



# ST. MARY'S

GREEK ORTHODOX CHURCH

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February 18, 2024 — *Sunday of the Canaanite*

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## THE DIVINE LITURGY

### *Commemoration*

Sunday of the Canaanite; Leo the Great, Pope of Rome; Agapetus the Confessor, Bishop of Sinai; Flavian the Confessor, Patriarch of Constantinople.

*Morning Gospel: Luke 24:1-12*

*Tone: Fourth*

### **Variable Hymns and Readings in the Liturgy**

#### *At the Second Antiphon*

Save us, O Son of God, who rose from the dead; we 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.....II Corinthians 6:16—7:1**

Brethren, you are the temple of the living God; as God said, “I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty.” Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

**Gospel.....Matthew 15:21-28**

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, “Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon.” But he did not answer her a word. And his disciples came and begged him, saying, “Send her away, for she is crying after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before him, saying, “Lord, help me.” And he answered, “It is not fair to take the children’s bread and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their master’s table.” Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly.

***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:*

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; Andrew, Dena, Chris, Joy Rose, Peter, Nick, John, Johnny, Demos, Kristina, Cleopatra, Demetra, Milton, Maureen, Andrea, Bryan, Nausika, Ron, Phillip Hibberd, Maria, Matt, Laura, Dorla, Susan, Elias, Constance, Evdoxia, Marina, Dion, Annali, Sofia, Juan Cruz & family, Charlie, Stan, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, 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, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Apostolos, Olivia, Lincoln, Carole, Patty, Karrisra, 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 **Ruta Kubits**.

40-day Churching

**Katerina**, parents: **Nicholas and Eleni Parisis**

Memorial Prayers are offered today for  
**Demosthenes** (25 years) **and Anastasia** (15 years) **Nickolas**,  
parents of Melpomeni Murdakes;  
**George Forchas** (40 years).

The coffee hour is hosted today by the **Stewardship Committee**.

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# Announcements

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## Food Shelf Needs for February 25

*Hygiene items  
(toothpaste, soap, shampoo, conditioner; razors)*

*February's recipient is Simpson Food Pantry.*  
Please do not bring opened packages. They will be discarded.

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## Philoxenia Charities Presentation

**Today ~ After Liturgy**

Philoxenia Charities began as a ministry of Holy Anargyroi Greek Orthodox Church, Rochester, in 2004 with the purchase of a home. More homes were later added, and the ministry has since become its own 501(c)(3) non-profit organization. Philoxenia Charities offers free temporary housing to Mayo Clinic patients in a safe and clean environment providing comfort to those in need. Every year, over 1.3 million patients visit the Mayo Clinic and receive expert care. In support of these patients, the housing units are in very high demand and booked out months in advance. This morning, after Liturgy, Development Officer for Philoxenia Charities, John Mangouras, will be our guest and give a presentation about the charity and will give us the opportunity to support this vital ministry. Please plan to attend.

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## Come to Parish Night!

**Wednesday, February 21 ~ 6:15 p.m. – 8:00 p.m.**

Come on out for Parish Night this Wednesday evening. We begin 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. The theme is "Understanding the Liturgy." One more Parish Night after this remains for the season: Wednesday, March 13. Everyone of all ages is welcome!

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## OCF Gathering for High School Juniors and Seniors

**Thursday, February 22**

*RSVP Link*

Calling all high school juniors and seniors! The University of Minnesota Orthodox Christian Fellowship student group is inviting YOU to come to campus and experience what Orthodox faith in college looks like! On Thursday, February 22, at 6:30 p.m. in Tate Hall on the U of M campus, come for dinner, a spiritual discussion, and a look into the life of an Orthodox Christian young adult! Please RSVP on this link and invite your friends to come along. Go Gophers!



## Twin Cities YAL Volunteer with FOCUS MN

Saturday, February 24 ~ 1:00 – 3:00 p.m.

FOCUS Minnesota | 550 Rice St, St. Paul, MN, 55103

Twin Cities YAL are looking for 5-10 young adult volunteers (18 to 35-year-olds) to join them at FOCUS! Volunteer opportunities will include helping with various tasks around the center like sorting donations, organizing and cleaning, shelving food, and more. Sign up using the QR code. Email [twincitiesyal@gmail.com](mailto:twincitiesyal@gmail.com) with any questions.



