



ST. MARY'S
GREEK ORTHODOX CHURCH

September 22, 2024
The First Sunday of Luke

THE DIVINE LITURGY

Commemoration

First Sunday of Luke; Phocas the Martyr, Bishop of Sinope;
Phocas the Gardener; Martyrs Isaac, Martin, and
the 26 Monk-martyrs of Zographou Monastery

Morning Gospel: Mark 16:1-8 *Tone: Fourth*

Variable Hymns and Readings in the Liturgy

At the Second Antiphon

Save us, O Son of God, who rose from the dead,
save us who sing to you: Alleluia!

At the Small Entrance

Resurrection Hymn, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with 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!

Repeat the Resurrection Hymn, above

Hymn of Saint Phocas, Fourth Tone

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Phocas. Intercede with Christ our God, beseeching Him to save our souls.

Hymn of 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, Second Tone

O unfailing protection of Christians, and our faithful advocate before the Creator: though we are sinners, do not ignore our entreaty; but in your goodness, grant your timely help to us who appeal to you in faith. Quickly make intercession; on our behalf make speedy supplication, O Theotokos, for you always protect those who honor you.

Epistle..... I Corinthians 16:13-24

Brethren, be watchful, stand firm in your faith, be courageous, be strong. Let all that you do be done in love. Now, brethren, you know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints; I urge you to be subject to such men and to every fellow worker and laborer. I rejoice at the coming of Stephanas and Fortunatus and Achaicos, because they have made up for your absence; for they refreshed my spirit as well as yours. Give recognition to such men. The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. All the brethren send greetings. Greet one another with a holy kiss. I, Paul, write this greeting with my own hand. If any one has no love for the Lord, let him be accursed. Our Lord, come! The grace of the Lord Jesus be with you. My love be with you all in Christ Jesus. Amen.

Gospel..... Luke 5:1-11

At that time, as Jesus was standing by the lake of Gennesaret, he saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, he asked him to put out a little from the land. And he sat down and taught the people from the boat. And when he had ceased speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all who were with him, at the catch of fish which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed him.

Litany for the Catechumens

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

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.

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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, Karrisra, 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 **Barbara Nichols**.

Memorial Prayers today are offered for **Eleni**

The coffee hour today is hosted by by **Christ and Dena Angelos**
in celebration of their 30th wedding anniversary.

Food Shelf Needs for September 29



Coffee and Tea

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

Announcements



Coffee Hour Host Needed

A coffee hour host is needed for Sunday, October 6. If you would like to serve the coffee hour, please contact the Church Office, 612.825.9595.



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 **today**:

<https://tinyurl.com/5yrce65t>

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



Scan to
RSVP



Join the Visitation Ministry

Visitation is a very rewarding ministry at St. Mary's! It's a beautiful and loving way to bring the Church to our homebound parishioners! Volunteer visitors are frequently requested by our VIPs (Very Important Parishioners of various ages who are unable to attend church)! Visitor Training only takes an hour or less. We only ask that you visit one parishioner, once per month, and let Fr. Jason or Doria know how it went via email. Currently we have three parishioners waiting to be visited in the following areas: **Minneapolis - Jones Harrison; Roseville - Jackson House; Medina - Wealshire of Medina** Doria is happy to train new visitors by appointment: 612.968.7681 mobile (Monday-Friday) Please prayerfully consider joining our Visitation Team!

Calendar of the Week

Sunday, September 22: Sunday after Holy Cross

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

Church School begins

after Liturgy – HOPE/JOY Kick-Off, *Youth Room*

Tuesday, September 24

5:30 p.m. – Philoptochos Dinner and Meeting, *Terrace Room*

Wednesday, September 25

9:00 a.m. – “The Messenger” Mailing, *Fireside Room*

6:30 p.m. – Choir Rehearsal, *Nave*

Thursday, September 26: Saint John the Theologian

9:30 a.m. – Divine Liturgy

7:00 p.m. – Stewardship Committee, *Fireside Room*

Saturday, September 28

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

5:00 p.m. – Great Vespers

After Vespers – Children’s Glendi, *Great Hall*

Sunday, September 29: Second Sunday of Luke

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

after Liturgy – Junior GOYA Kick-Off, *Youth Room*



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.**



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.



Taste of Greece Bake Sale says, "THANK YOU!!"

A HUGE thank you goes out to our Festival Bake Sale co-chairs Paulette Hastings and Cathy Forchas, cookie and baked good captains, baking and packaging session volunteers and all the Festival weekend volunteers. We are grateful for everyone's participation, which resulted in excellent products and big sales.

“Quietude in solitude is no small teacher of virtue...No matter where you are, you can set up your sanctuary. Just have pure intentions and neither the place nor the time will be an obstacle, even without kneeling down, striking your chest or raising your arms to heaven. As long as your mind is fervently concentrated you are totally composed for prayer. God is not troubled by any place. He only requires a clean, fervent mind and a soul desiring prudence.”

— *Saint John Chrysostom*

Daily Bible Readings

Monday, September 23

Galatians 4:22-27 • Luke 1:5-25

Tuesday, September 24

II Timothy 3:10-15 • Luke 10:38-42, 11:27-28

Wednesday, September 25

II Corinthians 13:3-13 • Luke 5:33-39

Thursday, September 26

John the Theologian

I John 4:12-19 • John 19:25-27; 21:24-25

Friday, September 27

Galatians 2:6-10 • Luke 6:17-23

Saturday, September 28

II Corinthians 4:6-15 • Luke 6:17-23

Sunday, September 29

Second Sunday of Luke

II Corinthians 1:21-24; 2:1-4 • Luke 6:31-36



Saint Mary's Greek Orthodox Church

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

Weekly Bulletin Submissions to: Communications@stmarysgoc.org

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