



ST. MARY'S

GREEK ORTHODOX CHURCH

March 10, 2024 — *Sunday of the Last Judgment*

THE DIVINE LITURGY

Commemoration

Sunday of the Last Judgment Sunday (Meatfare); Quadratus the Martyr and his Companions; Anastasia of Alexandria; Michael Mauroudes the New-Martyr.

Morning Gospel: John 20:1-10

Tone: Grave

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, Grave Tone

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrh-bearers' sorrow you transformed into joy, and you sent your apostles forth to proclaim that you had risen from the dead, Christ our God, bestowing on all the world your 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 Last Judgment, Grave Tone

When you come to the earth, O God, in your glory, all creation will tremble and a river of fire will flow before your throne of judgment. The books will be opened and the secrets of all will be revealed. On that day, O just Judge, deliver me from eternal flames and make me worthy to stand at your right.

Epistle.....I Corinthians 8:8-13; 9:1-2

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Gospel..... Matthew 25:31-46

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

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



Today

Prosforo is provided by **Terri Leckas**.

40 Day Churching - **Andrew (Andreas)**, parents: **Benjamin & Elyse Cox**

Memorial Prayers today are offered for **Viktoros, Evangelos**.

The coffee hour is hosted today by **the Bazakos family**.

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; Jaclyn Jereczek, 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, 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.

Announcements

Food Shelf Needs for March 17

Peanut Butter

March's recipient is FOCUS Minnesota.

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



Change to make a big change.

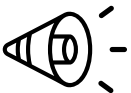
March 17

Next Sunday is OCMC's Missions Sunday. As part of this observance, OCMC Coin Boxes will be distributed to the Sunday Schoolers and available for adults who would like one. Families are encouraged to help their little ones understand our call to "GO and make disciples of all nations" by filling these boxes with coins (or dollars) to support our missionaries and their work. The filled boxes can be returned to St. Mary's beginning March 31.



FOCUS Minnesota News

The bag lunch is very, very popular on Mondays-Thursdays. This spring, FOCUS would like to expand to Fridays. To make this happen, they need several people to commit to eight Fridays from 10:00 a.m.-12:30 p.m. to make and hand out lunches. It is a great way to directly feed the community and your soul. To volunteer, contact Laraine at focustwincities@gmail.com or 651.222.0712.



Visitation Team Members Needed

Our Visitation Team is in need of five more team members for our Very Important Parishioners (VIPs). This is a wonderful ministry of presence! We ask our visitors (team members) to visit one person, once per month, and to let Doria know how it went. Please contact Doria if you are interested ASAP. Doria@stmarysgoc.org or 612-968-7681. We currently have VIP's waiting to be visited. Thank you!

CAPPPELLA ROMANA



Experience Orthodox and Gospel Music Together

Our faith is for all! Our friends at Cappella Romana, a choir specializing in Byzantine choral music, are offering their recent concert online for you. “How Sweet the Sound: Black Voices in Orthodox Music” features selections from the “Jubilee Divine Liturgy” based on spirituals by Abbess Katherine and Greek Orthodox Vespers infused with Gospel and Jazz by Shawn Wallace. You’ll hear “O Gladsome Light” (Phos hilaron) and Psalm 103 chanted as you’ve never heard them: accompanied by Hammond B3 organ in Gospel style. This very moving concert is available until the end of October, with video samples and interviews, at cappellaromana.org/sweetsound



St. Olympia Upcoming Events

Lazarus Saturday, April 27

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

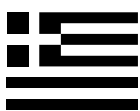
Saint Olympia the Deaconess is a new ministry at St. Mary’s that aims to involve our young women in areas of service to the Church and the poor, which Saint Olympia exemplified. This ministry is led by Elena and Zoe Gabor.



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!



Greek Independence Day Celebration

Sunday, March 24

This popular event will be held Sunday, March 24, following the Divine Liturgy. A delicious luncheon of spaghetti, Greek salad, French bread, and cake will be followed by a delightful program featuring our youth with singing, readings, instrumental performances, and Greek dancing by the St. Mary’s Greek Dance Troupe. During March, advance reservations will be taken every Sunday in the Great Hall. A free will donation will be taken at the luncheon with net proceeds being donated to the AHEPA District #14 Educational Foundation. A suggested donation amount is \$10 per adult and \$5 per child under 10 with checks made payable to AHEPA #66.