## THANK YOU from OCMC!

THANK YOU to everyone who came out to SHOW YOUR LOVE FOR MISSIONS! Nathan Hoppe, OCMC’s longest-term missionary, shared news about OCMC’s many projects around the world that support and strengthen local churches and minister to physical, mental, emotional, and spiritual needs. OCMC needs our prayers and financial support for projects in 21 countries in Africa, Central and South America, Europe, the Middle East and Asia. You can still answer Christ’s call to “Go, and make disciples of all nations” by making a donation today! Use the QR code or see Terri Leckas for an OCMC donation envelope.

## COMMITMENT + 2024



Scan for a Pledge Form

We are continuing our stewardship campaign of “Ownership, Engagement, and Generosity: Commit to St. Mary’s.” The goal of our campaign is to cover 100% of ministries and operating costs each year with Stewardship Income. We thank the many parishioners who have already submitted their Time and Talent pledge forms for 2024. Thank you for committing to Christ and His Church! If you haven’t submitted a pledge form, please take a moment to prayerfully complete one and return it to the church office as soon as possible. If you need a form, scan the code, or contact the church office at 612.825.9595. *Please remember that to be considered a Steward in good standing for 2024, you must return your pledge forms to the church office by March 31st.*



Pledge Year	# of Pledges	Pledges to Date	% of Budget
2024	236	\$783,858	58.8%
2023	351	\$963,307	72.3%
2022	154	\$432,738	34.1%

With gratitude,

—The St. Mary's Stewardship Committee

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# Calendar of the Week

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## Sunday, February 18: Sunday of the Canaanite

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

after Liturgy – Philoxenia Charities Presentation, Terrace Room

11:45 a.m. – Missions and Outreach, Fireside Room

11:45 a.m. – Junior GOYA Meeting, Youth Room

## Monday, February 19: Presidents' Day

*Church and Office Closed*

6:00 p.m. – Greek Dance Practice, Great Hall

## Tuesday, February 20

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

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

## Wednesday, February 21

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

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

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

6:15 p.m. – Parish Night

## Thursday, February 22

5:00 p.m. – Telos Committee Meeting, Fireside Room

6:30 p.m. – Koinonia, Meeting Room 1

7:00 p.m. – Stewardship Committee, Fireside Room

## Saturday, February 24

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

10:00 a.m. – FAITH Play Group at Model Railroad Museum in St. Paul

11:00 a.m. – Artoclasia Workshop, Kitchen

5:00 p.m. – Great Vespers

5:00 p.m. – Junior GOYA Lock In Begins

## Sunday, February 25: Sunday of the Publican and Pharisee; Triodion Begins

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

11:30 a.m. – Philoptochos Meeting, Terrace Room

11:30 a.m. – Greek Dance Practice, Lecture Room



## St. Mary's Bookstore Hours

Sundays, after the Liturgy until 1:00 p.m.

Stop by and explore the selection of Orthodox Christian literature, icons, and gifts.

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# Philoptochos News

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## Become a Member of a Great Philanthropic Organization

Our 2024 Membership Drive continues until March 31st. You can drop your completed form at our table after Liturgy in the Great Hall, by mailing it back in the enclosed envelope, or by going online at <https://stmarysgoc.org/giving/>. (Click Offering- Philoptochos Contribution). If you by chance did not receive a packet in the mail, please stop by our table to pick one up.



*“When I joined St. Mary’s about eight years ago, I was not only new to the parish, but I was also new to Orthodoxy. I joined Philoptochos because I wanted to serve our community and build relationships with other Orthodox women. I have been so very blessed to meet dedicated, amazing women while fulfilling our mission. I can’t imagine that my Orthodox journey would be complete without Philoptochos!”*

—Lisa Gallmeyer, Philoptochos Board Vice President

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## Artos Workshop (for Artoclasia)

**Saturday, February 24 ~ 11:00 a.m.**

Learn to bake the bread for the Artoclasia Service (blessing of the five loaves) that takes place at various times throughout the year. The workshop will be held in St. Mary’s kitchen on Saturday, February 24, starting at 11:00 a.m. Please sign up using the code or at our table in the Great Hall.

