

# THE MESSENGER

Christ has Risen. Truly He has Risen!

(Holy Week Collage—Page 9)

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#### **Our Mission Statement**

TO PROCLAIM, CELEBRATE, AND SHARE THE GOOD NEWS OF SALVATION IN JESUS CHRIST IN ACCORDANCE WITH THE ORTHODOX TRADITION.

> The Five Tasks of Our Parish Vision Hear Pray Grow Serve Share





### How Observant are You? Spot the Difference? By Fr. Dcn. Paul Kalina

I've always enjoyed "Spot the Difference" puzzles. These games challenge one's observation skills by trying to find all the differences between two pictures. The game is made even more challenging by trying to "beat the clock." Orthodoxy maintains a steady, constant rhythm throughout the years, yet differences do occur from one liturgical year to another. In what way? How does 2023 compare to 2024? Can you spot the differences?

The Orthodox liturgical calendar dictates the rhythm of the Church's life. It details the daily scripture readings and saints commemorated. It lists the times of fasting and the feasts to be celebrated, which are either fixed or movable. Fixed feasts occur on the same calendar day every year, whereas, movable feasts change each year. Great feasts that are fixed include:

> Nativity of the Theotokos (September 8) Exultation of the Holy Cross (September 14) Presentation of the Theotokos (November 21) Nativity of the Lord (December 25) Holy Theophany (January 6) Presentation of the Lord (February 2) Annunciation (March 25) Transfiguration (August 6) Dormition of the Theotokos (August 15)

The date of movable feasts changes each year as they are relative to the date of Pascha. In comparing previous years to 2024, one sees that the

# **Our Life Together**

# Chrismation

Daniel & Mechelle Fogelson April 27, 2024

#### Deaths

Yiannis Kaznessis April 22, 2024

Andrew Karigan April 28, 2024

Kalju Kubits April 30, 2024

May their memories be eternal.

### **Memorial Prayers**

Sunday, June 2 Margo Kosmas (6 months) Georgia Wiebe (1 year) Metropolitan IAKOVOS

### Share YourShelf

June's recipient is

Simpson Food Pantry

IMMEDIATE NEEDS: Peanut Butter

Sunday, June 2 Canned Meal – large cans (e.g. Chili / Pork and Beans)

Sunday, June 9 Peanut Butter

Sunday, June 16 Cereal (both hot and cold)

Sunday, June 23 Hygiene items (toothpaste, soap, shampoo, conditioner)

#### Sunday, June 30

Do not let the oppressed retreat in disgrace; may the poor and needy praise your name.

~ Psalm 74:21

www.simpsonfoodpantry.org



Donate Online, Visit the site, then select "Donate"

# **Fellowship** and Study Groups

Koinonia Thursday, June 27, 6:30 p.m. Meeting Room 1

Men's Fellowship Fridays, June 7 and 21, 7:00 a.m. Fireside Room

Women's Book Club Wednesday, June 5, 6:30 p.m. Fireside Room

Saturday Bible Study June 1 and 8, 9:00 a.m. Fireside Room After June 8, on break for the summer

### **Thank You**

Thank you to our wonderful group of Lazarus Saturday volunteers who worked tirelessly to prepare our spiritual home for Holy Week and Pascha! It was a blessed day of worship, fellowship, work, food and joy together!

A HUGE thank you to ALL who made our Holy Week and Pascha so beautiful and meaningful. We want all to know how much it is appreciated. Without you and your dedication to St. Mary's, it wouldn't have been possible. Again, thank you, ευχαριστώ, Спасибо, multumesc, etc...!

Thank you to our new housekeeping ministry crew. They spent several hours during Bright Week removing candle wax from the pews. Next gathering they will finish the wax removal, then on to other areas around the building that need attention. Are you interested in joining this valuable group? Please call the church office to find out more.

### **Weekend Worship** Schedule

Sundays (live-streamed) Orthros – 8:30 a.m. Divine Liturgy – 9:30 a.m.