Calendar of the Week

Sunday, March 10: Sunday of the Last Judgment (Meatfare)

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
after Liturgy – Newcomer Mixer, Terrace Room

Tuesday, March 12

6:15 p.m. – Parish Council Meeting, Fireside Room
6:30 p.m. – Philoptochos Board Meeting, Meeting Room 1

Wednesday, March 13

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

Friday, March 15

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

Saturday, March 16: Second Saturday of Souls

9:00 a.m. – Bible Study, Fireside Room and on Zoom
10:00 a.m. – Divine Liturgy
5:00 p.m. – Great Vespers
Healing House Dinner and Bible Study

Sunday, March 17: Forgiveness Sunday (Cheesefare)

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
11:30 a.m. – Philoptochos Meeting, Terrace Room
11:45 a.m. – Missions and Outreach Committee Meeting, Fireside Room
5:00 p.m. – Forgiveness Vespers

COMMITMENT + 2024



2024 Stewardship Pledges

Please take a moment to prayerfully complete a 2024 pledge form and return it to the church office as soon as possible. If you need a form, it is available online (scan the code), or contact the church office. *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 31.*

Digital Donation Options

Text to Give*: Text **smgoc** to **73256** • **or Scan to Give**

**This number will never send unsolicited texts.*



Philoptochos News



Become a Member of a Great Philanthropic Organization

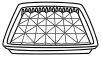
Our 2024 Membership Drive continues until March 31. You can drop your completed form at our table in the Grac Hall after Liturgy, by mailing it back in the envelope enclosed in the membership packet, or by going online at <https://stmarysgoc.org/giving/>. (Click Offering-Philoptochos Contribution). If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



Since 1931, the Philoptochos mission has been in part: “to help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, those with disabilities, and the victims of disasters.” Our chapter’s support extends to those in need both locally and globally. In fact, Philoptochos’ nationwide presence includes 26,000 dedicated volunteers across 400 chapters. Want to learn more about the Philoptochos’ rich history? Scan the code.



Philoptochos’
History



Spring Filo Sale

Place your orders this Sunday, and for the next two weeks, for fresh filo. Stop by our table and see Andrea Tiggas. The cost is \$6.00 per pound. We will accept checks or cash when you place your order. Pickup will be on March 24.



Philoptochos General Meeting

Sunday, March 17

Our next General Meeting will be held after Liturgy on Sunday, March 17, 11:30 a.m., in the Terrace Room. We will have a guest speaker from Tandem to tell us all about what is happening this year. We will also be discussing all the things coming up in April and May. NOTE: This is our last meeting before Pascha, so please plan to attend as we have lots of things happening in the next two months!



Lenten Meal following Presanctified Liturgy

Wednesday, March 27

Philoptochos will be hosting the meal on Wednesday, March 27. We are looking for help with set up, serving and cleanup. Please stop by the table to sign up to help.

Philoptochos News



FOCUS Meal – DATE CORRECTION

Note that the date of the FOCUS meal has changed to Sunday, April 7. Sign up opportunities coming soon at the table and via Signup Genius.



Women's Book Club – New Book for April Discussion

The next book the Women's Book Club will be reading and discussing is *The Crucifixion of the King of Glory: The Amazing History and Sublime Mystery of the Passion* by Dr. Eugenia Scarvelis Constantinou. A great book to read during Lent. Copies are available in the bookstore for \$23.

THE 17TH TWIN CITIES PAN-ORTHODOX TEA

Saturday, March 23 • 5:00–6:45 p.m. | Vespers 7:00 p.m.



*Journey Through the Great
Lent in the Coptic Church*

A Presentation by
Dr. Gigi Colletti

Please bring a Lenten
appetizer or dessert to
share with your favorite
Lenten recipes.

For questions, contact:
Mona Shenouda
952.334.9564 or
monahshenouda@gmail.com

Hosted by **St. Mary's Coptic Orthodox Church**
501 6th Avenue South, South St. Paul

YAL NEWS

Sunday of Orthodoxy Q&A Event - March 24

Join us for the annual Sunday of Orthodoxy Q&A session hosted in St. Mary's OCA Parish Center. It will start at 3:30 p.m. and conclude just before Vespers at 5:00 p.m. Fr. Andrew from St. Mary's OCA and Fr. Tim from St. Mary's GOC will be our speakers, so come with questions or just to listen! The address is 1701 5th St. NE, Minneapolis, MN, 55413.



Twin Cities YAL Contact Form

We are updating our member list and ensure we have accurate contact information. Please use the link and complete the form by April 1 to continue receiving emails from YAL. After that date, we will use this updated list for all email communications.

