



# ST. MARY'S

GREEK ORTHODOX CHURCH

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May 12, 2024 — *Saint Thomas*

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## THE DIVINE LITURGY

### *Commemoration*

Thomas Sunday; Martyrs Emmanuel, Theodore, George, Michael and the other George of Samothrace; Epiphanius, Bishop of Cyprus; Germanos, Patriarch of Constantinople; Removal of the Sacred Relics of Saint Joachim “Papoulakis” of Vatopaidi; Theodorus the Righteous of Cythera.

*Morning Gospel: Matthew 28:16-20*

### **Variable Hymns and Readings in the Liturgy**

#### *Hymn after Doxology (Hymn of the Day)*

While the tomb was sealed, O Life, you did shine forth from the grave, O Christ our God. And while the doors were shut, you did come to your disciples, O Resurrection of all, renewing through them an upright spirit in us, according to your great mercy!

#### *Christ is Risen!*

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!

*Hristos anesti ek nekron, thanato thanaton patisas,  
ke tis en tis mnimasi zoin harisamenos.*

#### *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 of Pascha, Plagal First Tone**

Christ is risen from the dead,  
trampling down death by death,  
and upon those in the tombs, bestowing life!

#### **Hymn of Entrance**

Bless God in the churches; the Lord from the fountains of Israel. Save us, O son of God who rose from the dead, save us who sing to you: Alleluia!

*Repeat the Hymn of Pascha, above*

## **Hymn of the Day, Grave Tone**

While the tomb was sealed, O Life, you did shine forth from the grave, O Christ our God. And while the doors were shut, you did come to your disciples, O Resurrection of all, renewing through them an upright spirit in us, according to your great mercy!

## **Kontakion of Pascha, Plagal Fourth Tone**

Into the grave you descended, Immortal One, yet you destroyed the power of Hades, and as victor you arose, O Christ our God; you proclaimed to the myrrh-bearing women a greeting of joy, you brought peace to your holy apostles, and to the fallen you granted resurrection.

## **Epistle..... Acts 5:12-20**

In those days, many signs and wonders were done among the people by the hands of the apostles. And they were all together in Solomon's Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, "Go and stand in the temple and speak to the people all the words of this Life."

## **Gospel..... John 20:19-31**

On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, even so I send you." And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house,

and Thomas was with them. The doors were shut, but Jesus came and stood among them and said, "Peace be with you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and My God!" Jesus said to him, "Have you believed because you have seen Me? Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing, you may have life in His name.

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### **Megalynarion of Pascha, *First Tone***

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***

Receive the Body of Christ, and taste him who is the fountain of immortality.

*Instead of "We have seen the light..." we chant "Christ is risen."*

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### ***The End of the Divine Liturgy***

*Priest:* Christ is risen!

*People:* Truly he is risen! (*Proclaimed three times.*)

*Priest:* Glory to his third-day Resurrection!

*People:* We adore his third-day Resurrection!

*Priest:* Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs, he has granted life.

*People:* Truly the Lord is risen!



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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; Aphrodite, James, Peter, Lyda, Owen, Michael, Johnny, Jaclyn Jereczek, Dena, Chris, Joy Rose, Nick, John, Demos & Eugenia, Kristina, Milton, Maureen, Andrea, Bryan, Phil, Nausika, Ron, Phillip Hibberd, Maria, Matt, Laura, Dorla, Susan, Elias, Constance, Marina, Annali, Sofia, Juan Cruz & family, Charlie, Stan, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, Alexey, Alexandra, Ray, Christina, Joanne, Athena, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Liz, Efstratia, Jordan, David, Nino, Joe, Gigi, Zossima, Donnarae, Samira, Mary K., Monte, Bethany, Mark, Owen, Chrysanthy, Melissa, Megan, 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, Lois, Kalli, 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, Karen, Linda, Fr. Elias, Vicki, Bill, Diana, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Bodil, Ole, and others known to you.

