



# ST. MARY'S

GREEK ORTHODOX CHURCH

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October 22, 2023 — *Sixth Sunday of Luke*

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## THE DIVINE LITURGY

### *Commemoration*

Sixth Sunday of Luke; Averkios, Equal-to-the-Apostles and Wonderworker, Bishop of Hierapolis (†167); Seven Holy Martyred Youths of Ephesus (†250); Bishop Eulalios.

*Morning Gospel: John 20:19-31*

*Tone: Third*

### **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, Third Tone**

Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of his arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world his great mercy.

#### **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 St. Averkios, Fourth Tone**

The truth of your way of life led your flock to believe in you as a canon of faith and as a holy image of gentleness and as a teacher of temperance. You have therefore acquired through your humility the greatest heights and riches through poverty. Father Holy Hierarch Averkios, intercede with Christ, our God, entreating that our souls be saved.

#### **Hymn for the Holy Seven Youths, Fourth Tone**

Your martyrs, O Lord, in their great undertaking of strife, were granted as a prize a crown of incorruption from You who are God of all. As they retained Your power, they have torn down the tyrants, shattering, too, the demons and their feeble presumptions; so through their intercessions, O Christ God, grant us that our souls be saved.

**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.....Galatians 1:11-19**

Brethren, I would have you know that the gospel which was preached by me is not man’s gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when he who had set me apart before I was born, and had called me through his grace, was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other apostles except James the Lord’s brother.

**Gospel.....Luke 8:26-39**

At that time, as Jesus arrived at the country of the Gadarenes, there met him a man from the city who had demons; for a long time he had worn no clothes and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, “What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me.” For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.) Jesus then asked him, “What is your name?” And he said, “Legion”; for many demons had entered him. And they begged him not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned. When the herdsmen saw what happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked him to depart from them; for they

were seized with great fear; so he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

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



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## Prayer Ministry

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

The family of Alex Deckas; 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.

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# Today

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Prosforo is provided by **Yana Patridge; Terri Leckas**

Memorial Prayers today are offered for  
**Pauline M. Phillips** (40 days) mother of Alex Dascalos;  
**George Svolopoulos** (1 year); **Alexander Stavratsi** (1 year) father of Yana Patridge.

The coffee hour today is hosted by  
**the family of Pauline Phillips** in her memory.

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## Announcements

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### Food Shelf Needs for October 29

**Creamettes / egg noodles / spaghetti**

*October's recipient is Simpson House.*

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

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### 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@stmarysgoc.org](mailto:Doria@stmarysgoc.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.

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### 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.

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# Calendar of the Week

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## 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

## Monday, October 23: Saint Iakovos

- 9:30 a.m. – Divine Liturgy

## Tuesday, October 24

- 6:30 p.m. – Grief Support, Fireside Room
- 7:00 p.m. – Philoptochos General Meeting, Terrace Room

## Wednesday, October 25

- 6:15 p.m. – Parish Night - begins in the Nave
- 6:30 p.m. – Choir Rehearsal, Nave

## Thursday, October 26

- 9:30 a.m. – Divine Liturgy
- 6:30 p.m. – Edina Koinonia, Meeting Room 1
- 7:00 p.m. – Stewardship Committee, Fireside Room

## Saturday, October 28: Sixth Sunday of Luke

- 9:00 a.m. – Bible Study, Fireside Room
- 10:00 p.m. – Blessing of the Animals, South Parking Lot
- 5:00 p.m. – Great Vespers

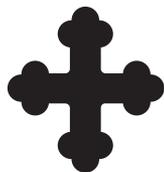
## Sunday, October 29: Seventh Sunday of Luke

- 8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
- after Liturgy – Pancake Brunch, Great Hall
- 11:30 a.m. – Fall General Assembly, 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.

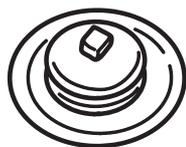


## Parish Night is Back!

Parish Night is back for another year! It is a parish-wide event for kindergarteners through adults and occur monthly on a Wednesday from October through March. The evening begins at 6:15 p.m. with a brief prayer service in the Nave, followed by dinner in the Terrace Room and breakout sessions for the adults and kids. Parish Night ends by 8:00 p.m. This year's theme is "Understanding the Liturgy." This year's dates are: Wednesdays, October 25, November 15, December 13, January 10, February 21, and March 13. Everyone is welcome!