Young Women's Bible Study

The Young Women's Bible Study will resume meeting this spring. This season's topic is the Gospel of Mark. Meetings are held at Patty Christopoulos' home, 5312 Highwood Drive, Edina, on Tuesdays, April 2, 16, 20, and May 14, from 7:15-8:45 p.m. The study begins at 7:30 p.m. Please sign up by texting Patty at 952.200.9566 by March 24. Materials to prepare for each session will be emailed in advance by Patty Christopoulos who will lead the study.

St. Mary's Bookstore News

For and during Lent we think of the traditions of increased prayer, fasting, and almsgiving. Looking to the monastic tradition, we might and could well add increased spiritual reading. In Orthodox monasteries around the world *The Ladder of Divine Ascent* is read aloud in the refectories during Lent. In monasteries following the Benedictine tradition, the Rule of Saint Benedict says: "During this time of Lent each one is to receive a book from the library, and is to read the whole of it straight through." (See Chapter 48.) With this in mind, please consider feasting on good spiritual reading during the Fast. In the bookstore you will find a large selection of books for Lent, including *The Ladder of Divine Ascent* and a modern interpretation titled *Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life*. In addition, complimentary copies of "A Rule of Prayer During Great Lent" are available.



Copies of the much asked for book *Guide to the Divine Liturgy* by Robert Krantz have arrived.



The bookstore has just received the largest (to date) shipment of icons from Mother Macrina and Holy Dormition Monastery.



Please stop in to see all the bookstore has to offer—open every Sunday after the Divine Liturgy until 1:00 PM.



ST. MARY'S CAMP

EST. 1952

Saturday, June 29 – Friday, July 5, 2024
Camp Wapogasset • Amery, Wisconsin

REGISTRATION IS OPEN
Now through **MARCH 31, 2024**



Register your campers today using the code. Registration is managed through CampDoc. This is the same service we used last year. Register before March 15 to receive the “Early-Bird” registration rate. Camp registration closes March 31.

Early Bird Registration Fee
March 1 –15

\$550 + Processing Fees* / Camper

Regular Rate Registration Fee
March 16 –31

\$580 + Processing Fees* / Camper

**Reduce fees by paying with an Electronic Check (ACH):
Electronic Check (ACH) Fee: 1.5% + \$0.50 per registrant versus
CampDoc Credit Card Fee of 3.95% + \$0.30 per registrant*

For more information on camp and registration rates visit:
stmaryscamp.com/summer-camp/

 Follow us **@stmaryscamp** on Facebook for updates
Email Questions to: **camp@stmaryscamp.com**

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ST. MARY'S
GREEK ORTHODOX CHURCH

Minneapolis, Minnesota

SAINT MARY'S GREEK ORTHODOX CHURCH PRESENTS



LAUNCH INTO LITURGY

VACATION CHURCH SCHOOL
JUNE 17–21, 2024

Children, age 4 to those entering 6th grade in the fall, are invited to attend Vacation Church School—five days of music, worship, activities, snacks, and games. Middle and high school youth are needed for staff support. If your teen is available and willing to help, please also sign them up. Scan the code to register your child.

WHERE

Saint Mary's Greek Orthodox Church
3450 Irving Ave. So., MPLS, MN 55408

WHEN

JUNE 17 – 21, 2024
8:45 a.m. to 12 noon



REGISTER HERE

Let the countdown begin...

On Humility...

“One of the hallmarks of humility is inner peace. It is expressed in the absence of a person’s fear of life circumstances, confidence in the providence of God, protecting against all evil.”

— St. Isaac the Syrian

Daily Bible Readings

Monday, March 11

III John 1:1-15 • Luke 19:29-40; 22:7-39

Tuesday, March 12

Jude 1:1-10 • Luke 22:39-42, 45-71; 23:1

Wednesday, March 13

Joel 3:12-21 • Joel 2:12-26

Thursday, March 14

Jude 1:11-25 • Luke 23:1-31, 33, 44-56

Friday, March 15

Zechariah 8:7-17 • Zechariah 8:19-23

Saturday, March 16

Second Saturday of Souls

Galatians 5:22-26; 6:1-2 • Matthew 6:1-13

Sunday, March 17

Forgiveness Sunday (Cheesefare)

Romans 13:11-14; 14:1-4 • Matthew 6:14-21



Saint Mary's Greek Orthodox Church

3450 Irving Avenue South
Minneapolis, Minnesota 55408-3399

612.825.9595 | stmarysgoc.org



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