



ST. MARY'S

GREEK ORTHODOX CHURCH

March 17, 2024 — *Forgiveness Sunday (Cheese-fare)*

THE DIVINE LITURGY

Commemoration

Forgiveness Sunday; Alexis the Man of God; Paul the Righteous Martyr; Patrick the Enlightener of Ireland; Marinos the Martyr; Theocteristos the Confessor.

Morning Gospel: John 20:11-18

Tone: Plagal 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, Plagal Fourth Tone

From on high you descended, O merciful Lord. You accepted the cross and three days in the tomb to free us from the bondage of sin, O our life and resurrection. Glory to you, O Lord.

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 Day, Plagal Second Tone

O you who are the source of all wisdom and discernment, instructor of the ignorant and champion of the poor; strengthen my heart, O Master, and grant me understanding. O Word of the Father, bring words to my lips, that nothing would keep from crying out to you: In your compassion have mercy on me, for I have fallen.

Epistle..... **Romans 13:11—14:4**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel.....**Matthew 6:14-21**

The Lord said, “If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. “And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. “Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.”

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



Today

Prosforo is provided by **Barbara Nichols**.

Memorial Prayers today are offered for

Doris Demou (1 year);

Yuri Ivaniuk (6 years) father of Olga Berkovskaya;

William Hastings (40 days) father of Paul Hastings.

The coffee hour is hosted today by **the family of Doris Demou**.

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, 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.



Prayer Ministry List Clean Up

During Great Lent, we wish to clean up our prayer list. If you have placed a name on the list in the past, or you are on the list, and can be removed, please let the office know. Also, if a name is on the list and needs to be kept on, please let us know that also. Those names currently on the list that are not brought to our attention will be removed at this time. *Thank you for your assistance.*

Announcements

Food Shelf Needs for March 24

Canned Meat (e.g., tuna / chicken)

March's recipient is FOCUS Minnesota.

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

COMMITMENT + 2024



2024 Stewardship Pledges—14 Days Left!

Our Stewardship Campaign is quickly coming to a close. 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

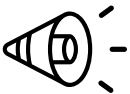
*Text to Give**: Text smgc to 73256 • *or Scan to Give*

**This number will never send unsolicited texts.*



Change to make a big change.

Today 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.



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!

CAPPELLA 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 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

Monday, March 18: Clean Monday, First Day of Great Lent

6:00 p.m. – Service of Holy Confession

after Service – Greek Dance Practice, *Great Hall*

Tuesday, March 19

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

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

Wednesday, March 20

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*

4:00 p.m. – Holy Confession, *Nave*

5:30 p.m. – Liturgy of the Presanctified Gifts
Grade 5 and 6 Confession

7:00 p.m. – Lenten Dinner, *Terrace Room*

7:00 p.m. – HOPE/JOY Mini Meeting, *Meeting Room 1*

7:30 p.m. – Choir Rehearsal, *Nave*

Friday, March 22

4:00 p.m. – Holy Confession

6:00 p.m. – Salutations to the Theotokos

Saturday, March 23: Third Saturday of Souls

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

10:00 a.m. – Divine Liturgy

after Liturgy – Independence Day Celebration Preparations, *Great Hall*

Saturday Vespers will not be offered during Great Lent

Sunday, March 24: Sunday of Orthodoxy

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy with Procession of the Icons

after Liturgy – Annunciation/Greek Independence Day Celebration, *Great Hall*

3:30 p.m. – Sunday of Orthodoxy YAL Q&A Session,
St. Mary’s Cathedral Parish Center

5:00 p.m. – Pan-Orthodox Lenten Vespers, *St. Mary’s Cathedral*

Philoptochos News



Philoptochos Membership Drive – Only Two Weeks Remaining!

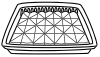
Our 2024 Membership Drive continues until March 31. Please make sure to drop off or mail your completed form at our table in the Great Hall after Liturgy or by mailing it back in the return envelope, or by going online at <https://stmarysgoc.org/giving/>. (Click Offering-Philoptochos Contribution). If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



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—Last week to place orders!

This is the last week to place your orders. Stop by our table and see Andrea Tiggas. The cost is \$6.00 per pound. We will be taking checks or cash when you place your order. Pickup will be on Sunday, March 24.