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## Philoptochos General Meeting

**Sunday, February 25 ~ 11:30 a.m.**

We will hold our next General Meeting on Sunday, February 25, 11:30 a.m. Our guest speaker will be our own Maria Boosalis Estep, PHD, MPH, RDN, LD. She will speak about the Blue Zone and Eating Well; the Mediterranean Diet. Come learn all about this as well as all the wonderful things coming up for Philoptochos in the next couple of months. Hope to see you there. Food will be provided.

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## Koliva Workshop

**Friday, March 8, 6:00 p.m.**

Philoptochos will be holding a workshop on how to make Koliva (sweet wheat for memorials). All are welcome to attend. Stop by our table to sign up or scan the code.



Registration

## Registration is Open for Vacation Church School (VCS)

June 17-21, 8:45 a.m.-12:00 p.m.

Registration is underway for this year's VCS "Launch Into Liturgy." VCS is five days of music, worship, activities, snacks, and games for children age 4 to those entering 6<sup>th</sup> grade in the fall. Use the code to register your child. Also, middle and high school youth are needed for staff support. If your teen is available and willing to help, please also sign them up.

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## Orthodox Christian Fellowship (OCF) News

Orthodox Christian Fellowship is a club on many college campuses across the country aiming to connect Orthodox college students. The U of M is fortunate to have a large chapter including students from surrounding colleges. We have biweekly meetings that stand as an opportunity for fellowship and spiritual growth with each other, while enjoying a meal by family or local church parishioners. If you are willing and able, please consider donating a meal so we can continue to grow our community together. Scan the QR code to sign up or reach out to Vasili Nicklow with any questions, nickl093@umn.edu

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## Spanakopita Sale

Sunday, March 24

The Daughters of Penelope spanakopita sale will be held on Sunday, March 24, in the Great Hall following Liturgy. Stock up for your Pascha celebration!

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## St. Olympia Upcoming Events

Friday, March 8

Kolivia workshop at 6:00 p.m.—sponsored by Philoptochos. Feel free to bring your mom, dad, yiayia, or other family members too. Sign up info coming soon.

Lazarus Saturday, April 27

Help prepare our church for Pascha. We will begin after the Liturgy, around 11:00 a.m. Bring your family.

*Saint Olympia the Deaconess is a new ministry at St. Mary's that aims to involve our young women in areas of service to the Church and the poor, which Saint Olympia exemplified. This ministry is led by Elena and Zoe Gabor.*





C O M E

S E E

GREAT VESPERS • PRESENTATION • REFRESHMENTS

**Saturday,  
March 2, 2024**

**5:00–7:00 p.m.**

**Come experience the  
Ancient Christian Church  
and learn about the faith.**

The Missions and Outreach Committee is hosting St. Mary's 2024 semi-annual Bring-A-Friend-After-Vespers reception. This is a great way to introduce our faith to our friends and family in a pressure free way! After Vespers there will be a brief introduction to the Orthodox church and an informal reception in the Terrace Room.

Please RSVP by Monday, February 26, using the code or with the church office. RSVPs are not required but appreciated to plan our refreshments.



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

3450 IRVING AVE. SOUTH, MPLS, MN 55408 | 612.825.9595

## On Pride...

“The passion of pride arises from two kinds of ignorance, and when these two kinds of ignorance unite together, they form a single confused state of mind. For a man is proud only if he is ignorant both of divine help and of human weakness. Therefore, pride is a lack of knowledge both in the divine and human spheres. For the denial of two true premises results in a single false affirmation.”

— *Saint Maximos the Confessor*

### Daily Bible Readings

#### *Monday, February 19*

I Peter 2:21-25; 3:1-9 • Mark 12:13-17

#### *Tuesday, February 20*

I Peter 3:10-22 • Mark 12:18-27

#### *Wednesday, February 21*

I Peter 4:1-11 • Mark 12:28-37

#### *Thursday, February 22*

I Peter 4:12-19; 5:1-5 • Mark 12:38-44

#### *Friday, February 23*

II Peter 1:1-10 • Mark 13:1-8

#### *Saturday, February 24*

II Corinthians 4:6-15 • Matthew 11:2-15

#### *Sunday, February 25*

*Publican and Pharisee; Triodion Begins*

II Timothy 3:10-15 • Luke 18:10-14



**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*