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## Pancake Brunch Fundraiser + Fall General Assembly Sunday, October 29 ~ The Great Hall



This year for the Fall General Assembly, the Church School Program is hosting a Pancake Brunch Fundraiser! Pancakes, along with sausages and beverages, will be served by all students in grades 3–12 buffet style as you enter the Great Hall on your way to the Assembly.

This fundraiser will provide opportunities to purchase materials, supplies and technology needs for our Church School Education Program. Your generous donations are appreciated. Children 3-years-old through 2nd grade are welcome to sit with their parents and families for breakfast and throughout the meeting. For the little ones who may not be able to sit quietly through an entire business meeting, we have arranged for a separate space for parents and families to accompany their children.



## Fall General Assembly Agenda

- Opening Prayer & Welcome
  - Approval of Spring 2023 GA Meeting Minutes
  - Approval of 2024 Board of Auditors
  - Clergy Update
  - Parish Council 2023 Priorities Update
  - Approval of 2024 Ministries & Operational Budget
  - Buildings & Grounds Update
  - Closing Prayer
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## Pilgrimage to Women's Monastery

Space is still available for a few more women to join our annual pilgrimage to the St. Paisius Women's Monastery in Safford, Arizona, on January 23-27, 2024. It is on a first come first served basis. We fly in to Phoenix then travel by van for 3.5 hours to the Monastery. Tickets must be purchased by mid-October. Prices TBD at this time, based on number attending and the size of the van needed. Plan on approximately \$500-\$650. This includes transportation, room, and board. Please visit the monastery website: [stpaisiusmonastery.org](http://stpaisiusmonastery.org) and click on visitor information for rules and dress codes. Contact Sandra Anderson with questions: [asformess69@gmail.com](mailto:asformess69@gmail.com) or 612.940.8933. ***Sandra must know numbers by tomorrow, October 23!***



## Clergy-Laity Assembly 2023 Update

Hello St. Mary's Parishioners,

Last week, our parish sent four delegates (Paul Karos, Dean Tortorellis, Fr. Tim and myself) to the Metropolis Clergy-Laity Assembly on October 12-13, in Chicago. We were fortunate to have nine other members from our parish also attending because those individuals were either working on projects for the Metropolis or were participating in the Philoptochos Assembly.

The main take-away from the meeting was the five-year vision that Metropolitan Nathaneal laid out for our Metropolis. He developed it with input from both clergy and laity members and it includes five key components as follows:

- **Develop Clergy** (grow spiritually and professionally through retreats, continuing education opportunities, etc.)
- **Support Parishes** (give resources such as the Mustard Seed Micro-Grants, best practice guidelines and fostering communication between parishes to amplify success stories)
- **Expand Philanthropy** (reflects the efforts of Philoptochos and Project HOPE)
- **Increase Engagement** (focus on our youth, young adults and new families)
- **Fuel Growth** (increase the number of people joining our faith and generosity through the Metropolis Vision Fund)

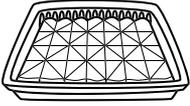
Lastly, I'd like to share that St. Mary's is truly blessed. Through God's grace, and the God-given talents and generosity of our Parishioners, St. Mary's is a leader in the Metropolis in the way we conduct our business and in the robust ministry programs we facilitate. So, thank you to each and everyone of you!

God Bless,  
**Jeannie Possis**  
**2023 PC President**

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# Philoptochos News

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## Fall Filo Sale Sales Ends Today!

*Pickup date  
will be Sunday,  
November 5.*

Philoptochos is taking filo orders today at the Philoptochos table in the Great Hall. Cost per pound is \$5.00. Payment by cash or check only is required at the time of your order. You may also contact Andrea Tiggas to place your order via email: [adtiggas@msn.com](mailto:adtiggas@msn.com)

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## Bancroft Elementary School Winter Clothing Drive

**October 15-29**

Philoptochos is collecting coats, boots, hats, gloves, mittens, scarves, etc. for elementary-aged children at Bancroft School this Sunday and next Sunday. Please stop by to see the list of ages and sizes needed. You can drop off new (or slightly used) items at the Philoptochos table or bring them into the church office during the week for this drive.