Philoptochos General Meeting Today

Please join us for this special meeting to kick off our Baby Bottle/Needs Drive for Tandem. Our guest speaker will be Kimberly Rynders, the CEO of Tandem, a nonprofit serving women and children in crisis, located in South Minneapolis. She has served as a passionate leader for the last 18 years and has successfully grown Tandem from a small center offering basic material assistance and pregnancy test services to a full-service medical and mental health clinic, advocacy, parenting education and employment readiness training, and transition housing program. Kimberly resides in Eden Prairie, Minnesota, and has 5 children and 2 grandchildren. Her involvement at Tandem is more than just a career, it is deeply personal as she finds her own story in many of the women Tandem serves. NOTE: This is our last meeting before Pascha so please come and join us. We will be discussing numerous activities coming up in the next couple of months. Food will be provided.

Philoptochos News



Pan-Orthodox Tea

Saturday, March 23

Mark your calendars! The 17th annual Twin Cities Pan-Orthodox Tea will be held this year at St. Mary's Coptic Church on Saturday, March 23, 5:00-6:45 p.m. with Vespers at 7:00 p.m. (see page 11 for more details)



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.



FOCUS Meal

Sunday, April 7

Sign Up!

Philoptochos will coordinate a free community meal for FOCUS Minnesota, a charitable outreach of the Orthodox Church community in the Twin Cities. We will be providing meals for up to 300 people and are looking for individuals to help as follows:

- Rigatoni Entrée
- Green Bean Casserole
- Homemade Cookies
- Dinner Rolls
- In-Person Volunteers at Church and at FOCUS

Pans and recipes will be provided, available at the Philoptochos table following Sunday Liturgy. Please sign up at our table on Sundays or by scanning the code.



Women's Book Club – New Book for April Discussion

Thursday, April 11, 7:00 p.m.

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. We will meet in the Fireside Room on April 11 to discuss the book.

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, and May 14 and 28, 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

THE FINAL 15!

Camp registration closes **MARCH 31, 2024,**

REGISTER TODAY!



Only 15 days remain to register for summer camp. Register your campers today using the code. Registration is managed through CampDoc. This is the same service we used last year. Camp registration closes March 31.

For more information on camp and registration visit:

stmaryscamp.com/summer-camp/

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

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:

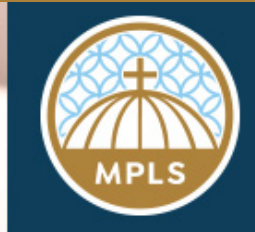
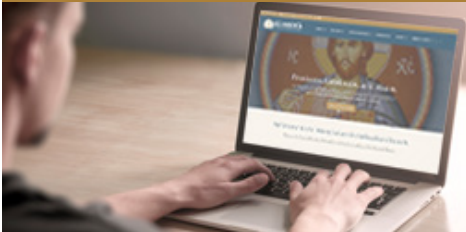
Mona Shenouda

952.334.9564 or

monahshenouda@gmail.com

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

Explore stmarysgoc.org



Scan for more
News and Events

While we try to get as much information into the weekly bulletin, on Realm Connect, and the monthly Messenger newsletter, there is still more to share and discover about the happenings within our parish. Remember to visit our parish website often for more news and info. It's updated regularly and has a lot of great resources.

On Repentance...

“Let us weep now, if not rivers of tears, then at least streams; if not streams, then at least drops. If we cannot even find this much, then let us become contrite in heart and confess our sins to the Lord, begging him to forgive them, and promising not to offend Him any more through violation of His commandments. Then, let us be zealous to faithfully fulfill this promise.”

— *St. Theophan the Recluse*

Daily Bible Readings

Monday, March 18

Genesis 1:1-13 • Proverbs 1:1-20

Tuesday, March 19

Genesis 1:14-23 • Proverbs 1:20-33

Wednesday, March 20

Genesis 1:24-2:3 • Proverbs 2:1-22

Thursday, March 21

Genesis 2:4-19 • Proverbs 3:1-18

Friday, March 22

Genesis 2:20-3:20 • Proverbs 3:19-34

Saturday, March 23

Third Saturday of Souls

II Timothy 2:1-10 • Mark 2:23-28; 3:1-5

Sunday, March 24

Sunday of Orthodoxy

Hebrews 11:24-26, 32-40 • John 1:43-51



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*