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# Today

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Prosforo is provided by **Maria Prassas**

The Coffee Hour today is hosted by  
**AHEPA and Daughters of Penelope in celebration of AHEPA Sunday**

## **A Blessed and Happy Mother's Day**

A small gift to mothers is offered today from Melpomeni Murdakes  
in honor of her mother Ann Nickolas.

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## Announcements

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### **Food Shelf Needs for May 19**

*Canned Meal – large cans (e.g. Chili / Pork and Beans)*

*May's recipient is Joyce Uptown Food Shelf.*

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

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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.*



### **Spanakopita Sale ~ Today**

**Sunday, May 12**

The Daughters of Penelope are hosting a spanakopita sale on Sunday, May 12, in the Great Hall after Liturgy. Thank you for your support for their many benevolent projects.



### **Greek Dance Practices**

**Registration Deadline Is Today**

All St. Mary's youth, ages 6 to 18 years, are invited to join the Greek dance program. Dance practices will begin on Monday, May 20, 6:00-8:00 p.m., and continue through the summer months, in order to get ready for our Festival performances in September. For further information and to register, please contact Tessie Bourdamis or Jim Canelake, by Friday, June 7.



## Graduate Recognition

Sunday, May 19

We will honor and recognize our graduating seniors on Sunday, May 19. At the end of the Liturgy, we will call the graduates to the Solea and then have a reception in the Great Hall after Liturgy where everyone can meet and greet them. **All Graduating Seniors: Please give Mrs. Tortorelis your information as requested.**

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## St. Olympia Upcoming Events

Help with the baking for the East of Greece Festival!

Bring a parent or more to help!

- Koulourakia - Wednesday, May 15: After school – 6:00 p.m.
- Kourambiethes - Thursday, May 23 : After school – 6:00 p.m.
- Baklava: Come for an hour or more. It's fun to learn how to make it
  - Assembly on Monday, June 3: After school – 8:00 p.m.
  - Assembly on Wednesday, June 12: Anytime from Noon – 8:00 p.m.
  - Cut/clove on Thursday, June 13: 11:00 a.m. – 2:00 p.m.

*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.*

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## Senior Citizens' Meeting

Tuesday, May 21, 12:00 noon

Saint Mary's Senior Citizens' meeting and social will be held on Tuesday, May 21 (the third Tuesday of May), at 12:00 noon in the Terrace Room. We will celebrate May birthdays and anniversaries followed by a group photo of celebrants, a delicious buffet lunch, and cake by Queen of Cakes. Our program will include a presentation entitled "Healthy Eating! Healthy Aging!" by speaker Maria Boosalis Estep, PHD, MPH, RDN, LD. There will be a short business meeting following the presentation. 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.**

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## Stay Informed about YAL Events

There are lots of ways to stay connected to YAL! Fill out our contact form to receive emails (scan the code), follow @twincitiesyal on Instagram, and join our GroupMe for event reminders!

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# Calendar of the Week

## Sunday, May 12: Sunday of Saint Thomas; Mother's Day

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

## Monday, May 13

9:00 a.m. – Philoptochos Service Day, Lecture Room

## Tuesday, May 14

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

## Wednesday, May 15

9:00 a.m. – Koulourakia Baking, Kitchen and Terrace Room  
(three shifts throughout the day)

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

## Friday, May 17

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

## Saturday, May 18

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

*Healing House Dinner*

## Sunday, May 19: Sunday of the Myrrh-Bearing Women

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

after Liturgy – Fun Jam, Great Hall and Terrace Room

11:45 a.m. – Missions and Outreach Meeting, Fireside Room

REGISTER YOUR CHILDREN FOR

## 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

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# Philoptochos News

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## Service Day ~ Tomorrow

**Monday, May 13, 9:00 a.m.-8:00 p.m.**

Join Philoptochos for a day of service to sew simple various items for organizations like FOCUS, Days for Girls, Reach and Restore, etc.

