



# ST. MARY'S

GREEK ORTHODOX CHURCH

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March 24, 2024 — *Sunday of Orthodoxy*

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## THE DIVINE LITURGY

### *Commemoration*

Sunday of Orthodoxy; Forefast of the Annunciation of the Theotokos; Righteous Artemon, Bishop of Seleucia; Our Holy Father Theonas, Archbishop of Thessalonica; Zachariah the Recluse.

*Morning Gospel: John 20:19-31*

*Tone: First*

### **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*

#### **Hymn for the Sunday of Orthodoxy, *Second Tone***

We Venerate your most pure image, O Good One. And ask forgiveness of our transgressions, oh Christ our God. Of your good will, you were pleased to ascend upon the cross, and deliver your creatures from bondage to the enemy. Therefore, with thankfulness we cry aloud to you: You have filled all things with joy, oh our Savior. For you did come to save the world.

#### **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!

#### **Resurrection Hymn, *First Tone***

Although your tomb was sealed with a stone, O Savior, and your most pure body was guarded by the soldiers, you rose on the third day giving life to all the world. Therefore, O giver of life, the powers of heaven praise you: Glory to your resurrection, O Christ. Glory to your kingdom. Glory to your saving wisdom, O only lover of mankind.

#### ***Repeat the Hymn for the Sunday of Orthodoxy 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, *Plagal Fourth Tone***

Victorious Lady, mighty champion, defending us, we your servants now inscribe to you this hymn of thanks, for you rescued us from suffering and tribulation. Theotokos, with your power that can never fail, keep us safe from every danger our whole life long that we may cry to you:

Rejoice, O Bride unwedded.

### ***Epistle*..... *Hebrews 11:24-26, 32-40***

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets — who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

### ***Gospel*..... *John 1:43-51***

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

## **Megalynarion. (Instead of “It is truly meet...” on page 69)**

In you, O woman full of grace, all creation rejoices, the orders of angels and the race of mankind. O hallowed temple and spiritual paradise, glory of virginal souls, from you our God was incarnate and became a child, he who is God from all ages. By making your womb his throne he made you more spacious, more spacious than all the heavens. In you, O woman full of grace all creation, all creation rejoices. Glory to you!

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

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## Today

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Prosforo is provided by **Dena Angelos**



Today is our annual Annunciation/Greek Independence Day lunch and program. Everyone is invited to the Great Hall after Liturgy for lunch and a program presented by the youth of our parish.

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### COMMITMENT + 2024

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## **2024 Stewardship Pledges—7 Days Left!**

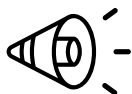
Our Stewardship Campaign is quickly coming to a close. Please take a moment to prayerfully complete a 2024 pledge form and return it to the church office as soon as possible. If you need a form, it is available online (scan the code), or contact the church office. *Please remember that to be considered a Steward in good standing for 2024, you must return your pledge forms to the church office by March 31.*

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### *Digital Donation Options*

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

*\*This number will never send unsolicited texts.*



## **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!

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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; James, Owen, Michael, 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.



## 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.*

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# Announcements

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## Food Shelf Needs for March 31

### *Peanut Butter & Jelly*

*March's recipient is FOCUS Minnesota.*

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

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### Spanakopita Sale Today!

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

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### YAL Sunday of Orthodoxy Q&A Event Today!

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.

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### 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.

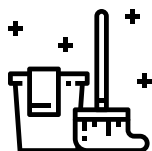
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### Saint Mary's Seniors' Meeting

**Tuesday, April 9**

St. Mary's Seniors meeting and social will be held on Tuesday, April 9, at 12:00 noon, in the Terrace Room. A Lenten lunch will be hosted by our officers, followed by a program, and business meeting. We will celebrate all March and April birthdays and anniversaries with a delicious cake by Queen of Cakes, and a group photo will be taken. All St. Mary's seniors (55+) are welcome to join our lively group. Dues are \$15 per year. For further information, please contact President Tessie Bourdamis or any current officer.



## New Ministry...Housekeeping!

We are in the planning stages of beginning a new ministry at St. Mary's. This one is for the cleaners in our midst (men and women, young or more mature). Our janitorial crew does the major cleaning as well as all the room set ups and take downs for our events throughout the week. However, they do not do the detail cleaning. That is up to us. This new ministry will meet once or twice a month during the day (when the sun is brightest and we can see the cobwebs) to clean sections of the building. We will not do the entire building each time, just manageable sections. All interested and able-bodied cleaners are asked to contact David in the church office and let us know which weekdays and times work best for you. Based on the responses, we will schedule the day and time (we would prefer to begin in the later morning). You can e-mail David at david@stmarysgoc.org, or call the office, 612.825.9595.

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## Explore [stmarysgoc.org](http://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.

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# Calendar of the Week

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## **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,*  
*1701 5th Street NE, Minneapolis*

## **Monday, March 25: Annunciation of the Theotokos**

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

## **Tuesday, March 26**

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

## **Wednesday, March 27**

4:00 p.m. – Holy Confession, Nave

5:30 p.m. – Liturgy of the Presanctified Gifts

7:00 p.m. – Lenten Dinner

7:00 p.m. – Grades 11 & 12 Confession

7:00 p.m. – Junior GOYA Mini Meeting, Meeting Room 1

7:30 p.m. – Choir Rehearsal, Nave

## **Thursday, March 28**

6:30 p.m. – Koinonia, Meeting Room 1

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

## **Friday, March 29**

4:00 p.m. – Holy Confession

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

## **Saturday, March 30**

*No Saturday Bible Study today*

10:00 a.m. – FAITH Play Group, Great Hall

*No Saturday Vespers during Great Lent*

## **Sunday, March 31: Saint Gregory Palamas**

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

5:00 p.m. – Pan-Orthodox Lenten Vespers,  
*Saint George Greek Orthodox Church,*  
*1111 Summit Avenue, St. Paul*

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# Philoptochos News

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## Philoptochos Membership Drive – The Final Week!

