



ST. MARY'S

GREEK ORTHODOX CHURCH

September 10, 2023 — *Sunday Before Holy Cross*

THE DIVINE LITURGY

Commemoration

Sunday before Holy Cross; Menodora, Metrodora, and Nymphodora the Martyrs; Poulcheria the Empress; Afterfeast of the Nativity of the Theotokos.

Morning Gospel: Mark 16:9-20

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 Third Antiphon, Fourth Tone

Your birth, O Theotokos, has filled the world with joy, for there rose from you the Sun of Justice, Christ our God. He destroyed the ancient curse and replaced it with a blessing, thus confounding death by giving us eternal life.

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, 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.

Hymn of the Birth of the Theotokos, Fourth Tone

Your birth, O Theotokos, has filled the world with joy, for there rose from you the Sun of Justice, Christ our God. He destroyed the ancient curse and replaced it with a blessing, thus confounding death by giving us eternal life.

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 Birth of the Theotokos, Fourth Tone

Your holy birth delivered Joachim and Anna from the reproach of childlessness and liberated Adam and Eve from death’s corruption, O Pure One. Thus freed from the stain of sin, we your people honor your birth, crying out to you: A woman thought barren brings forth the Theotokos who nourishes Christ our Life.

Epistle.....Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel.....John 3:13-17

The Lord said, “No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.”

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



Prayer Ministry

Please remember the sick, the suffering, and those in need, especially:

The family of Theo Gruber; All victims of wars throughout the world; 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; Phillip Hibberd, Maria, Matt, Laura, Dorla, Susan, Elias, Constance, Peter, Evdoxia, Marina, Dion, Annali, Sofia, Juan Cruz & family, Charlie, Stan, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, John K., Alexey, Alexandra, Ray, Christina, Joanne, Athena, the Muñoz family, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Liz, Efstratia, Jordan, David, Nino, Joe, 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, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, Annie, Sue & Jim, Steve, Sue, Jane, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Rick, Nancy, Alex, Eryn, Phil, Karen, 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.

Today

Prosforo is provided by **Dena Angelos**

Stay after the Liturgy to enjoy the Taste of Greece Festival!



Announcements

Food Shelf Needs for September 17

**Canned Meal – large cans
(e.g. Chili / Pork and Beans)**

September's recipient is Joyce Uptown Food Shelf.

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

Altar Server Training and Party

New and continuing acolytes, please join us Sunday, September 17, 11:45 a.m.-1:30 p.m., for our Altar Server training and pizza party. Meet in the nave immediately following Church School for a brief training and robe fitting. Afterwards, we will have a pizza party in the Youth Room. Boys third grade and up may serve in the Altar. For questions, please contact Fr. Jason at frjason@stmarysgoc.org. If you cannot make it to the training, but would like to serve in the Altar, please contact Fr. Jason. Parents: pick up your altar server at the glass doors of the Youth Room on Coniaris Way at 1:30 p.m.

Senior Citizens' Meeting

Tuesday, September 19 ~ Note Date Change

St. Mary's Seniors' meeting and social is Tuesday, September 19, (the third Tuesday of September), at noon in the Terrace Room. We will celebrate September birthdays and anniversaries with a group photo, a luncheon, and delicious cake from Queen of Cakes. The program features Seniors' member and author Peter Georgas who will speak about his new book entitled *Mayhem at the Manor*. This book as well as his other books will be available for purchase. A short meeting and announcements will follow. All St. Mary's seniors (55+) are welcome to join our lively group. Dues are \$15. For further questions, please contact President Tessie Bourdamis.



Connect Conference September 29 – October 1

This year's Connect Orthodox Young Adult Conference will be held in Minneapolis! Registration ends September 13. Scan the code or visit connectorthodox.org to learn more or register.

Calendar of the Week

Sunday, September 10: Sunday Before Holy Cross

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
12:00 – 5:00 p.m. – Taste of Greece Festival, Day 3

Monday, September 11

9:00 a.m. – Festival Take Down

Tuesday, September 12

7:00 p.m. – Women’s Book Club, Fireside Room

Wednesday, September 13: Eve of the Holy Cross

6:00 p.m. – Great Vespers

Thursday, September 14: Elevation of the Holy Cross

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
6:15 p.m. – Parish Council Meeting, Fireside Room

Friday, September 15: Nativity of the Theotokos

Men’s Retreat at the Karos’ Cabin begins

10:00 a.m. – Funeral Service for Theo Gruber;
Visitation from 10:00 a.m., St. Mary’s

Saturday, September 16

9:00 a.m. – Bible Study, Fireside Room
3:00 p.m. – Church School Kick-off Parties (See listing for specific times)
5:00 p.m. – Great Vespers
Healing House Dinner and Bible Study

Sunday, September 17: Sunday after Holy Cross

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
First Day of Church School
After Liturgy – Altar Servers’ Workshop
11:45 a.m. – Missions and Outreach Meeting, Fireside Room

Lyn Olson Medical Crisis Program Gala

Sunday, September 24, 3:00-6:00 p.m.