(NOTE: Saturday Evening Vespers will return in September)

## Weekday Schedule

Tuesday, June 11 Saint Nathanael (Bartholomew) 9:30 a.m. – Divine Liturgy

Wednesday, June 12 Leave-Taking of Holy Pascha 6:00 p.m. - Vespers

#### Thursday, June 13 Holy Ascension 8:30 a.m. – Matins

9:30 a.m. – Divine Liturgy

Saturday, June 22 Saturday of Souls 10:00 a.m. – Divine Liturgy

Monday, June 24

The Holy Spirit Nativity of John the Baptist 9:30 a.m. – Divine Liturgy

Saturday, June 29 Saints Peter and Paul 10:00 a.m. – Divine Liturgy



www.stmarysgoc.org/resources/the-messenger/

# **Parish News & Events**

#### St. Mary's Church Staff

Proistamenos Fr. Timothy Sas Associate Priest

Fr. Jason Houck

**Attached Priest** Fr. John Kostas

**Deacons** Fr. Paul Kalina Fr. Luke Twito

**Office Manager** David Mertesdorf

**Office Assistant** Giulia Chatfield

Communications & Marketing Nikolas Kouzes

Finance Michael Rakes

Ministry Support Doria Saros

Youth Director Scott Rudquist

**Church School Director** Dena Tortorelis

**Chanter** Joseph Karos

Choir Director Emily Skoutelas

Organist Mark Macres

#### St. Mary's Parish Council

**President** Jeannie Possis

Vice President Louis Tiggas

Secretary Elisabeth (Libby) Cheolis

Treasurer

Cristina Nicklow

Assistant Treasurer Athena Mihas

#### Members

Benjamin Amundgaard Alex Dascalos Sam Hanna Andrew LeRoy Dean Psyhogios Sophia Rouman Nicholas P. Santrizos



# Lost and Found Items

Please take a moment to look in both our coat rooms for your missing clothing items. We have accumulated a number of winter clothing items as well as other pieces of clothing such as sport coats and sweaters. Also, if you have in your possession a men's gray wool London Fog overcoat, but remember purchasing a Tommy Hilfiger, your coat is still in our coat area. Please make the swap as soon as you are able. Unclaimed items will be prepared for donation to a charity after Memorial Day.

# **Greek Dance Practices Have Resumed**



All St. Mary's youth, ages 6 years to 18+, are invited to join the Greek dance program. Our practices take place in the Great Hall, on Monday evenings from 6:00-8:00 p.m. throughout the summer months in order to prepare for performances at

our Greek Festival on September 6-8. For further details on our practice schedule and to register, please contact Tessie Bourdamis, tbourdamis@ comcast.net or Jim Canelake, agrimi01@gmail.com. by Friday, June 7.



# Saint Mary's Seniors' Meeting

#### Tuesday, June 11

Saint Mary's Seniors' meeting and social will be held on Tuesday, June 11, at 12:00 noon in the Terrace Room. This will be a POTLUCK luncheon so you are welcome to bring an item to share. We will celebrate all June birthdays and

anniversaries with a delicious cake from Queen of Cakes, and a group photo will be taken. A program will be confirmed soon so stay tuned for further details. A short meeting and announcements will follow. All St. Mary's seniors (55+) are welcome to join our lively group. Dues are \$15 payable to St. Mary's Seniors. For further questions, please contact President Tessie Bourdamis or any current officer.

# Women's Book Club

#### Wednesday, June 5

The Women's Book Club will meet on Wednesday, June 5, 7:00 p.m., in the Fireside Room. This session's book is Whatever Happened to Truth by Father Anthony Coniaris, and is available in our bookstore. See Philoptochos News for more details.



#### **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!

# How Observant are You? Spot the Difference?

#### (continued from page 1)

following three Great Feasts are on different days:

#### Palm Sunday, Ascension, Pentecost

Fasting periods are also directed by the liturgical calendar. Besides fasting on Wednesdays and Fridays, the Church has four great fasts during the year (Be attentive - other differences to be spotted!)