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## Philoptochos General Meeting

**Tuesday, October 24 ~ Terrace Room**

Please plan to attend our General Meeting. We will have a guest speaker and a report from our Philoptochos ladies that attended the Clergy-Laity last week, as well as updates on all the events coming up in November. You don't want to miss this!

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## Pan-Orthodox Women's Tea

**Saturday, November 4**

The women of Holy Trinity Orthodox Church invite us to join them from 2:00-4:00 p.m., followed by Vespers at 5:00, for the annual Twin Cities Pan-Orthodox Tea. Presbytera Alexandra Houck will be presenting on "Finding Wisdom in Children's Books." Please bring an appetizer or dessert to share. For questions, please contact Matushka Vera Proctor, 651.324.3705. The tea will be held in the Archangel Michael Hall located at 962 Forest Street, St. Paul

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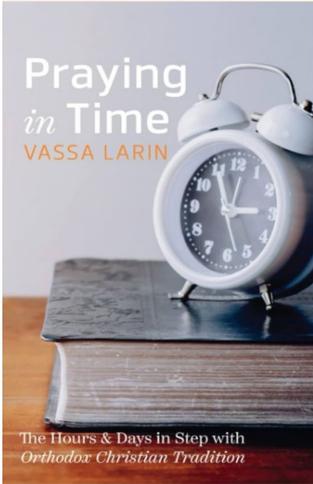
## Philoptochos Serving FOCUS Meal

**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 over 350 people. The whole Saint Mary's community is invited/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. Contact Paulette H. at [pmg.hastings@gmail.com](mailto:pmg.hastings@gmail.com), 952.564.8388 or Mary E. at [3ellism@gmail.com](mailto:3ellism@gmail.com), 612.716.5658 with additional questions.

*Sign up now  
with the code  
or stop by the  
Philoptochos  
table following  
Sunday service.*

# BOOK TALK WITH SISTER VASSA



**SUN  
NOV  
5**

**5PM**

**ST. MARY'S GREEK  
ORTHODOX CHURCH**

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



Sister Vassa Larin

**Curious how the  
“Liturgy of the  
Hours” can help us  
make sense of our  
always-on, 24-7,  
information-filled  
lives?**

*Join us!*



**EVENT CO-SPONSORED BY MEOCCA,  
ST. MARY'S GREEK & HOLY TRINITY OCA**

# Desserts and Drinks

**WITH IOCC**

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**Thursday, November 9, 2023**

*7:00 pm*

Sample delicious desserts and palate-pleasing wines while you learn how your support is helping families in places like Greece, Lebanon, Ukraine, and right here in the US.

St. Mary's Greek Orthodox Church  
3450 Irving Avenue S  
Minneapolis, MN 55408

**FREE AND OPEN TO ALL!**  
**RSVP ONLINE BY NOVEMBER 3**

**[iocc.org/minneapolis](https://iocc.org/minneapolis)**

Or RSVP to Sydney Ore  
667.401.2158 | [sdore@iocc.org](mailto:sdore@iocc.org)





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





## **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](mailto:POCM@stmarysoca.org).

### **Daily Bible Readings**

***Monday, October 23***

***Saint Iakovos***

Galatians 1:11-19 • Matthew 13:54-58

***Tuesday, October 24***

Colossians 1:1-3; 7-11 • Luke 11:1-10

***Wednesday, October 25***

Colossians 1:18-23 • Luke 11:9-13

***Thursday, October 26***

***Saint Demetrios the Myrrh-streamer***

II Timothy 2:1-10 • John 15:17-27; 16:1-2

***Friday, October 27***

Colossians 2:1-7 • Luke 11:23-26

***Saturday, October 28***

***Holy Protection of the Theotokos***

Hebrews 9:1-7 • Luke 10:38-42, 11:27-28

***Sunday, October 29***

***Seventh Sunday of Luke***

Galatians 2:16-20 • Luke 8:41-56



***Saint Mary's Greek Orthodox Church***

3450 Irving Avenue South

Minneapolis, Minnesota 55408-3399

612.825.9595 | [stmarysgoc.org](http://stmarysgoc.org)



[@stmarysgoc](https://www.instagram.com/stmarysgoc)

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