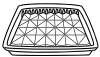
Our 2024 Membership Drive ends March 31. Please make sure to drop off or mail your completed form at our table in the Great Hall after Liturgy or by mailing it back in the return envelope, or by going online at <https://stmarysgoc.org/giving/> (Click Offering- Philoptochos Contribution).



*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—Pick up your orders today!

The filo has arrived and is ready for pick up. Stop by the Philoptochos table in the Great Hall to collect yours.



## Tandem Drive – Collection underway until Palm Sunday

Once again Philoptochos will be sponsoring a drive for the Tandem Family Resource Center. Besides the usual “Baby Bottle” envelopes we are extending it to a “Needs Drive.” As Tandem services have grown to include an apartment building housing some of the mamas and littles, their general needs have grown as well.

Below is a list of some of the most needed items:

- Packs of wipes
- Diapers size 1
- Diapers size 6
- Newborn to 3 m girl clothes
- Newborn to 3 m boy clothes
- Newborn scratch mittens
- Baby wash, Baby lotion, Diaper cream
- Enfamil formula Similac formula
- Baby and toddler socks
- Toddler plates, cups & silverware
- Lotions, soaps, pads & tampons for our mamas

The drive begins today and runs through Palm Sunday. Bring items to Philoptochos table. Bins will be available for donations.



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# Philoptochos News

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## 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.

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*Sign Up!*

## FOCUS Meal

Sunday, April 7

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 will be provided, available at the Philoptochos table following Sunday Liturgy, and recipes can be found by clicking [here](#). Please sign up at our table on Sundays or by scanning the code.

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## 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.

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## Philoptochos Hosting MEOCCA Vesper Meal

Sunday, April 14

We are looking for help with the set-up, serving, and cleanup for this event. We also still need several more ladies to make Lenten desserts for the meal. Please sign up at our table to volunteer to assist.



METROPOLIS  
OF CHICAGO

MARCH/APRIL 2024

# MESSAGES *from* the METROPOLIS

[www.chicago.goarch.org](http://www.chicago.goarch.org)

## GREAT LENT: ACTIVITIES & EVENTS

SCHEDULES:  
**Great Lent &  
Holy Week 2024**

HIS EMINENCE  
METROPOLITAN NATHANAEL

HIS GRACE  
BISHOP TIMOTHY

### LENTEN & HOLY WEEK SCHEDULES 2024

Experience Great Lent with His Eminence  
Metropolitan Nathanael & His Grace Bishop Timothy

*View online: [chicago.goarch.org/lentenschedule](http://chicago.goarch.org/lentenschedule)*

Greek Orthodox  
Metropolis of Chicago  
**LIGHT of  
LENT**

### NEW PROGRAM: LIGHT OF LENT

A program designed for educators and parents to help  
the youth of our Metropolis to grow spiritually and to  
reflect on what Lent means to them.

*Learn more: [chicago.goarch.org/lightoflent](http://chicago.goarch.org/lightoflent)*



SCAN FOR  
MORE EVENTS

#### 4/13 Annual Fanari Lenten Retreat

Eight parishes across the Metropolis will host a day  
of Worship, Games, and more! *Multiple Locations*

#### 4/19-21 YAL Spring Retreat

##### Holy Week: Walk with Christ

Join YAL Chicago for a weekend retreat full of faith,  
fellowship, and service! *Saint Iakovos Retreat Center*

**SIGN UP TO RECEIVE EMAIL UPDATES:**

[www.chicago.goarch.org/sign-up](http://www.chicago.goarch.org/sign-up)

# ST. MARY'S CAMP

EST. 1952



**Saturday, June 29 –  
Friday, July 5, 2024**

Camp Wapogasset  
Amery, Wisconsin

## THE FINAL WEEK!

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

# REGISTER TODAY!



Only 7 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/](http://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

## On Icons...

“If anyone would ask you why you pray to soulless icons, what profit you derive from them, say that we derive incomparably greater profit from our icons than we do from the kindest and most benevolent living persons; say that blessed power and help to our souls always comes to us from icons, saving us from sins, sorrows, and sickness, especially from icons of the Savior and the Mother of God.”

— *St. John of Kronstadt*

### Daily Bible Readings

***Monday, March 25***

***Annunciation of the Theotokos***

Hebrews 2:11-18 • Luke 1:24-38

***Tuesday, March 26***

Genesis 4:8-15 • Proverbs 5:1-15

***Wednesday, March 27***

Genesis 4:16-26 • Proverbs 5:15-6:3

***Thursday, March 28***

Genesis 5:1-24 • Proverbs 6:3-20

***Friday, March 29***

Genesis 5:32-6:8 • Proverbs 6:20-7:1

***Saturday, March 30***

Hebrews 3:12-16 • Mark 1:35-44

***Sunday, March 31***

***Saint Gregory Palamas***

Hebrews 1:10-14; 2:1-3 • Mark 2:1-12



***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*