



ST. MARY'S

GREEK ORTHODOX CHURCH

October 29, 2023 — *Seventh Sunday of Luke*

THE DIVINE LITURGY

Commemoration

Seventh Sunday of Luke; Anastasia the Martyr of Rome;
Our Righteous Father Abramius.

Morning Gospel: John 21:1-14

Tone: Fourth

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, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with 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 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 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..... Luke 8:41-56

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by anyone, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter and those who were with him said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened.

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 Marion Zahhos; 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), 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 will be held next 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). If you are ready to join our Visitation Team, please respond to Doria@stmarysgoc.org today so that we can plan for food, and sign-up for our training session on Sunday, November 5.

Today

Prosforo is provided by **Presvytera Alexandra Houck**

All are invited to the Great Hall after Liturgy this morning for our Pancake Brunch Fundraiser + Fall General Assembly



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 grade 2 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.



Today's 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

Announcements

Food Shelf Needs for November 5

Oatmeal or Cream of Wheat

November's recipient is FOCUS MN.

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

Calendar of the Week

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

Tuesday, October 31

6:00 p.m. – Adult Open Gym Basketball, Great Hall
6:30 p.m. – Grief Support Group, Fireside Room

Wednesday, November 1: Saints Cosmas & Damian

9:30 a.m. – Divine Liturgy
6:30 p.m. – Choir Rehearsal, Nave

Thursday, November 2

9:30 a.m. – FAITH Play Group, Great Hall and Terrace Room
7:00 p.m. – Women’s Book Club, Classroom #2 (7th and 8th Grade)

Friday, November 3

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

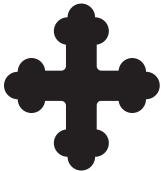
Saturday, November 4

9:00 a.m. – Bible Study, Fireside Room
5:00 p.m. – Great Vespers
Daylight Saving Time ends, set your clocks back one hour this evening.

Sunday, November 5: Fifth Sunday of Luke

“The Messenger” news item deadline, December 2023 issue

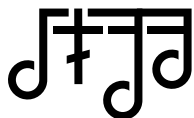
8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
11:45 a.m. – Missions and Outreach Committee Meeting, Fireside Room
11:45 a.m. – Visitation Committee Meeting, Lecture Room
12:30 p.m. – JOY Basketball Practice, Great Hall
2:00 p.m. – Girls’ GOYA Basketball Practice, Great Hall
5:00 p.m. – Sr. Vassa Presentation, Terrace Room (note room change)



Upcoming Parish Night

Wednesday, November 15

You won’t want to miss this parish-wide event for kindergarteners through adults. This year’s theme is “Understanding the Liturgy,” provides great insights and perspective on life in Christ. 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. Remaining dates: November 15, December 13, January 10, February 21, and March 13.



Pan-Orthodox Choir Ministry

Sunday, November 12, 3:30-5:30 p.m.

Calling all singers! The Pan-Orthodox Choir Ministry is excited to host its first Composer's Showcase on Sunday, November 12, from 3:30-5:30 (note new time) 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 youths, experienced or not. Please contact Mark Wesche at POCM@stmarysoca.org if you have questions.



Daughters of Penelope Bake and Craft Sale

Sunday, November 19

The Daughters of Penelope's annual Holiday Bake and Craft Sale is Sunday, November 19, in the Great Hall following Liturgy. Come stock up on a variety of gourmet treats and holiday gift items PLUS spanakopita and tyropita! Sponsored by the Daughters of Penelope, with proceeds going to many benevolent projects.



YAL Friendsgiving

Tuesday, November 14

Young Adults (ages 18-35) are invited to a "friendsgiving" potluck meal on Tuesday, November 14 at 6:30 p.m. at St. Mary's OCA Parish Center. The YAL board will provide turkey and attendees are asked to bring a dish to share with the group. Give thanks and enjoy a feast before the Nativity fast while spending time with other young adults! RSVP/sign up for a dish using the code or the link in the [@TwincitiesYAL](#) instagram bio.