NO NEED TO KNOW HOW TO SEW to attend! We'll have plenty of needs for ironing and cutting, so all are welcome! Come for an hour, two hours or whatever works for you! If you plan to attend, please bring a pair of scissors, or if you are a sewer, bring your sewing machine or serger.

Donations of the following items are also welcome:

- Girls' underwear size 12 or larger
- Dark-colored washcloths
- Freezer Zip Lock Bags (gallon size)



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## Festival Baking Is Beginning!

We're getting an early start with 2024 Festival Bake Sale preparations! Three cookies are being prepared in May and June, and we'd love your help to make the work light. Please volunteer at the Philoptochos table on Sundays or through Sign Up Genius.

- Wednesday, May 15 - Koulourakia
- Thursday, May 23 - Kourambietes
- Monday, June 3 and Wednesday, June 12 - Baklava assembly
- Thursday, June 13 - Cut, clove and syrup baklava

Novice and experienced cookie makers are welcome as are friends. You can come for an hour or for an entire session. Every gift of time is valued. Thank you!



*Sign Up!*



*RSVP*

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## Mark Your Calendars!

**Spring Finale on Tuesday, May 28**

Come celebrate Philoptochos together at our final meeting for the season. We will have a social time starting at 5:30 p.m. followed by dinner at 6:00 and the meeting around 7:00. We have lots of things happening in June-September that you will want to learn about. Not a member yet? ... you can join this wonderful organization anytime so come join us and learn about what we are doing and sign up. Please RSVP at our table or on the link here.





METROPOLIS  
OF CHICAGO

MAY 2024

# MESSAGES *from* the METROPOLIS

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

## LATEST NEWS



### PASCHAL ENCYCLICALS

[chicago.goarch.org/metropolis-news](http://chicago.goarch.org/metropolis-news)



### 2023 ANNUAL IMPACT REPORT

[chicago.goarch.org/annual-impact-23](http://chicago.goarch.org/annual-impact-23)



SCAN FOR  
MORE NEWS

## UPCOMING EVENTS

5/11 40th Annual Saint John Chrysostom  
Oratorical and Fine Arts Festival

*Host Parish: Holy Apostles, Westchester IL*

5/16 Commemoration of the Fall of Constantinople

*St. John the Baptist, Des Plaines IL*

Sponsored by the Metropolis of Chicago, the Archons of the Ecumenical  
Patriarchate of Chicago, and the Hellenic Society of Constantinople

5/24-26 2024 Junior Olympics

*Sts. Constantine & Helen and Stagg High School,  
Palos Hills IL*



SCAN FOR  
MORE EVENTS

**SIGN UP TO RECEIVE EMAIL UPDATES:**

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

## On being recognized...

“The fools for Christ did not want to be esteemed nor honored; they did not want to be praised and glorified. They preferred to be despised, criticized, mocked, and ridiculed. Who among us accepts such things? Who prays for his persecutors? Who loves his accusers? We who are considered to be rational and dignified cannot even accept a mark of criticism against us. The saints hated glory and preferred to be despised.”

— *Elder Moses the Athonite*

### Daily Bible Readings

***Monday, May 13***

Acts 3:19-26 • John 2:1-11

***Tuesday, May 14***

Acts 4:1-10 • John 3:16-21

***Wednesday, May 15***

Acts 4:13-22 • John 5:17-24

***Thursday, May 16***

Acts 4:23-31 • John 5:24-30

***Friday, May 17***

Acts 5:1-11 • John 5:30-47; 6:1-2

***Saturday, May 18***

Acts 5:21-32 • John 6:14-27

***Sunday, May 19***

***Sunday of the Myrrh-Bearing Women***

Acts 6:1-7 • Mark 15:43-47; 16:1-8



***Saint Mary's Greek Orthodox Church***

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[@stmarysgoc](https://www.instagram.com/stmarysgoc)

*Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas  
Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon*