



ST. MARY'S

GREEK ORTHODOX CHURCH

April 7, 2024 — *Sunday of the Holy Cross*

THE DIVINE LITURGY

Commemoration

Sunday of the Holy Cross; Calliopos and Akylina the Martyrs; George, Bishop of Mytilene; Gerasimos the God-Bearer of Byzantium; Righteous Father Savvas the New of Kalymnos; Tikhon, Patriarch of Moscow and Enlightener of North America.

Morning Gospel: John 21:14-25

Tone: Third

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 Third Antiphon

Save, O Lord, O Lord, Your people and bless Your inheritance. Grant victory to the faithful against the adversaries of the Faith, and protect Your people through Your holy Cross, Your holy Cross.

At the Small Entrance

Resurrection Hymn, Third Tone

Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of his arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world his 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!

Hymn of the Holy Cross

Save, O Lord, O Lord, Your people and bless Your inheritance. Grant victory to the faithful against the adversaries of the Faith, and protect Your people through Your holy Cross, Your holy Cross.

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 4:14 — 5:6

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “Thou art my Son, today I have begotten thee”; as he says also in another place, “Thou art a priest for ever, after the order of Melchizedek.”

Gospel*..... *Mark 8:34 — 9:1

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

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.

Communion Hymn

Let the light of your face shine on us, O Lord.



Today

Prosforo is provided by **Terri Leckas**

Stop by the Great Hall following Divine Liturgy for a time of fellowship and refreshment, hosted by some dedicated St. Mary's parishioners.

Announcements

Food Shelf Needs for April 14

Diapers (Size 5)

*April's recipient is Community Emergency Services (CES).
Please do not bring opened packages. They will be discarded.*

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; Johnny, 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

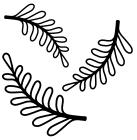
During Great Lent, we wish to clean up our prayer list. If you have placed a name on the list in the past, or you are on the list, and can be removed, please let the office know. Also, if a name is on the list and needs to be kept on, please let us know that also. Those names currently on the list that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



Saint Mary's Seniors' Meeting

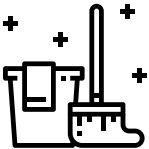
Tuesday, April 9

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.



Palm Sunday Luncheon

Our choir is again hosting the annual delicious Palm Sunday Spaghetti Luncheon on Sunday, April 28. In lieu of tickets this year, a free will offering will be taken to help support our choir in attending the Federation Choir Conference next fall. A suggested donation is \$10 per adult and \$6 per child under 10. (cash, check, or Venmo accepted). We hope you can attend to help support the choir.



New Ministry...Housekeeping!

It's not too late to join!

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



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.

Calendar of the Week

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

Tuesday, April 9

12:00 noon – Senior Citizens' Meeting, Terrace Room

6:15 p.m. – Parish Council Meeting, Fireside Room

Wednesday, April 10

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 9 & 10 Confession

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

7:30 p.m. – Choir Rehearsal, Nave

Thursday, April 11

7:00 p.m. – Women's Book Club, Fireside Room

Friday, April 12

4:00 p.m. – Holy Confession, Nave

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

Saturday, April 3

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

2:00 p.m. – Fanari Retreat, Terrace Room

Sunday, April 14: Saint John Climacus

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

5:00 p.m. – Pan-Orthodox Lenten Vespers

Saint Mary's Greek Orthodox Church



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



Tandem Drive

Collection underway through 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.



FOCUS Meal

Today

If you signed up to make an item for the FOCUS meal, please make sure to drop off your items at church by 3:00 p.m. today. Please check off your name on the sheet on the refrigerator door. Philoptochos and FOCUS thank you for helping with this wonderful ministry.



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. Location TBD

Philoptochos News



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.



Our Little Orthodox Library Needs More Books

The supply of books in our Little Library is running low. We would love additional Orthodox books to help keep our stock full. If you have read a book recently and would like to donate it, please stop by our table and drop it off... or you can bring it to the church office during the week.



Looking for Koulourakia Bakers!

Philoptochos is looking for volunteers to bake four dozen koulourakia cookies for Pascha. We will be serving these following the Anastasi Liturgy and Sunday's Agape services. Please stop by our table to sign up.



Lazarus Saturday Family Service Day

Saturday, April 27

Everyone is invited to take part in our Lazarus Saturday Family Service Day. Following Liturgy, we will join together for a potluck lunch. Please bring a Lenten dish to share. The Service Day projects will follow and include cleaning and preparing the church for Holy Week and plaiting palm crosses. It's a joy filled day! We'll also provide peanut butter and jelly sandwiches for the kids. Please RSVP for the event so we can plan our day accordingly. Visit <https://tinyurl.com/nhxxz3rd>, scan the QR code, or call the office to let us know you are planning to attend.



Did you know?

Digital versions of our weekly Sunday bulletins can be found on our website? Just use the link below or scan the QR code.

<https://stmarysgoc.org/resources/weekly-bulletins/>



METROPOLIS
OF CHICAGO

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/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



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

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 Prayer...

“God always helps. He always comes in time, but patience is necessary. He hears us immediately when we cry out to Him, but not in accordance without own way of thinking.”

— *St. Joseph the Hesychast*

Daily Bible Readings

Monday, April 8

Genesis 8:21-9:7 • Proverbs 11:19-12:6

Tuesday, April 9

Genesis 9:8-17 • Proverbs 12:8-22

Wednesday, April 10

Genesis 9:18-10:1 • Proverbs 12:23-13:9

Thursday, April 11

Genesis 10:32-11:9 • Proverbs 13:19-14:6

Friday, April 12

Genesis 12:1-7 • Proverbs 14:15-26

Saturday, April 13

Hebrews 6:9-12 • Mark 7:31-37

Sunday, April 14

Saint John Climacus

Hebrews 6:13-20 • Mark 9:17-31



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*