



ST. MARY'S
GREEK ORTHODOX CHURCH

September 8, 2024

The Nativity of the Theotokos

THE DIVINE LITURGY

Commemoration

Sunday before Holy Cross; The Nativity of Our Most Holy Lady
the Theotokos and Ever-Virgin Mary.

Morning Gospel: Luke 1:39-49, 56

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 Third Antiphon

Hymn of the Birth of the Theotokos, Second Tone

Your nativity, O Theotokos, has proclaimed joy to the whole universe;
for from you did shine forth the Sun of justice, Christ our God, annulling
the curse, and bestowing the blessing, abolishing death and
granting us life everlasting.

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, Second Tone

When you descended into death, Life immortal, you vanquished the power
of hell by your resplendent divinity, and when you raised the dead from the
depths of darkness, all the heavenly powers cried out triumphantly:

O giver of life, Christ our God, glory to you.

Repeat Hymn of the Birth of the Theotokos, above

Kontakion of the Nativity of the Theotokos, Second Tone

By your holy nativity, O pure one, Joachim and Anna were delivered from
the reproach of barrenness; and Adam and Eve were delivered from the
corruption of death; your people do celebrate it, having been saved from the
stain of iniquity, crying unto you: The barren does give birth to the Theotokos,
who nourishes our life.

Epistle.....Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel..... John 3:13-17

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

.....

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.

Megalynarion, *Plagal Fourth Tone*

Virginity is a state alien to mothers, and childbirth is foreign to those who are virgins. But in you, Theotokos, have both of these been accomplished. Indeed all generations everywhere now call you blessed evermore.

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

Communion Hymn

I will take up the cup of salvation, and call upon the name of the Lord. Alleluia. (Psalm 115)



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 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, Karrisa, 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 **Philoptochos**



2024 Greek Festival—Last Day!

For guests that have joined us for Saturday Evening Vespers, Divine Liturgy, and the Festival, thank you for joining us! And thank you to ALL the hard-working volunteers who have put in MANY hours. We are blessed for your efforts. Thank you.

Food Shelf Needs for September 15



Canned Meal—large cans (i.e. Chili / Pork and Beans)

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

Announcements



Introduction to Orthodox Christianity Catechism Course

MEOCCA catechism course, Intro to Orthodox Christianity, begins on Tuesday, September 10. The catechism classes are open to all: people interested in learning more about Orthodox Christianity, inquirers, catechumens, and current Orthodox Christians as well. Classes will be held on Tuesday evenings from 7:00-9:00 p.m. in person (St. George Greek Orthodox Church, 1111 Summit Avenue, St. Paul) or online via Zoom. Learn more and register at www.meocca.org, under "Our Faith" tab.



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 8: Nativity of the Theotokos

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

12:00-9:00 p.m. – Greek Festival

Monday, September 9

8:30 a.m.-3:00 p.m. – Greek Festival Cleanup and Storage Packing

Tuesday, September 10

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

Thursday, September 12

7:00 p.m. – Women’s Book Club, *Fireside Room and on Zoom*

Friday, September 13

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

6:00 p.m. – Great Vespers

Saturday, September 14: The Elevation of the Holy Cross

9:00 a.m. – Matins; 10:00 a.m. – Divine Liturgy

5:00 p.m. – Great Vespers

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*



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.

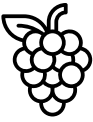
All adults are invited to attend!



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.



LOMC Fundraiser

Support the Lyn Olson Medical Crisis Program (LOMC) and enjoy an afternoon filled with live music, laughter plus the tastes 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.



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>

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



Scan to
RSVP

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.



Women's Book Club

The Ascetic of Love, by and about Saint Gavrilia, is the book the Philoptochos Book Club will be discussing on Thursday, September 12. Copies are available in the bookstore for \$26.



Philoxenia House Painting Event

Saturday, September 14

YAL Rochester and YAL Twin Cities have partnered for multiple events to serve Philoxenia House! The second event will be Saturday, September 14, after Liturgy. There are more details in the RSVP form. Please fill it out as soon as possible so they can plan for food and projects.



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.



Sponsor a Meal

**Scan to
Sign Up**

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



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!



Young Women's Bible Study will begin this fall

Young Women's Bible Study for ages 23-37. The study will be "Topical" such as: *What do we do with our Disappointments?; Why is Peace so Elusive?; What does it mean to be Holy?* All the lessons will be based on Scripture according to the Orthodox understanding, along with supplementary materials, as needed. The sessions meet from 7:30-9:00 p.m. at Patty Christopoulos' home, 5312 Highwood Drive West, Edina, MN 55436. The schedule is as follows: Tuesdays, September 17, October 1, October 15, and October 29. **New this season:** Women's Saturday Morning Bible Study (age 38+) with the same exact lesson as Tuesday. This class will meet from 8:30-10:00 a.m., also at the home of Patty Christopoulos. The dates are: Saturdays, September 21, October 5, October 19, and November 2. **Please sign up by texting Patty at 952.200.9566 by TODAY.**



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



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.**



Attention New and Continuing Acolytes Saturday, September 14

For boys going into the 3rd through 12th grades and are interested in serving in the Holy Altar, join Fr. Jason for a free acolyte retreat. The retreat schedule is:

- 10:00-11:15 a.m. – Divine Liturgy
- 11:15-11:40 a.m. – Instruction
- 11:45-11:50 a.m. – Try on Robes
- 11:50 a.m.-12:25 p.m. – Lunch at Church
- 12:25-12:40 p.m. – Walk to Lake Bde Maka Ska
- 12:40-1:40 p.m. – Boating on Lake Bde Maka Ska
- 2:15 p.m. – Pick up at Church

Please contact Fr. Jason at frjason@stmarysgoc.org to reserve a spot and also to obtain a waiver. Please return waivers before the event to Fr. Jason.



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.*





COME

SEE

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

“You must cross yourself more often because it guards you just like a lock on the door. Save yourselves and defend yourselves with the power of the honorable and Life-giving cross”

— *Saint Matrona the Blind*

Daily Bible Readings

Monday, September 9

Galatians 4:22-27 • Luke 8:16-21

Tuesday, September 10

II Corinthians 5:15-21 • John 3:16-21

Wednesday, September 11

II Corinthians 6:11-16 • John 12:19-36

Thursday, September 12

II Corinthians 7:1-10 • John 11:47-54

Friday, September 13

Hebrews 3:1-4 • Matthew 16:13-19

Saturday, September 14

The Elevation of the Holy Cross

I Corinthians 1:18-24 • John 19:6-11, 13-20, 25-28, 30

Sunday, September 15

Sunday after Holy Cross

Galatians 6:11-18 • John 3:13-17



Saint Mary's Greek Orthodox Church

3450 Irving Avenue South, Minneapolis, Minnesota 55408-3399

612.825.9595 | stmarysgoc.org | social: [@stmarysgoc](#)   

Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas

Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon

Weekly Bulletin Submissions to: Communications@stmarysgoc.org

Weekly Bulletin Submission Deadline: Mondays