



ST. MARY'S

GREEK ORTHODOX CHURCH

October 15, 2023 — *Seventh Ecumenical Council*

THE DIVINE LITURGY

Commemoration

Sunday of the Seventh Ecumenical Council; Lucian the Martyr of Antioch; Savinos the Bishop of Catania; Barsus the Confessor; Euthymios the New.

Morning Gospel: John 20:11-18

Tone: Second

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

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 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!

Repeat the Resurrection Hymn, Above

Hymn of the Holy Fathers, Plagal Fourth Tone

You are glorified above all, O Christ our God, who established our Fathers as radiant stars upon the earth, and so through them, we all are guided to the true Faith. O Compassionate Lord, glory be unto you.

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, Second Tone

O unfailing protection of Christians, and our faithful advocate before the Creator: though we are sinners, do not ignore our entreaty; but in your goodness, grant your timely help to us who appeal to you in faith. Quickly make intercession; on our behalf make speedy supplication, O Theotokos, for you always protect those who honor you.

Epistle*..... *Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Gospel*..... *Luke 8:5-15

The Lord said this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As he said these things, he cried out "He who has ears to hear, let him hear."

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; Maureen, Andrea, Bryan, Haben (Matthew), Marion, Nausika, Ron, 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.

Join Our Visitation Ministry Team!

Sunday, November 5, following Divine Liturgy

Our annual Visitation Training Session for new and returning visitors will be held on Sunday, November 5 (11:30 a.m.-1:00 p.m.) in the Lecture Room. Current Visitation Team members are encouraged to attend. A light lunch will be provided. New visitors will receive training, while current team members meet with Fr. Jason for a brief session. We are expanding our team of Lay Visitors, ensuring more frequent visits to our Very Important Parishioners (VIPs). Please RSVP to Doria@stmmarysgoc.org or call Doria at 612.825.9595 by October 27. This will help us plan for food and secure your spot for the Training Session on Sunday, November 5.

Today

Prosforo is provided by **Dena Angelos**

Memorial Prayers today are offered for **George Svolopoulos** (1 year)

The coffee hour today is hosted by
the family of George Svolopoulos in his memory.

Announcements

Food Shelf Needs for October 22

Hygiene items
(toothpaste, soap, shampoo, conditioner)

October's recipient is Simpson House.

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

Sacraments

Weddings

October 1 – Phil Triantafyllou to Denyse Madden

October 7 – Peter Economou to Jackie Duddingston



Missions and Outreach Fundraising Lunch Today After Liturgy — Terrace Room

Everyone is invited to a fundraiser lunch in the Terrace Room to hear Missionaries Michael and Meghan Jones share their apostolic ministry in Fiji, Tonga, and Samoa, via ZOOM. They are working to complete the Church of St. George and to walk with the small group of Orthodox Tongans to share our life in Christ and thereby participate in building the true church—the body of Christ—as well as the new temple. Please come and help with this fundraiser.



Saint Olympia, First Meeting Today Today After Church School — Lecture Room

A new ministry for girls, grades 3-12, aims to involve our young women in areas of service to the Church and the poor, which Saint Olympia exemplified. Come to our first meeting today immediately after church school from 11:45-12:30 to learn more. This ministry is led by Elena and Zoe Gabor. For more information please contact Elena, elenagabor14@gmail.com or 952.288.3011, or Zoe, zozo4@comcast.net or 952.693.5339

Calendar of the Week

Sunday, October 15: Sunday of the Seventh Ecumenical Council

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

after Liturgy – Missions and Outreach Fundraising Luncheon, Terrace Room

11:45 a.m. – Saint Olympia the Deaconess meeting, Lecture Room

Tuesday, October 17

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

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

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

6:30 p.m. – Grief Support Group, Classroom #2 (Seventh and Eighth Grade)