The 2023 LOMCP Gala will be at the Korluka Equestrian Farm in Stillwater. Dress is casual! Bring the kids and grandkids. Accompanied children under 18 attend free. Tickets are limited this year so purchase them early at www.lomcp.com

Philoptochos News

Women's Book Club Discussion

First Discussion: Tuesday, September 12, 7:00 p.m.

Passions and Virtues, the fifth volume of the Spiritual Counsels of Saint Paisios the Athonite, is our next reading for the Book Club. This book will be discussed in the September 12 (Fireside Room), October 5, and November 2 meetings. Copies are available for purchase in the bookstore.

Little Orthodox Library

Please go outside and check out our new Little Library on Irving Avenue! We will need more books after the Festival. If you have some Orthodox books to donate, please bring them to the Philoptochos table after Sunday Liturgy next week or bring them to the church office during the week.

Raffle Tickets

Buy Raffle Tickets for the Metropolis September Luncheon Fundraiser for IOCC, St. Iakovos Retreat Center, and Metropolis philanthropic projects. Tickets are for sale at the Philoptochos table on Sundays (\$10 each or 3 for \$25). Grand prize is \$1,000!

Kick-Off Dinner and Meeting ~ Save The Date!

Please add this date to your calendar...our first meeting with a social and dinner will be Tuesday, September 26, beginning at 5:30 p.m. More information to follow soon.

Youth News

Church School Kickoff Party

Saturday, September 16 (Parents and Students)

3:00-5:00 p.m. – Nursery through 6th grades

5:30-7:30 p.m. – 7th-12th grades

Meet your teachers, play games, socialize, eat, and drink - ice cream bar and treats. Parents: please attend to learn about several new events, protocols, and what your child will be learning this year. At the Tortorelis home: 7441 West Shore Drive, Edina.

First Day of Church School

Sunday, September 17

Please register your children on Realm for all youth activities for the school year. This will help us plan for teachers, books, and other resources for the year and you are assured of getting e-mails and notices of upcoming events.



Scan the code
to sign up

Bring a Friend Vespers

Saturday, September 23, 5:00-7:00 p.m.

The Missions and Outreach Committee is hosting St. Mary’s second semi-annual *Bring a Friend Vespers*. After Vespers there will be a brief introduction to the Orthodox Church and an informal reception. This is a great way to introduce our faith to our friends and family in a pressure-free way! Please **RSVP by September 17** so we can get a headcount for the reception.



Scan the code
to sign up

OCF Dinner Hosts Needed

Orthodox Christian Fellowship (OCF) is a college organization that helps Orthodox college students connect at campuses across the country. We are blessed with a large local chapter with members from several colleges around the Twin Cities. The group meets every two weeks for fellowship and discussions over a meal donated by the local church parishioners. If you are able, please consider signing up to donate a meal to the chapter. Scan the code to sign up. Contact Vasili Nicklow (nickl093@umn.edu) with any questions.

The Return of Parea Potlucks!

Tuesday, October 3, 10, and 17, and Monday, October 30

Parea—meaning company—Potlucks are a great opportunity to get to connected to other members of St. Mary’s! We’re looking for parishioners who would be willing to host a dinner for 4-10 others this October. Hosts provide the space for gathering and the main entree for the potluck. If interested, contact: jessica.e.buss@gmail.com



Scan the code
to sign up

Children’s Glendi and Pizza Party*

Saturday, September 30 ~ 5:00 – 8:00 p.m.

Join us for a Greek glendi for the children of the parish complete with pizza and dancing in the Great Hall! The Sioris family will provide music, pizza, and beverages with a recommended \$5 good will offering per person attending. All proceeds will go towards future costumes and needs of future dance troupes to continue fostering Greek dancers at St. Mary’s! This glendi is for preschool and elementary aged children of the Parish and their families. RSVP and sign up (so we can get enough pizzas for everyone!)

* Please note this is not a drop-off event and parents are responsible for their own children.

From the Desert Fathers...

“A man who is angry, even if he were to raise the dead, is not acceptable to God.”

–Abba Agathon of Egypt

Daily Bible Readings

Monday, September 11

Galatians 2:11-16 • John 12:19-36

Tuesday, September 12

Galatians 2:21; 3:1-7 • John 11:47-54

Wednesday, September 13

Hebrews 3:1-4 • Matthew 16:13-19

Thursday, September 14

Elevation of the Holy Cross

I Corinthians 1:18-24 • John 19:6-11, 13-20, 25-28, 30

Friday, September 15

Colossians 1:24-29, 2:1 • Matthew 10:16-22

Saturday, September 16

I Corinthians 6:1-10 • John 8:21-30

Sunday, September 17

Sunday After Holy Cross

Galatians 2:16-20 • Mark 8:34-38; 9:1



Saint Mary's Greek Orthodox Church

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Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas
Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon