



ST. MARY'S

GREEK ORTHODOX CHURCH

March 3, 2024 — *Sunday of the Prodigal Son*

THE DIVINE LITURGY

Commemoration

Sunday of the Prodigal Son; The Holy Martyrs Eutropius,
Cleonicus, and Basiliscus; Theodoretos the Holy Martyr of Antioch;
Nonnita, mother of Saint David

Morning Gospel: Luke 24:36-53

Tone: Plagal Second

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 Second Tone

The angelic powers appeared at your tomb, the soldiers guarding it became as dead men, and Mary stood at your grave seeking, seeking your most pure body. But you made hell a captive; you were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, glory to you.

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, Second 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 Prodigal Son, Third Tone

From my Father's glory I have foolishly turned away. By my sins I squandered all the riches he gave me. Therefore like the prodigal I cry out to him: I have sinned before you, compassionate Father. Accept my repentance, and take me back again as one of your hired servants.

Epistle..... I Corinthians 6:12-20

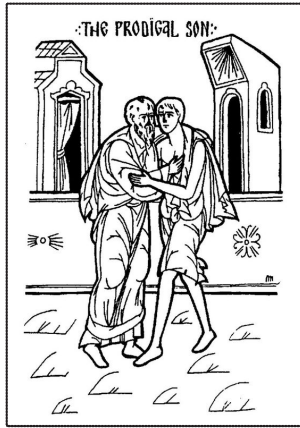
Brethren, "all things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food" -- and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body and in your spirit which belong to God.

Gospel..... Luke 15:11-32

The Lord said this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have filled his belly with the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated

him, but he answered his father, ‘Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!’ And he said to him, ‘Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.’”

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



Today

Prosforo is provided by **Maria Prassas**.

The coffee hour is hosted today by **Nick and Stephanie Barakos** in celebration of their 30th wedding anniversary on March 12.

May God grant you many years!



Fresh Baked Bread from Sunday School

Annual warm, freshly baked bread offered for a donation today by the second grade Church School class. We will learn about Prosforo and the special seal and extra small loaves available to parishioners at a table in the Great Hall, after 11:30. Please stop by for a delicious treat!



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; Craig, Yana, Angie, 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 10

Spam

March's recipient is FOCUS Minnesota.

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



Blood Drive

Saturday, March 9 ~ 11:00 a.m. – 4:00 p.m.

The number one reason people say they've never given blood is that nobody ever asked. We're asking you now. Will you give? The Hellenic Squadron 129, Sons of the American Legion is hosting a blood drive at St Mary's Church in the North Parking Lot on Saturday, March 9. The Bloodmobile is **limited to 30 appointments** that must be scheduled in advance online. Scan the code to schedule your donor appointment or visit a sign up table in the social hour after Liturgy. The Sons of the American Legion will provide a pancake breakfast to all donors who attend their scheduled appointments. Try to come early to your appointment and eat before you donate.



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.

FOCUS's Minnesota Director, Vera Proctor, is retiring on July 31, 2024, after 14 years of developing and leading the work in the Twin Cities. Candidates interested in applying and training with Vera should contact her at vsproctor@gmail.com or 651.222.0712.

Monthly Mental Health Support Group

The Orthodox Mental Health Provider Group is pleased to announce the offering of a monthly support group with FOCUS! We are searching for volunteers who would be interested in helping facilitate the support group alongside mental health professionals. No previous experience or training necessary. We would love for you to join us to provide support to the FOCUS community and are happy to provide training! Please inquire with Natasha Keller at natasha@lakeandvalleyft.com

Mental Health Providers Needed

Are you a mental health provider in the Twin Cities who would love fellowship and to explore serving your community with your skillset? Come join our next Orthodox Mental Health Provider Group meeting on Wednesday, March 6, 5:30-7:30 p.m., at 2179 - 4th Street, Suite 2F, White Bear Lake, MN. We'll meet for snacks, fellowship, and discussion of ways to connect and serve our community. RSVP to natasha@lakeandvalleyft.com

Grief Support Group

Tuesdays, March 4 – April 9

The Grief Support Group will meet on Tuesdays, March 4-April 9, from 6:30-7:30 p.m. at St. Mary's Orthodox Cathedral, 1701 5th St. NE, Minneapolis. Topics of discussion will be the impact of grief on the mind, body, and spirit, as well as things you can do to help ease the process. We'll also learn about complicated grief and how to get additional support if needed. If you are interested in attending, please send an email to: Stmarysgrieffgroup@gmail.com. Contact Joni Snidarich with any questions at 612.910.0855.