Wednesday, October 18: Saint Luke

9:00 a.m. – “The Messenger” Mailing, Fireside Room

9:30 a.m. – Divine Liturgy

11:00 a.m. – Intercessory Prayer, Nave Chapel

11:30 a.m. – Women’s Bible Study, Fireside Room

6:30 p.m. – Choir Rehearsal, Nave

Friday, October 20

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

Saturday, October 21

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

5:00 p.m. – Great Vespers

6:00 p.m. – Orthodox Game League, Lecture Room

(please enter at the flagpole entrance)

Sunday, October 22: Sixth Sunday of Luke

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

12:30 p.m. – JOY Basketball Practice, Great Hall

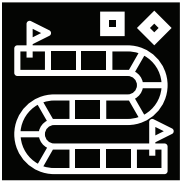
2:00 p.m. – Boy’s Basketball Practice, Great Hall



Register for the Midwest OCF Fall Retreat October 27-29

The retreat is for Midwest college students and will focus on: How to best control thoughts, practicing patience in God’s will, and regaining a proper presence in our spiritual lives. The retreat will be at the St. Iakovos Retreat Center in Kansasville, Wisconsin.

Limited spots available! Active St. Mary’s Greek Orthodox Church members receive a \$45 registration reimbursement.



Orthodox Game League

Saturday, October 21~ 6:00 p.m.

Orthodox Game League resumes the fun on **Saturday, October 21, 6:00 p.m.**, at St. Mary's Greek Orthodox Church in the Lecture Room. Please bring an interesting munchie or dessert to share. Game League is for adults ages 18 years and older to enjoy time with each other and play games. Contact Nikki Beauchamp, 612.910.2943, with questions or for more information. Please enter the building at the flagpole (far south) entrance.



Church School News

Sunday, October 22

There will be regular classes on Sunday, October 22 - MEA weekend. Please inform your teachers if you will be absent and out of town so we can plan accordingly.



Blessing of the Animals

Saturday, October 28

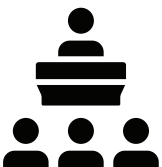
Get your pets blessed at our annual Blessing of the Animals on Saturday, October 28, 10:00 a.m., in the south parking lot. We'll begin with a beautiful service of blessing, followed by treats and socializing. You won't want to miss it! All pets (and people) are welcome.



Pancake Brunch Fundraiser

Sunday, October 29

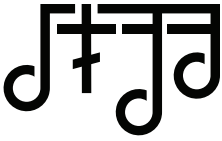
The Church School students are hosting a pancake brunch on Sunday, October 29, in the Great Hall promptly after Divine Liturgy and before General Assembly Meeting and Vikings game. Free will donation.



Fall General Assembly

Sunday, October 29

Saint Mary's Fall General Assembly will be held Sunday, October 29, 2023, 11:30 a.m., in the Great Hall. A detailed agenda will be available soon.

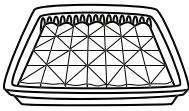


Pan-Orthodox Choir Ministry

Sunday, November 12, 6:00-8:00 p.m.

Calling all singers! The Pan-Orthodox Choir Ministry is excited to host its first Composer's Showcase at St. Mary's OCA Cathedral. Come and see (and sing) what our local composers have been working on! All singers welcome, whether they are adults or youth, experienced or not. Questions to Mark Wesche at POCM@stmarysoca.org.

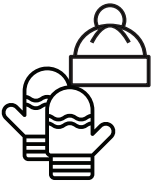
Philoptochos News



Fall Filo Sale

October 8-22

The annual Philoptochos filo sale begins today at the Philoptochos table in the Great Hall. Cost per pound is \$5.00. Payment is required at the time of order, cash and checks only. You may also contact Andrea Tiggas to place your order via email, adtiggas@msn.com. Pick up date is expected to be Sunday, November 5.



Bancroft Elementary School Winter Clothing Drive

October 15-29

Philoptochos will begin collecting coats, boots, hats, gloves, mittens, scarves, etc. next Sunday for elementary-aged children at Bancroft School. Please drop off new (or slightly used) items at the Philoptochos table or bring them into the church office during the week for this drive.



