



ST. MARY'S
GREEK ORTHODOX CHURCH

March 2, 2025

Forgiveness Sunday (Cheesefare)

THE DIVINE LITURGY

Commemoration

Forgiveness Sunday; Hesychius the Martyr; Our Holy Father Nicholas Planas; Joachim of Vatopedi who was given the name Papoulakis; Andronikos & Athanasia the Martyrs; Theodotos the Holy Martyr, Bishop of Cyrenia; Euthalia the Virgin-Martyr of Sicily; Chad, Bishop of Lichfield.

Morning Gospel: Mark 16:9-20

Tone: Third

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, 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.

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 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!

Ἐν τῇ γενήσῃ τὴν παρθενίαν ἐφύλαξας, ἐν τῇ κοιμήσῃ τὸν κόσμον οὐ κατέλιπες,
En ti gennisi tin parthenian efilaxas en ti kimisi ton kosmon u katelipes,

Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς, καὶ ταῖς πρεσβείαις
Theotoke. Metestis pros tin zoin, mitir iparhusa tis zois, ke tes presvies

ταῖς σαῖς λυτρουμένη ἐκ θανάτου τὰς ψυχὰς ἡμῶν.
tes ses litrumeni ek thanatu tas psihas imon.

Kontakion of Forgiveness (Cheesefare) Sunday, Plagal Second Tone

O you who are the source of all wisdom and discernment, instructor of the ignorant and champion of the poor; strengthen my heart, O Master, and grant me understanding. O Word of the Father, bring words to my lips, that nothing would keep from crying out to you: In your compassion have mercy on me, for I have fallen.

Epistle.....Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel.....Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

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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.
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Communion Ushering Changes

We are implementing two ushering changes for Communion:

1. **Children's Communion Line:** After the children's sermon, ushers will direct children to form two lines in the center aisles of the north and south sections. Parents needing to assist their children should meet them there. Teachers should take communion first via any available line.
2. **Revised Communion Flow:** We are returning to the previous communion flow for the north and south sections. You will be directed to the aisles between the two sections to receive communion (where children will be staged). Your return path depends on the priest's location:
 - By the corner of the solea: Exit via the aisle in front of the north/south pews.
 - In the center section: Exit down the center aisle and return via the perimeter.

Please remain standing reverently until an usher directs you forward. Fr. Tim will provide a reminder before communion. Thank you for your cooperation!

Today

Memorial Prayers today are offered for
Leo Fecht (10 years) father of Stephanie Barakos

The coffee hour today is hosted by
the Barakos family in memory of Leo Fecht.

Welcome Visitors and Guests!

Members of our Missions and Outreach Committee are at the welcome and information table just inside the Great Hall, to the left, after Liturgy this morning to welcome you and answer your questions about St Mary's Greek Orthodox Church and the Orthodox faith. Join us for a cup of coffee and always enjoyable refreshments.



Mission Take Heart Presentation

Join us after Divine Liturgy today in the Terrace Room as Saint Mary's parishioner George Asselanis shares about his recent trip to Upper Egypt with Mission Take Heart, a charity supporting persecuted Christians worldwide. He'll discuss the church's current challenges in Egypt and efforts to aid believers in Egypt, Syria, Lebanon, Iraq, and Nigeria. A brief presentation will be followed by a Q&A.

Announcements



Lenten Dinner Host

Does your church group or family want to host a Wednesday Lenten dinner and raise some funds for a worthy cause? We have one date this Lent that is still available, March 26. Contact David in the church office (david@stmarysgoc.org) to get on the schedule.



FOCUS Clothes Closet Update A Pause on Clothing

It is time to hold back from donating Winter Clothing to FOCUS. Starting in March and through April, there will be a pause to allow FOCUS to sort and hang what they have and to change over to the summer season. However, they do need purses, cosmetic bags, billfolds, backpacks, belts and closed toed shoes.



focusmn.org

Donate Online
Visit the site, then
"Donate Now."