#### Great Lent

(movable – start/stop depends on date of Pascha, but fixed length)

#### **Nativity Fast**

(fixed start/stop date/duration: November 15 to the Nativity of our Lord (40 days)

**Apostles' Fast** (variable)

#### **Dormition Fast**

(fixed start/stop/duration: two weeks from August 1 to August 14)

Of all that I've mentioned, the biggest difference between the 2024 liturgical calendar and previous years is the Apostles' Fast. What is this? What's so dramatically different?

Can you "Spot the Difference"?

Answer: The fast doesn't occur in 2024!

So, what is the Apostles' Fast and why doesn't it occur in 2024? In the United States, the **Fast of the Apostles** is probably the least well known of the four, but interestingly, it is among the oldest of Christian traditions. There are testimonies to its existence in early Church history by St. Athansius the Great, St. Ambrose of Milan, and St. Leo the Great, the pilgrim, Egeria, and the Apostolic Constitutions.

This fast is the only one that varies in duration as its tied to the date of Pascha. An earlier Pascha means a longer fast, and a later Pascha means a shorter fast. The fast starts on the Monday following the Sunday of All Saints (commemorated three weeks after Pascha) and ends on June 29 – the Feast of Apostles Peter and Paul. In Eastern Orthodox Churches following the New Calendar (Revised Julian calendar), the fast can be as long as 29 days or may NOT OCCUR at all in some years, such as this year (2024), due to Pascha occurs so late. In its earliest practice, the fast was connected to Pentecost. Later on, after the martyrdom of the Sts. Peter and Paul, the fast was linked to their feast on June 29 as a period preparation for celebration of these great Apostles. St. Symeon of Thessalonica (†1429) explains,

The Fast of the Apostles is justly established in their honor, for through them we have received numerous benefits and for us they are exemplars and teachers of the fast...For one week after the descent of the Holy Spirit, in accordance with the Apostolic Constitutions composed by Clement, we celebrate, and then during the following week, we fast in honor of the Apostles.

Like all fasts in the Orthodox Church, the Holy Apostles' Fast aims to help us put on the "armor of light" against the attacks of the enemies that we encounter during our spiritual journey to become united with God through His grace. Although there is no fast period on today's calendar, let us use the time between Pentecost and the Feast of Sts. Peter and Paul for reflection on our lives and the example of the Holy Apostles. Let us remember and pray for all of the Christian missionaries around the world who have left behind family, friends, and possessions to bring the Gospel of Jesus Christ to people unaware of Him. Let us also pray for unity and the good of the Church, which requires humility and letting go of our personal wishes or demands. Let us seek the will of God for all of us and genuine, Christ-centered, love around the world.

# "That was a great sermon!"



Missed a homily? Want to share a sermon with a friend? Or just want to rewatch?

Watch previous services and sermons now on our YouTube channel.

WATCH NOW. SCAN THE CODE.



www.youtube.com/@StMarysGreekOrthodoxChurch

# Philoptochos



# **Philoptochos Meetings**

Philoptochos Board and General Membership meetings will resume in the fall! Watch for communications soon!

# **Upcoming Activities**

#### Taste of Greece Festival Baking: Baklava June 3 and June 13

Attention all baklava enthusiasts! We invite you to join us in assembling, cutting, cloving, and syruping this festival favorite. Remember, many hands make light work! To sign up, visit our table after church or keep an eye out for a Signup Genius for the following dates:

June 3 and June 12: Baklava Assembly June 13: Cut, clove, and syrup Baklava

#### Women's Book Club Discussion June 5

Our next book club discussion is on June from 7:00 to 8:30 p.m., in the Fireside Room. and the chosen book will be Whatever Happened to Truth by Father Anthony Coniaris. New or renewed interest? Contact Katherine Boosalis (katherine@boosalis.net). (If you have declined a book club meeting invitation in the past, your email may have inadvertently been omitted in future invitations.)

#### The National Clergy Laity Conference June 30–July 4

This year, the National Clergy Laity Conference will take place in the sunny city of San Diego, CA. We're pleased to announce that our chapter will be represented by three dedicated delegates: Connie Kouzes, Annette Legeros, and Popie Rakes. Thank you all for representing us with such distinction!