Philoptochos Serving FOCUS Meal Sunday, November 5

Philoptochos is coordinating a community meal for FOCUS Minnesota, a charitable outreach of the Orthodox Church community in the Twin Cities Metro area. A hot, healthy meal will be provided for approximately 250-275 people. The whole Saint Mary's community is invited and encouraged to participate, as their needs are great. We need individuals to help provide a rigatoni entrée, green bean casserole, homemade cookies, and in-person volunteers at church and at FOCUS. Watch for the sign up to help.

Words of Life...

“We cannot actualize in ourselves the image of God unless we are truly united, as Christ asked of his disciples: Love one another so that the world may know that you are Christ’s.”

–Saint Sophrony
(2010, *Words of Life*, pg. 21)

Daily Bible Readings

Monday, October 16

Longinus the Centurion

Philippians 2:12-15 • Matthew 27:33-54

Tuesday, October 17

Romans 9:18-33 • Luke 9:23-27

Wednesday, October 18

Saint Luke the Evangelist

Colossians 4:5-11, 14-18 • Luke 10:16-21

Thursday, October 19

Acts 2:14-21 • Luke 9:49-56

Friday, October 20

Timothy 2:1-10 • Luke 10:1-15

Saturday, October 21

II Corinthians 9:6-11 • Luke 7:1-10

Sunday, October 22

Sixth Sunday of Luke

Galatians 1:11-19 • Luke 8:26-39



Saint Mary's Greek Orthodox Church

3450 Irving Avenue South
Minneapolis, Minnesota 55408-3399

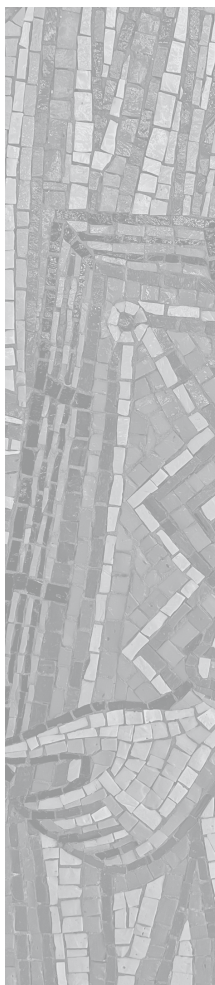
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Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas
Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon



Parishioners Ages 18–35 Are Invited to Participate in the **TELOS PROJECT SURVEY**



Last year, St. Mary's embarked on a journey with the *Telos Gamma Project*, which aims to explore the relationships between Orthodox Christian young adults and the Orthodox Church throughout the United States. Our parish would like to have a more vibrant young adult community and is working to strengthen the young adult involvement in the ministries of St. Mary's. Our Telos Team is beginning the second year of the Telos Project and we would love to hear from you!

We invite our 18–35 year old parishioners to participate in this survey that will enable St. Mary's to better understand how we can possibly help meet your needs and those of other young adults. This information is critical to the planning and implementation of the work of the Telos Team.

The survey is 21 questions and takes approximately 15 minutes to complete. Your participation is completely voluntary; your answers will remain confidential and will not be disclosed to anyone other than authorized members of the Telos Project.

Thank you for your time and cooperation,
Telos Project Team

If you have any questions regarding the survey or the Telos Project, please contact Katerina Marcoulides Barbour at YAmistry@stmarysgoc.org

TELOS
PROJECT
CROSSROAD INSTITUTE



St. Mary's Parish Council and Stewardship Committee
cordially invite you to attend the complimentary



APPRECIATION GLENDI



Saturday, November 11, 2023
6:00-9:00 p.m. ~ St. Mary's Great Hall

Enjoy an evening with dinner, dancing, and great company in appreciation of your pledged gifts of Time, Talent, and Treasure to St. Mary's.

VOLUNTEER TO HELP HERE

We are looking for help with a variety of projects throughout the day, from set up in the morning through dishwashing at night. We have something for everyone!



RSVP HERE

By November 1



WITH SPECIAL SUPPORT AND THANKS TO OUR PARTNERS AND SPONSORS



Queen of Cakes



Bill's Imported Foods

