acts 6:8—7:1-5, 47-60 • John 4:46-54

Tuesday, May 2

Hebrews 13:7-16 • Matthew 5:14-19

Wednesday, May 3

Acts 8:18-25 • John 6:35-39

Thursday, May 4

Acts 8:26-39 • John 6:40-44

Friday, May 5

Acts 8:40—9:19 • John 6:48-54

Sunday, May 6

Acts 9:19-31 • John 15:17—16:2

Sunday, May 7

Sunday of the Paralytic

Acts 9:32-42 • John 5:1-15

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