



ST. MARY'S

GREEK ORTHODOX CHURCH

September 17, 2023 — *Sunday After Holy Cross*

THE DIVINE LITURGY

Commemoration

Sunday after Holy Cross; Sophia and her three daughters:
Faith, Hope, and Love; Herakleides and Myron,
Bishops of Cyprus; Afterfeast of the Holy Cross.

Morning Gospel: Luke 24:1-12

Tone: Plagal Second

Variable Hymns and Readings in the Liturgy

At the Second Antiphon

Save us, O Son of God, crucified in the flesh,
Save us who sing to you: Alleluia!

At the Third Antiphon

Hymn of the Holy Cross, First Tone

Save, O Lord, O Lord, Your people and bless Your inheritance. Grant
victory to the faithful against the adversaries of the Faith, and protect
Your people through Your Holy Cross, 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 of Entrance, Plagal Second Tone

The angelic powers appeared at your tomb, the soldiers guarding it became
as dead men, and Mary stood at your grave seeking, seeking your
most pure body. But you made hell a captive; you were untouched
by its might. You came to the virgin and granted life.
O Lord, who rose from the dead, glory to you.

Repeat the Hymn of the Holy Cross, Above

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 Elevation of the Holy Cross, Fourth Tone

Bestow your mercies on the people called by your name, Christ God, who freely let yourself be raised on the cross. To all who battle evil give joy in your power, by gracing them with victory over every foe, for having you as their ally they possess a weapon of peace, an invincible trophy of victory.

Epistle..... Galatians 2:16-20

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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."

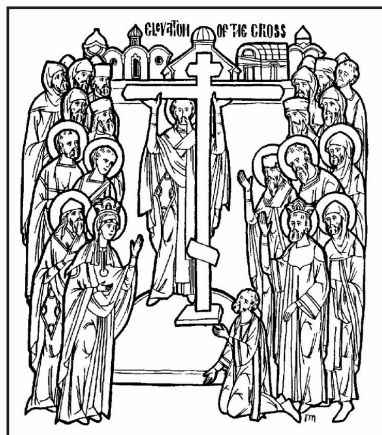
The Communion Prayers are found on page 40 of the hymnal.



Prayer Ministry

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

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 **Barbara Nichols**

The coffee hour today is hosted by
the Missions and Outreach Committee

Announcements

Food Shelf Needs for September 24

Hygiene items

(toothpaste, soap, shampoo, conditioner)

September's recipient is Joyce Uptown Foodshelf.

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

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.



*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 semiannual Bring a Friend Vespers next Saturday, September 23, 2023, at 5:00 p.m. We will celebrate Saturday evening Vespers and follow it with 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! RSVPs are encouraged by **today** so we can get a headcount for the reception.

Calendar of the Week

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

Tuesday, September 19

12:00 noon – Senior Citizens' Meeting, Terrace Room

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

6:30 p.m. – Philoptochos Board Meeting, Fireside Room

7:15 p.m. – Young Women's Bible Study, Christopulos' home

Wednesday, September 20

6:15 p.m. – Junior GOYA Kick-off, Great Hall and Terrace Room

6:30 p.m. – Choir Rehearsal, Nave

Thursday, September 21

10:00 a.m. – FAITH Play Group at Como Zoo

Saturday, September 23

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

5:00 p.m. – Great Vespers

Bring-a-Friend Vespers and Reception

Sunday, September 24: First Sunday of Luke

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

after Liturgy – Pilgrimage of Discovery Discussion, Terrace Room

11:30 a.m. – HOPE/JOY Kick-off, Youth Room

On the Cross...

The one who knows God will follow the Lord's footsteps, bearing the cross of the Savior. It is said, "The world is crucified to him and he to the world." The Lord says, "He who loses his life will save it." We can "lose our lives" in one of two ways. First, we can risk our lives just as the Lord did for us. Secondly, we can separate our lives from the customary things of this world. Bearing the cross means to separate our souls from the delights and pleasures of this life. If you do this, you will find your life again—resting in the hope of what is to come. Dying to ourselves means being content with the necessities of life. When we want more than these necessities it is easy to sin.

—St. Clement of Alexandria

Philoptochos News

Little Orthodox Library

Check out our new Little Library on Irving Avenue! We still need more books. If you have some Orthodox books to donate, please bring them to the Philoptochos table after Sunday Liturgy or bring them to the church office during the week.

Raffle Tickets

Last chance to buy raffle tickets for the Metropolis September Luncheon Fundraiser for IOCC, St. Iakovos Retreat Center, and Metropolis philanthropic projects. Tickets are still for sale at the Philoptochos table this Sunday (\$10 each or 3 for \$25). Grand prize is \$1,000!

Kick Off Dinner & Meeting - Save The Date

Mark your calendar...our first meeting with a social and dinner will be Tuesday, September 26, beginning at 5:30 p.m. RSVP sheets are at the Philoptochos table as well as sign ups to help set-up, serve, and clean up afterwards.

Service Project Day

Saturday, September 30 ~ 10:00 a.m. - 5:00 p.m.

Philoptochos is holding their annual Service Project Day on Saturday, September 30, 10:00 a.m.-5:00 p.m. Please come any time, for as long as you are available. We will be making items for various organizations; Reach & Restore, Sojourner Battered Women's Shelter, FOCUS, VA, and Day for Girls. There will be sewing, cutting material, ironing, and other tasks for everyone to do. Please bring a sewing machine if you have one. Feel free to bring your kids, too (9 years or older). We'll meet in the Lecture Room (enter at the flagpole entrance). Hope to see you there!



*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.*



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.

Scan the Code to Sign-up

Pilgrimage of Discovery Discussion

Sunday, September 24 ~ 11:45 a.m.

Deanna Kolas will be joined by an Archon of the Ecumenical Patriarchate to share about the Pilgrimage of Discovery. The presentation will include information about the Ecumenical Patriarchate, historical and current issues in Constantinople, and the big five issues and focuses of the Archons. Sunday, September 24, from 11:45 a.m.- 12:15 p.m. in the Terrace Room.



Lyn Olson Medical Crisis Program Gala

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

The 2023 LOMCP Gala on the Farm is set for Sunday, September 24, 3:00-6:00 p.m., at the Korluka Equestrian Farm in Stillwater. Dress is casual, boots are optional! A golf cart shuttle is available to take you from your car to the horse arena and dining tents. Freddy, Manuel, and their beautiful horses are back for an encore performance of their traditional Spanish horse show. Bring the kids and grandkids. Accompanied children under 18 attend free. Tickets are limited this year so purchase them early at www.lomcp.com

Scan the Code to Sign-up

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

From the Fathers...

“The Cross, is wood which lifts us up and makes us great...The Cross uprooted us from the depths of evil and elevated us to the summit of virtue.”

–*St. John Chrysostom*

Daily Bible Readings

Monday, September 18

Galatians 4:28-31; 5:1-10 • Luke 3:19-22

Tuesday, September 19

Galatians 5:11-21 • Luke 3:23-38, 4:1

Wednesday, September 20

Ephesians 6:10-17 • Luke 21:12-19

Thursday, September 21

Ephesians 1:1-9 • Luke 4:16-22

Friday, September 22

Ephesians 1:7-17 • Luke 4:22-30

Saturday, September 23

Galatians 4:22-27 • Luke 1:5-25

Sunday, September 24

First Sunday of Luke

II Timothy 3:10-15 • Luke 5:1-11



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