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.*



Calendar of the Week

Sunday, March 3: The Prodigal Son

“The Messenger” News Item Deadline

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

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

Monday, March 4

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

Wednesday, March 6

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

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

Thursday, March 7

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

Friday, March 8

6:00 p.m. – Kollyva Workshop, Kitchen

Saturday, March 9

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

10:00 a.m. – Divine Liturgy

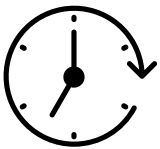
11:00 a.m.-4:00 p.m. – Blood Drive, North Parking Lot

5:00 p.m. – Great Vespers

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

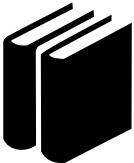
8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy

after Liturgy – Newcomer Mixer, Terrace Room



Daylight Saving Time

Set your clocks ahead one hour next Saturday night, March 9, as we move into Daylight Saving Time!

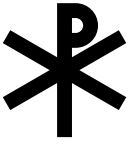


St. Mary’s Bookstore Hours

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

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

Philoptochos News



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.



“The Philoptochos women embody a remarkable spirit of hospitality, warmth, and inclusiveness. I love that members actively contribute by planning fun activities and attending meetings with engaging guest speakers who showcase the boundless possibilities available. Engaging in a diverse array of activities, it’s easy for me to discover volunteer opportunities that align with my schedule, whether during the day or the evening, or any time of the year. Despite my frequent travels to Oregon and California to visit my children, I always feel welcomed to participate whenever I am available. My advice to you: Bring your helping hands, and friendly faces will greet you with open arms!”

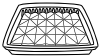
—Cathy Selin, Philoptochos Member



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.



Filo Sale Starts Today!

Stop by our table during the social hour and see Andrea Tiggas to place your order. The cost will be \$6.00 per lb. (check or cash when you place your order.) Pickup will be on March 24.



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.

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

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. Scan the code to sign-up.

Lazarus Saturday, April 27

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

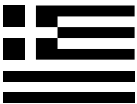
Saint Olympia the Deaconess is a new ministry at St. Mary's that aims to involve our young women in areas of service to the Church and the poor, which Saint Olympia exemplified. This ministry is led by Elena and Zoe Gabor.



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

Join us, following the Divine Liturgy, for a delicious luncheon of spaghetti, Greek salad, French bread, and cake. Enjoy a delightful program featuring our youth with singing, readings, instrumental performances, and Greek dancing by the St. Mary's Greek Dance Troupe. Tickets will be sold every Sunday in the Great Hall - \$10 for adults, \$5 for children under 10. Proceeds will be donated to the AHEPA District #14 Educational Foundation.

YAL NEWS

YAL at Gyropolis - March 7

Join YAL in celebrating the Greek tradition of “tsiknopempti,” or the last chance to eat meat before Great Lent! Starting at 7:00 p.m., Gyropolis in Bloomington will be closed to the public and is graciously letting us use their space. YAL will provide appetizers, but the kitchen will be open for dinner orders! The address is 2325 W 90th St, Bloomington, MN 55431.

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.

POCM CHOIR PRESENTS


MY SOUL, MY SOUL

Arise!

NEXT SATURDAY, MARCH 9 – 7:00 p.m.

A BENEFIT CONCERT FOR FOCUS MN HELD AT

ST. MARY'S ORTHODOX CATHEDRAL
1701 5TH STREET NE, MINNEAPOLIS

 **POCM**
Pan-Orthodox Choir Ministry

 **FOCUS**
+
MINNESOTA

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.

For more information on camp and registration rates 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

On Fear...

“Love Christ; breathe Christ; make Jesus dwell in you. Fear no one for we belong to God.”

— Elder Ephraim of Arizona †

Daily Bible Readings

Monday, March 4

I John 2:18-29; 3:1-8 • Mark 11:1-11

Tuesday, March 5

I John 3:9-22 • Mark 14:10-42

Wednesday, March 6

I John 3:21-24; 4:1-11 • Mark 14:43-72; 15:1

Thursday, March 7

I John 4:20-21; 5:1-21 • Mark 15:1-15

Friday, March 8

Hebrews 12:1-10 • Matthew 20:1-16

Saturday, March 9

Saturday of Souls

I Thessalonians 4:13-17 • Luke 21:8-9,25-27,33-36

Sunday, March 10

Judgment Sunday

I Corinthians 8:8-13; 9:1-2 • Matthew 25:31-46



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