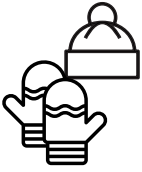


YAL Chicago Conference

Registration Opens November 1

The Metropolis of Chicago's annual YAL conference will be taking place this President's Day Weekend (February 16-19) in Chicago. This conference is filled with inspiring speakers, fulfilling workshops, service projects, amazing glendies and many opportunities to connect with Orthodox young adults from across the country. Registration will open on November 1 at 7:00 p.m. Make sure to set your alarms to purchase as soon as sales open as we WILL sell out!

Philoptochos News



Bancroft Elementary School Winter Clothing Drive

Ends Today

Philoptochos is still collecting coats, boots, hats, gloves, mittens, scarves, etc. for elementary-aged children at Bancroft school. This is the last week of the drive. You can drop off new (or slightly used) items at the Philoptochos table or bring them into the church office.



URGENT-Help Needed! 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 still need several individuals to help provide a rigatoni entrée, green bean casserole, homemade cookies, and in-person volunteers at church and at FOCUS.

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

Contact Paulette H. at pmg.hastings@gmail.com, 952.564.8388 or Mary E. at, 3ellism@gmail.com, 612.716.5658 with additional questions.



Women's Book Club

Thursday, November 2 — 7:00-8:30 p.m.

The Women's Book Club continues with Part 3 of our discussion of *Passions and Virtues* by Saint Paisios the Athonite in Classroom #2 (grade 7 and 8). This will be a hybrid event, with an in-person discussion at church and a call-in option. All women are welcome!



Pan-Orthodox Women's Tea

Saturday, November 4

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



St. Mary's Night at the Timberwolves

Thursday, November 30

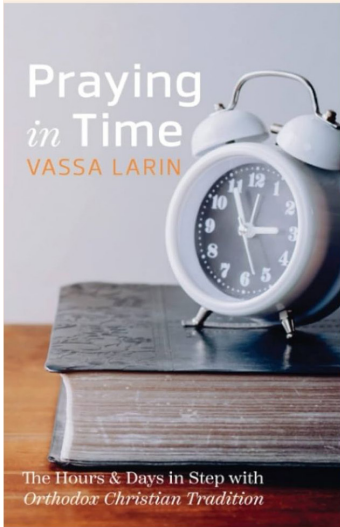
Join us when the Minnesota Timberwolves take on the Utah Jazz on Thursday, November 30. Tip-off is at 7:00 p.m. ALL are welcome to join! The cost is \$30 per person. After the game, we will go down to the court and shoot a free-throw!

Scan the QR code to
purchase your tickets and
then enter the promo code:

23STMARYSGREEK24



BOOK TALK WITH SISTER VASSA



SUN
NOV
5

5PM

ST. MARY'S GREEK
ORTHODOX CHURCH

Terrace 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!

Books available for
purchase at the event



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

Desserts and Drinks

WITH IOCC

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

Or RSVP to Sydney Ore
667.401.2158 | 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



“Lord, I Believe...Help My Unbelief”

“To say then that we have doubts is simply another way of saying that we are human. A Christian has no more reason to be ashamed of such doubts than he has reason to be ashamed of his faith. The two are inseparable. The doubt of the believer is a healthy doubt. It acknowledges that we do not know everything about our faith. It leads us on to more knowledge and, therefore, to growth.”

–Fr. Anthony Coniaris (*Eastern Orthodoxy: A Way of Life*, pg. 108)

Daily Bible Readings

Monday, October 30

Colossians 2:13-20 • Luke 11:29-33

Tuesday, October 31

Romans 16:1-16 • Luke 11:34-41

Wednesday, November 1

Saints Cosmas & Damian

I Corinthians 12:27-31; 13:1-8 • Matthew 10:1, 5-8

Thursday, November 2

Colossians 4:2-9 • Luke 11:47-54; 12:1

Friday, November 3

Colossians 4:10-18 • Luke 12:2-12

Saturday, November 4

I Corinthians 5:1-10 • Luke 9:1-6

Sunday, November 5

Fifth Sunday of Luke

Galatians 6:11-18 • Luke 16:19-31



Saint Mary's Greek Orthodox Church

3450 Irving Avenue South
Minneapolis, Minnesota 55408-3399

612.825.9595 | 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