# Thank You...

A big thank you to **Cathy Forchas** and **Paulette Hastings** for spearheading our Festival Baking efforts! We're incredibly grateful to our amazing volunteers who have already baked delicious Koulourakia and Kourambiethes in May. Your dedication and hard work are truly appreciated!

Gratitude to each of you for gracing our Spring Finale and Dinner with your presence! Your unwavering commitment to serving in Philoptochos does not go unnoticed, and we are deeply thankful. Here's to a marvelous summer awaiting each of you!

Thank you to all who helped with Pascha including the egg dyeing and wrapping, flower decorating, and baking/plating koulourakia! You contributed immensely to the beauty and joy of our celebration. Thank you for making Pascha truly special.

Grateful appreciation to everyone who generously supports Our Little Orthodox Library with materials. Your contributions are invaluable! Please continue to share your resources and help us grow!

Thank you to **Sofia Johnson** for her leadership during our Service Day. We are so grateful to all the volunteers who dedicated their time and skills to sew, cut, and iron various items for organizations such as FOCUS, Days for Girls, Reach and Restore, and more. Your contributions have made a meaningful difference in the lives of many.

A heartfelt thank you to **Sandra Anderson** for her exceptional coordination of the Tandem Family Resource Center Baby Bottle and Needs Drive. We extend our gratitude to all who contributed generously to this cause. Your support is truly appreciated!

# **Volunteer Opportunities**

Please watch the weekly bulletin, webpage, and our table on Sundays for updates on events or needs.

# **Youth News & Events**



# Saturday to Sunday, June 8-9: 5:50 p.m.-8:30 a.m.

End of the Year Lock-in

Join us for a special event at the church after Vespers to mark the end of the year! Spend the night at the church and in the morning, we'll gather for Liturgy. We would love for you to be part of this fun experience.



#### Saturday to Sunday, June 8-9: 5:50 p.m.-8:30 a.m. End of the Year Lock-in

Join us for a special event at the church after Vespers to mark the end of the year! Spend the night at the church and in the morning, we'll gather for Liturgy. We would love for you to be part of this fun experience.



Sunday, June 2, 6:30 a.m.-10:00 p.m. End of the Year Glendi.



Follow the GOYAns on Instagram **@St\_Marys\_GOYA** 

#### Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. We have a new formal feedback process. Go to our St Mary's home page-Click on "Youth," then "Youth Program Feedback" Your comments will be forwarded to a member of the Parish Council and will be reviewed for follow up.



# **Church School News**

Congratulations to our 2024 high school graduates! May God bless you in your future endeavors.

- Andrew Atsidakos
- Christopher Brown
- Jassir Conway
- George Daravingas
- Lucas Hanna
- Nikolas Houck
- Sophia Katras
- Emily LaValle
- Annie Powers
- Briana Rist
- William Swenson
- Yafet Tsegai
- Katerina Vasileiadis
- Ariahla Walker
- Christian Worrall
- Angelina Young

# St. Olympia the Deaconess Upcoming Events

Help with the baking for the Taste of Greece Festival! Bring a parent or more to help!

#### Koulourakia

Wednesday, May 15: after school until 6:00 p.m.

#### Kourambiethes

Thursday, May 23: after school until 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 until 8:00 p.m. Assembly on Wednesday, June 12: anytime from 12:00-8:00 p.m. Cut and 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.

# **Missions & Outreach**

# **Christos Anesti! Christ is Risen!**

What beautiful greetings that we share with each other after Easter. These beautiful greetings also reflect the beautiful Spring that is upon us. The trees, shrubs, yards, everywhere is coming to life. Does not all things seem more beautiful when we greet each other with the heartfelt: Christ is Risen! Truly He is Risen!

### **Evangelize**

"Come and see." It is wonderful to think of all the ways we can help others by reaching out to others to warmly invite them to come to a Liturgy. And as you look around at Liturgy, do welcome the new, and newer folks to ensure they feel that this is the way. Again, as a little reminder, be sure to stop by the Missions and Outreach Display to see the pictures and names so that you can welcome all to St. Mary's.



#### Serve

#### Simpson House, May 7.

St. Mary's served a warm golden chicken pot pie and reached out warmly to serve each one that hungerly stopped by for a warm dinner. Coming up July 23 will be one more Simpson House meal and if you would like to help by making a meal, helping to put together a dinner, or lastly, to help serve the meal, please contact Terri Leckas 612.720.0609. It is amazing how fast time flies, think about now and let's do it!



#### Harvest Pack, June 23.

Come and help assemble oatmeal for the food shelves. There is still, if not even more of a need, for food. And does it not feel really good (fun) to talk to each other while assembling the meals for those in need! Please check your calendar for helping put together oatmeal for the food shelves. This helps Joyce Food Shelf, CES, and other food shelves.

#### Learn

#### Saturday Bible Study

St. Mary's continues to be blessed with Saturday morning Bible Study. Starting May 11, Cory Mork will be sharing a study of the book James. Do come, or do attend by Zoom. (Saturday Bible Study is taking a break for the summer, but will return in September. Watch the announcements!)

# In the Bookstore

#### By Rebecca Myerly bookstore@stmarysgoc.org



Saint John Climacus writes in The Ladder of Divine Ascent:

Bodily fever is one thing, but the occasions of this are not one but many. So also the boiling up of anger and the movement of our other passions have many and various causes. That is why it is impossible to prescribe one identical rule for them. Instead I would rather suggest that each of those who are sick should most carefully seek out his own

particular cure. The first step in the cure should be a diagnosis of the cause of each disease; for when this is discovered, the patients will get the right cure from God's care and from their spiritual physicians. (Step 8.28)

Over 1400 years after The Ladder was written, Mother Siluana, speaking in and through the book titled God, Where Is the Wound? Healing Remedies for Today's World, offers direct responses to and elaborations on Saint John's words quoted above.

Mother Siluana Vlad of Romania (1944-2021) spent almost all her adult life in ministry to young people. She was one of the founders of an Association of Romanian Christian Orthodox Students before entering monastic life. She "continued her charitable and social activities, focusing on improving the lives of vagrant children and on offering guidance to young people." (16) After being tonsured a nun in 2001, she founded the Center for Formation and Counseling "Saint Archangels Michael and Gabriel." Mother Siluana gave many conferences and seminars inside Romania and abroad, addressing "relationships between young people, stages of love, family in the contemporary society, causes of depression in modern man, knowing oneself, spiritual life, and many others." (17)

God, Where Is the Wound?, popular with many young people in Romania, contains transcriptions of three conferences Mother Siluana gave in 2012. She later augmented them "'for enrichment and explanation' of the text." (8) What is often popularly written as healing, Mother Siluana clearly sees as band aids for symptoms that are in fact signs of deeper issues and concerns that need to be discovered, named, and acknowledged in faith—hence the apt title God, Where Is the Wound? She is adept at integrating and using concepts from modern science to help her listeners and readers understand and appreciate what she is explaining. Rooted in prayer and the ascetic tradition of the Orthodox Church, she speaks boldly, sometimes bluntly, and often with humor, yet always with a clear undercurrent of compassion, addressing key concerns for and with young people and, more broadly, all people.

Mother Siluana's desire and yearning was for all to be healed, and this yearning is apparent in all her works and her monastic life—it is also the impulse that is woven as a thread through the ideas, words, and images she uses in these conferences for illustrating psychological states and methods of healing, for offering unexpected answers to our pain and suffering. She starts with a clear exposition of elements of Orthodox theology based on the notion of Truth ("the truth will set you free"—John 8:32) as the foundation for healing. (9)

#### She explains:

I am always learning—from secular science everything that is most valuable in its discoveries related to human suffering, and from the Holy Fathers in the Philokalia how they look at the human soul, as well as their "methods" for healing, for becoming more spiritual....Based on this understanding, we create a place for the mind to come back to God, a meeting place with His "methods." (41) We meet many seekers who are very skilled and "full" of secular knowledge, and, to reach their hearts, we start from their problems, speaking "their language." (42)

This is in sync with the quote from Saint John Climacus above—a symptom or problem is manifest, but there are many possible causes. These are what Mother Siluana seeks to bring to the light for awareness and God's healing.

God, Where Is the Wound? is not only for young people but also for all adults. It is a great resource for all in the helping professions. If taken to heart and lived, the guidance found in this book could be transformative for the well being of many.



# Highlights from HOLY WEEK 2024 at **Saint Mary's**

# Christ has Risen. Truly He has Risen!

Want to share your photos of St. Mary's and have them featured in our communication materials? Send your high-resolution photos (10 MB max. per email) to Niko Kouzes at: nikouzes@gmail.com





















Photos by Mark Macres and Nikolas Kouzes



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.

Saint Mary's Greek Orthodox Church 3450 Irving Ave. So., MPLS, MN 55408







# 

# Put your talents to work in areas such as:

- Event Planning
- Loukomades
- Baking & Pastries
- Food & Drink
- Entertainment
- Marketing/PR
- Finance
- Sponsorships
- Greek Culture
- Etc.

We're looking to add hardworking team members with big dreams, and even bigger ideas. Help us make this years festival the best one yet!

For more information, contact tasteofgreece.mpls@gmail.com



Saint Mary's Greek Orthodox Church 3450 Irving Avenue South Minneapolis, Minnesota 55408

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#### **PUBLICATION DEADLINES**

**The Messenger** First Sunday of each month

Sunday Bulletin Preceding Thursday, 12:00 p.m.

#### CONTACT

3450 Irving Avenue South Minneapolis, MN 55408 stmarysgoc@stmarysgoc.org 612.825.9595 | 612.825.9283 Fax



June 2024								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
						<b>1</b> 9:00 am-Bible Study		
2 The Samaritan Woman "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy 6:30pm-Senior GOYA Glendi	<b>3</b> 12:00noon-Baklava	<b>4</b> 6:00pm-Open Gym Basketball	<b>5</b> 6:30pm-Choir Rehearsal 7:00pm-Women's Book Club	6	<b>7</b> 7:00am-Men's Fellowship	<b>8</b> 9:00 am-Bible Study 5:50pm-Youth End-of-Year Lock In		
<b>9 The Blind Man</b> 8:30am-Orthros 9:30am-Divine Liturgy	10 6:00pm-Greek Dance Practice	<b>11 Saint Nathanael</b> 9:30am-Divine Liturgy 12:00noon-Senior Citizens 6:15pm-Parish Council	<b>12 <i>Leave-Taking of Pascha</i></b> 12:00noon-Baklava 6:00pm-Vespers 6:30pm-Choir Rehearsal	<b>13 Holy Ascension</b> 8:30am-Orthros 9:30am-Divine Liturgy 11:00am-Baklava	<b>14</b> 11:00am-Baklava	<b>15</b> Saturday Bible Study on break for the summer.		
<b>16 Fathers of the First</b> <b>Council</b> 8:30am-Orthros 9:30am-Divine Liturgy 11:30am-Missions/Outreach	<b>17</b> 6:00pm-Greek Dance Practice	18	<b>19</b> 9:00am-"The Messenger" Mailing	20	<b>21</b> 7:00am-Men's Fellowship	<b>22</b> Saturday of Souls 10:00am-Divine Liturgy		
		Vacation Church School	Vacation Church School	Vacation Church School	1	]		
<b>23 Holy Pentecost</b> 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Harvest Pack 5:00pm-Pentecost Vespers	24 Monday of the Holy Spirit Nativity of John the Baptist 9:30am-Divine Liturgy 6:00pm-Greek Dance Practice	<b>25</b> 6:00pm-Open Gym Basketball	26	<b>27</b> 6:30pm-Koinonia 7:00pm-Stewardship Com.	28	<b>29</b> <i>Saints Peter &amp; Paul</i> 10:00am-Divine Liturgy		
<b>30</b> <i>The Holy Apostles</i> <i>All Saints</i> 8:30am-Orthros 9:30am-Divine Liturgy								