



ST. MARY'S

GREEK ORTHODOX CHURCH

March 31, 2024 — *Saint Gregory Palamas*

THE DIVINE LITURGY

Commemoration

Sunday of St. Gregory Palamas; The Holy Hieromartyr Hypatius, Bishop of Gangra; Theophilus the Martyr and those with him; Innocent, Enlightener of Siberia and Alaska; Akakios the Confessor.

Morning Gospel: John 21:1-14

Tone: 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, Second Tone

When you descended into death, Life immortal, you vanquished the power of hell by your resplendent divinity, and when you raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, 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 for Saint Gregory Palamas, Plagal Fourth Tone

O light of Orthodoxy, O pillar of strength and teacher of the church! Glory of monks and nuns, and the theologians the protector invincible! O wonder worker Gregory, pride of Thessalonika and preacher of grace, intercede without ceasing for the salvation of our souls.

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 1:10—2:3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end.” But to what angel has he ever said, “Sit at my right hand, till I make thy enemies a stool for thy feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel..... Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins’-he said to the paralytic-”I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

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.

Today

Prosforo is provided by **Yana Patridge**

The coffee hour today is hosted by
Olga Berkovskaya and Peter Karachunski
in memory of **Yuri Ivaniuk** (6 years), father of Olga.



Today is our annual St. John Chrysostom Oratorical and Art Festival. The high school students will be giving speeches at the end of Liturgy and the Kindergarten through 6th grade students will have their art projects on display in the Great Hall.

COMMITMENT + 2024



2024 Stewardship Pledges—Last Day!

Our Stewardship Campaign ends today! If you have not yet done so, 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, they can be found at a table in the exonarthex. *Please remember that to be considered a Steward in good standing for 2024, you must return your pledge forms today.*

Digital Donation Options

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

**This number will never send unsolicited texts.*



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; The family of Nick Grammas, Gail, Ellen, 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.*

Announcements

Food Shelf Needs for April 7

Individually wrapped bars of soap

Aprils recipient is Community Emergency Services (CES).
Please do not bring opened packages. They will be discarded.



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 Christopulos' 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. Materials to prepare for each session will be emailed in advance by Patty Christopulos who will lead the study.



Saint Mary's Seniors' Meeting

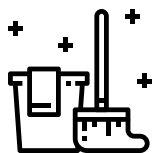
Tuesday, April 9

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 featuring Fr. Tim Sas, 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.



This Wednesday

The Hanna and Istephanous families are hosting this Wednesday's Lenten meal in support of Coptic Orphans. This organization is headquarterd in Fairfax, VA, and their mission is support the most vulnerable children in Egypt through education. The founder of Coptic Orphans, Nermien Riad and Nadine Bibawi will join us to share updates on their work and answer questions. We hope to see you.



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.

Walk With Christ to The Cross

Church School Holy Friday Retreat

Holy Friday, May 3, 2024 • 10:30 a.m. – 1:15 p.m.

Please join us for an engaging day at our church in which children will learn about Holy Week, the Crucifixion, and Resurrection of our Lord, Jesus Christ. We will have lessons, crafts, lunch, stations in the church, and gym time (to help get the wiggles out—even the big kids). Retreat ends at 1:15 p.m. so please be here at that time to check out your child(ren) and accompany them for the *Taking Down from the Cross* Service. The retreat is for Pre-K (4 year old) through grade 12.

Please register early so we can plan accordingly for helpers, supplies, space and food ordering/packaging. Adults, we could use additional help with set up/clean up and food prep. Contact Dena Tortorelis at churchschool@stmarysgoc.org to volunteer or with questions.

Register Today

Register by scanning the code or
by using the link:
tinyurl.com/HolyFriday2024



Calendar of the Week

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

Tuesday, April 2

7:00 p.m. – Young Adult Book Club, Fireside Room

7:15 p.m. – Young Women's Bible Study, Patty Christopoulos' home

Wednesday, April 3

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

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

7:00 p.m. – Lenten Dinner

7:00 p.m. – Grades 7 & 8 Confession

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

7:30 p.m. – Choir Rehearsal, Nave

Friday, April 5

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

4:00 p.m. – Holy Confession, Nave

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

Saturday, April 6

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

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

Sunday, April 7: Sunday of the Holy Cross

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

5:00 p.m. – Pan-Orthodox Lenten Vespers,
Saint George Antiochian Orthodox Church
1250 Oakdale Avenue, West St. Paul



Holy Week and Pascha Flowers

Donations are being accepted for Holy Week and Pascha flowers. Your generous donation helps us beautify our worship space for this most holy season. A large number of flowers and greens is needed for the various services. Please make your donation by Palm Sunday, April 28. Forms and envelopes are found in the narthex or you can donate online via our website.

Philoptochos News



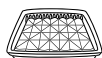
Philoptochos Membership Drive – The Last Day!

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



Philoptochos'
History

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.



Spring Filo Sale—Pick up your orders today!

Stop by our table after Liturgy and see Andrea Tiggas if you did not get a chance to pick up your orders last weekend.



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

Bring items to Philoptochos table. Bins are available for your donations.

Philoptochos News



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.



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.



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.



MARCH/APRIL 2024

MESSAGES *from* the METROPOLIS

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/lentschedule



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



**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

ST. MARY'S CAMP

EST. 1952



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

Camp Wapogasset
Amery, Wisconsin

THE LAST DAY!

Camp registration closes **TODAY, MARCH 31**

REGISTER NOW!



Today is the last to register your campers. If you haven't done so, register your campers now using the code. Registration is managed through CampDoc. This is the same service we used last year.

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

On Fasting and Prayer...

“In this time of fasting and prayer, brethren, let us with all our hearts forgive anything real or imaginary we have against anyone. May we all devote ourselves to love and let us consider one another as an incentive to love and good works, speaking in defense of one another, having good thoughts and dispositions within us before God and men. In this way our fasting will be laudable and blameless, and our requests to God while we fast will be readily received.”

— St. Gregory Palamas

Daily Bible Readings

Monday, April 1

Genesis 6:9-22 • Proverbs 8:1-21

Tuesday, April 2

Genesis 7:1-5 • Proverbs 8:32-9:11

Wednesday, April 3

Genesis 7:6-9 • Proverbs 9:12-18

Thursday, April 4

Genesis 7:11-8:3 • Proverbs 10:1-22

Friday, April 5

Genesis 8:4-21 • Proverbs 10:31-11:12

Saturday, April 6

Hebrews 10:32-38 • Mark 2:14-17

Sunday, April 7

Sunday of the Holy Cross

Hebrews 4:14-16; 5:1-6 • Mark 8:34-38; 9:1



Saint Mary's Greek Orthodox Church

3450 Irving Avenue South

Minneapolis, Minnesota 55408-3399

612.825.9595 | stmarysgoc.org



@stmarysgoc

Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas

Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon