



THE DIVINE LITURGY

Commemoration

Sunday after Holy Cross; Nikitas the Great Martyr; Philotheos the Righteous; Bessarion of Larissa; Righteous Father Symeon, Archbishop of Thessalonica; John the New Martyr of Sfakion, Crete; Afterfeast of the Holy Cross; Porphyrios the Actor.

Morning Gospel: Matthew 28:16-20

Variable Hymns and Readings in the Liturgy

At the Second Antiphon

Save us, O Son of God, who were crucified in the flesh.
We sing to You, Alleluia.

At the Third Antiphon

Hymn of the Holy Cross, First Tone

Save, O Lord, save your people and bless your inheritance. Give victory to those who battle evil and protect us all by your holy Cross.

At the Small Entrance

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!

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.

Repeat Hymn of the Holy Cross, above

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 Holy Cross, Fourth Tone

You who were lifted on the cross voluntarily, O Christ our God, bestow Your tender compassions upon Your new community to which You gave Your name. Cause our faithful emperors to be glad in Your power, granting them the victories against their adversaries. And for an ally, Lord, may they have You, peace as their armor, the trophy invincible.

Epistle..... Galatians 2:16-20

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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."

Litany for the Catechumens

*(To be intoned in continuous pace and simple,
rolling melody for the responses.)*

Deacon: Catechumens, pray to the Lord.

People: Lord, have mercy.

Deacon: Let us, the faithful, pray for the catechumens.

People: Lord, have mercy.

Deacon: That the Lord will have mercy on them.

People: Lord, have mercy.

Deacon: That He will teach them the word of truth.

People: Lord, have mercy.

Deacon: That He will reveal to them the gospel
of righteousness.

People: Lord, have mercy.

Deacon: That He will unite them to His holy,
catholic, and apostolic Church.

People: Lord, have mercy.

Deacon: Save them, have mercy on them, help them, and
protect them, O God, by Your grace.

People: Lord, have mercy.

Deacon: Catechumens, bow your heads to the Lord.

People: To You, O Lord.

Prayer for the Catechumens

(The presiding priest reads the prayer aloud.)

Priest:

Lord our God, Who dwells on high and watches over
the humble, You sent forth Your only-begotten Son
and God, our Lord Jesus Christ, for the salvation of
the human race. Look down upon Your servants,
the catechumens, who have inclined their necks to
You, and grant them at a proper time the baptism
of rebirth, the remission of sins, and the garment of
incorruption. Unite them to Your holy, catholic, and
apostolic Church, and number them among Your
chosen flock.

Priest:

So that with us they also may glorify Your most
honorable and majestic name, of the Father and of the
Son and of the Holy Spirit, now and forever and to the
ages of ages.

People: Amen.

.....

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

Prayer Ministry

Please remember the sick, the suffering, and those in need, especially:

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 and Jassir; San Miguel Del Lago Orphanage; Sean, Krisanne, Ann, Mark, Kostantinos & Georgia, Andreas, Jonathan, Kelly, Charidimos, Jeanette, Mary, Ann, Marilyn, Donna, Betty, Dawn, Don, Nancy, Brad, Lee, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Owen, Michael, Johnny, Jaclyn Jereczek, Dena, Chris, Joy Rose, Nick, John, Demos and Eugenia, Kristina, Milton, Maureen, Andrea, Bryan, Nausika, Ron, Maria, Matt, Laura, Susan, Elias, Constance, Marina, Dion, 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, Zossima, Donnarae, Samira, Mary K., Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Irene Maria, Apostolos, Olivia, Lincoln, Carole, Patty, Karris, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Bo, Lynn, Sue & Jim, Steve, Sue, Jane, Pat, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., 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, Judi, Bodil, Ole, and others known to you.

Today

Prosforo is provided by **Ruta Kubits**

Memorial Prayers today are offered for **Aikaterini Malamà Georgousàki** (40 days) grandmother of Xaridimos Georgousakis; **Dorothy Caris Savvas** (20 years) mother of Billie Savvas Slater and Susie Hadjiyanis, yiayia of Lizzie Slater; **Christie Geanakoplos** (19 years).

The coffee hour today is hosted by the Junior GOYA. Come and enjoy a cold Greek frappe, and support the Orthodox Church in Kenya at the same time! The Junior GOYA will be preparing frappes at coffee hour for \$4 each. All funds will go to the diocese of Eldoret, in northern Kenya.

Food Shelf Needs for September 22



*Hygiene items
(toothpaste, toothbrushes, soap,
shampoo, conditioner)*

September's recipient is Joyce Uptown Foodshelf.
*Please do not bring opened packages. They will
be discarded.*

Announcements



Festival Food for Sale

We have some food items (such as spanakopita) left from the Festival that are being offered for sale after this morning's Liturgy. You'll find the goods in the Great Hall.



Festival Lost and Found

You will also find a cart of Festival lost and found items by the food sale. Please look over the items and claim yours before the end of the month.



Saint Mary's Seniors' Meeting

Tuesday, September 17

St. Mary's Seniors will meet on Tuesday, September 17 (the third Tuesday of the month), at 12:00 noon in the Terrace Room. We will celebrate September birthdays and anniversaries, enjoy a potluck luncheon (please bring an item to share), and cake by Terri Leckas. Our program will feature speaker/author, Ben Kyriagis, who will talk about his book, *Don't Marry an American-A Memoir of Coming to America*. There will be a short meeting and announcements after our program. All St. Mary's Seniors (55+) are invited to join our lively group. Dues are currently \$15 annually. For further information, please contact President Tessie Bourdamis or any current officer.

Calendar of the Week

Sunday, September 15: Sunday after Holy Cross

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

after Liturgy – Church School Teacher Meet and Greet, *Terrace Room*

11:30 a.m. – Missions and Outreach Meeting, *Fireside Room*

Tuesday, September 17

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

6:00 p.m. – Adult Open Gym Basketball, *Great Hall*

6:30 p.m. – Philoptochos Board, *Fireside Room*

7:30 p.m. – Young Women's Bible Study, *Patty Christpulos' home*

Wednesday, September 18

6:30 p.m. – Choir Rehearsal, *Nave*

Thursday, September 19

6:30 p.m. – Koinonia, *Fireside Room*

Friday, September 20

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

Men's Retreat begins

Saturday, September 21

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

5:00 p.m. – Great Vespers – Bring a Friend!

after Vespers – Bring-a-Friend Reception, *Terrace Room*

Sunday, September 21: Sunday after Holy Cross

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

Church School begins



Saturday Bible Study Resumes

Saturday Bible Study resumes for a new season on Saturday, September 21, at 9:00 a.m., in the Fireside Room. Cory Mork will begin the study series.

All adults are invited to attend!



Bring-a-Friend Vespers

Reach out and “Bring a Friend” to Vespers on Saturday, September

21. Vespers is at 5:00 p.m. followed by a special presentation and

refreshments. What a great way to introduce your friends and family to Orthodoxy.



Philoptochos News

Sign Up to Help at Our Table on Sundays!

We would love for you to help at our table on Sundays. Please stop by and sign up to sit at the table on a specific Sunday to assist in answering questions and promote individuals to sign up for activities happening in the coming weeks. We only need ladies to be there after Liturgy till about noon.



Mark Your Calendars! Fall Kick Off Dinner and Meeting Tuesday, September 24, 5:30 p.m.

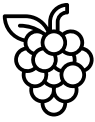
Philoptochos members will have a social gathering with cocktails and beverages at 5:30 p.m. and dinner served at 6:00. There will be a short meeting following with all the information on what has happened in the past two months and what is coming up. You don't want to miss this annual event. Stop by the Philoptochos table to sign up to attend, as well as to help with set-up, serving and clean-up.



*Scan to
Sign Up*

Feed the Hungry at FOCUS Sunday, September 29

We are blessed once again for the opportunity to feed those in need. On Sunday, September 29, we are providing a warm rigatoni supper for the clients of FOCUS. Please join us by providing a portion of that meal, which you will prepare at home and deliver to church on September 29, or by volunteering to serve that evening at the center. Sign up at this link: <https://bit.ly/24FallFocus> or at our Philoptochos table on Sunday. Pans and recipes will be provided for those making pasta or green beans.



LOMC Fundraiser

Support the Lyn Olson Medical Crisis Program (LOMC) and enjoy an afternoon filled with live music, laughter plus the tastes of Rustic Roots wines and our favorite Ladies of St. George caterers. Rustic Roots Winery is located at 20168 St. Croix Trail North in Scandia, Minnesota. The event is Sunday, September 22, 2024, 3:00-6:00 p.m. Tickets are on sale now at lomcp.com: \$40 adults, includes meal and 2 drinks; accompanying children under 16 free.



Scan to Sign Up

Sponsor a Meal

Orthodox Christian Fellowship (OCF) at the University of Minnesota holds bi-weekly chapter meetings. OCF would love to provide a meal for their members at each meeting. They are seeking meal donations from parishioners in the Twin Cities area and have a website where they can sign up to sponsor a meal. Questions may be directed to: John Taylor at tayl1998@umn.edu

YAL News



Connect Conference 2024

October 4-6

This year the Connect Conference will be in Nashville, Tennessee. It is a conference for anyone ages 21 to 39 looking to better connect us to our faith, the church, and each other. You can find more details and registration or follow their Instagram account @Connectorthodox.



2024 YAL Pittsburgh Conference

October 18-20

This conference is open to Orthodox Christians ages 18-35 of any jurisdiction and from anywhere in the country. The theme is *“Won’t you be my neighbor? Embracing the world in love.”* To learn more, scan the code.



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!



*Scan to
Sign Up*

Fall Semester Byzantine Chant Class

Tuesday nights at 6:30 on a weekly basis, our Head Chanter, Joseph Karos, will be teaching an introduction to Byzantine Chant class. Students of BYZN 101 will learn to read Byzantine notation and will walk away with a basic understanding of each of the eight modes. In learning the theory of the Byzantine modes, students will also get the experience of learning how to chant and practical exercises. The class will be held weekly at St. Mary's at 6:30 p.m. in Sunday school room #2 and is open to all parishioners free of charge. The class begins October 8 and ends February 25, with a few weeks' "Christmas Break." Prior music experience is helpful but not required! Come and learn the rich tradition that our liturgical music has to offer! To register, scan this QR code or email Joseph@stmarysgoc.org!



*Volunteer
Registration*

Taste of NE Festival

September 20 – 21, 2024

St. Mary's Orthodox Cathedral would like to invite you to their annual Taste of NE Festival! The Festival offers food, live music, dancing, raffles, Bingo, shopping, and more! It will be held 20-21 September 2024. The Festival committee is also looking for some volunteers. If anyone is interested they may sign-up using the QR codes (*Top: September 20, Bottom: September 21*).

St. Mary's Orthodox Cathedral, 1701 5th St. NE, Minneapolis





Children's Glendi and Pizza Party

Saturday, September 28

Join us for a Greek glendi for the children of the parish (preschool and elementary aged children of the parish and their families are welcome.), complete with pizza and dancing, on Saturday, September 28, 5:00-8:00 p.m.! The Sioris/Kempf family will provide music, pizza, and beverages with a recommended \$10 free-will offering per person attending. All proceeds will go towards future costumes and needs of future dance troupes to continue fostering Greek dancers at St. Mary's! Please RSVP by Sunday, September 22, to: <https://tinyurl.com/5yrce65t>



Scan to
RSVP

Please note - this is not a drop-off event, and you are responsible for your own children.



Women's Pilgrimage to St. Paisius Monastery

Tuesday, January 28 – Saturday, February 1, 2025

A small group pilgrimage to visit the St. Paisius Monastery in Safford, Arizona is being planned for the end of January 2025. There is room for 8 pilgrims. The monastery does not charge us for our stay, however, it is proper to leave a donation if you can. The cost of airfare right now ranges from \$400 – \$550 and is subject to change. Tickets will be purchased at the end of October. There is also a cost for a rental van for the group. The cost of this van is determined by how many pilgrims attend. The Monastery website is: stpaisiusmonastery.org. Please familiarize yourself with visitor information. **Contact Sandra Anderson with any questions: asformess69@gmail.com or 612.940.8933.**



Did you know?

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

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

Digital Donation Options

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

*This number will never send unsolicited texts.





C O M E

S E E

GREAT VESPERS • PRESENTATION • REFRESHMENTS

Saturday,
September 21, 2024
5:00–7:00 p.m.

**Come experience the
Ancient Christian Church
and learn about the faith.**

This is a wonderful opportunity to bring a friend, who has been interested or curious about your Orthodox Christian Faith, to a short evening Vespers service. Afterwards there will be a brief presentation and refreshments. We hope to see both familiar and new faces.



ST. MARY'S
GREEK ORTHODOX CHURCH

3450 IRVING AVE. SOUTH, MPLS, MN 55408 | www.stmarysgoc.org

“It (the Cross) manifests a great mystery: that both things in heaven, and things under the earth, and all the furthest bounds of the things that are, are ruled and sustained by Him Who gave an example of this unspeakable and mighty power in the figure of the Cross.”

— Saint Gregory of Nyssa

Daily Bible Readings

Monday, September 16

II Corinthians 6:1-10 • Luke 7:36-50

Tuesday, September 17

II Corinthians 8:16-24; 9:1-5 • Luke 3:23-38, 4:1

Wednesday, September 18

II Corinthians 9:12-15; 10:1-7 • Luke 4:1-15

Thursday, September 19

II Corinthians 10:7-18 • Luke 4:16-22

Friday, September 20

Ephesians 6:10-17 • Luke 21:12-19

Saturday, September 21

I Corinthians 1:26-31; 2:1-5 • John 8:21-30

Sunday, September 22

First Sunday of Luke

I Corinthians 16:13-24 • Luke 5:1-11



Saint Mary's Greek Orthodox Church

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