Utility Assistance

One of the newer services at FOCUS is a Utility Assistance Program, now in its third year. Clients are referred to FOCUS through a case manager or social worker and may receive a one time grant up to \$500 to pay past due utility balance and avoid disconnection. **If you would like to help in this Utility Assistance Program, please make a contribution to FOCUS MN, 550 Rice St., St Paul, MN 55103 or scan the code to donate.**

COMMITMENT + 2025



2025 Stewardship Pledges

Thank you to everyone who has already completed a Time, Talent, and Financial Pledge Form for 2025. If you have not yet done so, please take a moment to prayerfully complete a 2025 pledge form and return it to the church office as soon as possible. If you need a form, scan the code or contact the church office. *Please remember that to be considered a Steward in good standing for 2025, you must return your pledge form by March 31, 2025.*



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; Imogene, George, Becky, Elizabeth, Yvonne, Fran, Kosta, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, Stan, Evdoxia, Sylvia, Pete, Maria, Karen, Steve A., Athena, Betty, Sean, Krisanne, Ann, Mark, Kostantinos & Georgia, Andreas, Jonathan, Jeanette, Mary, Ann, Marilyn, Donna, Dawn, Don, Nancy, Brad, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Owen, Michael, Johnny, Jaclyn Jereczek, Dena, Chris, Joy Rose, Nick, John, Demos and Eugenia, Ron, Matt, Laura, Susan, Elias, Constance, Marina, Dion, Annali, Sofia, Juan Cruz & family, Charlie, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, Alexey, Alexandra, Ray, Christina, Joanne, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Liz, Efstratia, Jordan, David, Nino, Joe, Donnarae, Samira, Mary K., Monte, Bethany, Mark, Owen, Estelle, Justine, Melissa, Megan, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Irene Maria, Olivia, Lincoln, Carole, Patty, Karrisa, Corina, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, 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, 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.

Food Shelf Needs for March 9



Spam

March's recipient is **FOCUS Minnesota**.

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

Calendar of the Week

Sunday, March 2: Forgiveness Sunday (Cheesefare)

“The Messenger” News Item Deadline

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

After Liturgy – Take Heart Presentation by George Asselanis, *Terrace Room*

5:00 p.m. – Forgiveness Vespers

Monday, March 3: Clean Monday – First Day of Great Lent

6:00 p.m. – Greek Dance Practice, *Great Hall*

Tuesday, March 4

10:00 a.m. – Intercessory Prayer, *Nave*

11:00 a.m. – Senior Citizens’ Bible Study, *Fireside Room*

5:00 p.m. – Prosforo Workshop, *Church Kitchen*

Wednesday, March 5: Lenten Wednesday

10:00 a.m. – Housekeeping

4:00 p.m. – Holy Confession, *Nave*

5:30 p.m. – Liturgy of the Presanctified Gifts

6:45 p.m. – Lenten Dinner, *Terrace Room*

6:45 p.m. – Senior GOYA Mini Meeting

6:45 p.m. – Junior GOYA Confessions, *Nave*

7:00 p.m. – Choir Rehearsal, *Nave*

Friday, March 7: Lenten Friday

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

4:00 p.m. – Holy Confession, *Nave*

6:00 p.m. – Salutations to the Theotokos

Saturday, March 8: Third Saturday of Souls

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

10:00 a.m. – Divine Liturgy

Sunday, March 9: Sunday of Orthodoxy

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

11:30 a.m. – Parish Assembly, *Great Hall*

11:30 a.m. – Koinonia Leaders’ Meeting, *Fireside Room*

11:30 a.m. – Simpson House Cooking, *Kitchen*

5:00 p.m. – Pan-Orthodox Lenten Vespers, *St. Mary’s OCA Cathedral*



A Special Parish Assembly – March 9

A special Parish Assembly will take place next Sunday, March 9, in the Great Hall after Liturgy. Lenten snacks will be served. There are a number of items that need to be discussed and approved prior to the Spring Parish Assembly on May 4. The agenda will be:

- *Opening Prayer & Welcome*
- *Approval of Fall 2024 Parish Assembly Minutes*
- *Elect two Parish Delegates for upcoming Metropolis Clergy Laity Assemblies*
- *Vote to rescind two anonymous \$200k donations and their use from Fall 2024 Parish Assembly*
- *Approve anonymous \$400k donation for capital projects for the St. Mary's building*
- *Buildings & Grounds Project Updates and Approvals*
- *Approval of the Vicariate Clergy Wellness Fund*
- *May 4 Spring Parish Assembly*
- *Closing Prayer and Adjournment*

A Note on Contacting Our Clergy

“And on the seventh day God ended His work which He had done, and He rested.”

—Genesis 2:2

Our clergy need time to rest, too. Let us be mindful of the clergy's scheduled days off:

- **Fr. Tim - Mondays and Tuesdays***
- **Fr. Jason - Thursdays and Saturdays***

Fr. Tim and Fr. Jason rotate being “on call” for emergencies. In order to be available to receive emergency messages, they must leave their cell phones on 24 hours a day - including text alerts.

Out of respect to our clergy and their families, please do not call or text Fr. Tim or Fr. Jason before 8:30 am or after 8:30 pm- with the exception of emergency messages. The same courtesy should apply to Fr. Dcn. Paul and Fr. Dcn. Luke and their families.

Thank you for honoring our clergy and giving them the rest and respite they each deserve.

~ *St. Mary's Parish Council*

**with the exception of Great Feasts and emergencies*



St. Mary's Stewardship at Work



Our Growing Church

2024 by the Numbers

338



Stewards

154



Kids in church school

71



Families exceeded their pledge

28



Seekers & Catechumens

17



Churchings & Baptisms

7



Chrismations

6



Weddings

We are so blessed to have such a thriving and supportive church family, that truly works to live in the light of Christ and His Gospel. We are grateful for our shelter and refuge at St. Mary's.

—St. Mary's Parishioner

**As we grow, will you grow with us?
Have you considered growing your pledge?**

If you have not yet done so, please take a moment to prayerfully complete a 2025 pledge form and return it to the church office as soon as possible. Forms are available in the narthex or on the church website and are due to the office by **March 31, 2025**.





MINNESOTA  PAN-ORTHODOX
LENTEN VESPERS

SUNDAYS AT 5:00 P.M. DURING GREAT LENT

Following each service we will gather for a Lenten meal and Fellowship.

MARCH 9 St. Mary's Orthodox Cathedral

Triumph of Orthodoxy 1701 5th Street NE, Minneapolis, 55413

MARCH 16 St. Mary's Greek Orthodox Church

St. Gregory Palamas 3450 Iruing Avenue S., Minneapolis 55408

MARCH 23 St. Elizabeth Orthodox Church

Veneration of the Holy Cross 125 Congress Street E., St Paul, 55107

MARCH 30 Holy Myrrhbearers Orthodox Church

St. John of the Ladder 601 7th Avenue S., St. Cloud, 56301

APRIL 6 St. George Coptic Orthodox Church

St. Mary of Egypt 10605 36th Avenue N., Plymouth, 55441

APRIL 13 St. Herman's Orthodox Church

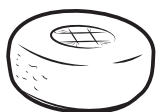
Palm Sunday Bridegroom Matins 5355 38th Avenue S., Minneapolis, 55412





Philoptochos Membership Drive

This year, our membership theme is “engagement.” You can be involved with Philoptochos in many ways, and one of them is by joining a committee. We are highlighting one committee a week during our drive! This week, we are highlighting our Program Committee! Philoptochos members come together for our General Membership Meetings most months between September and May. These gatherings provide more than just a time to connect and discuss our organization’s business—they also feature inspiring guest speakers and insightful presentations. The Program Committee plays a vital role in selecting and scheduling these speakers, enhancing the experience for all members. Joining this committee is a wonderful opportunity to bring valuable knowledge and meaningful discussions to our Philoptochos community! As a reminder, all women of the Greek Orthodox Faith who are at least 18 years of age, are eligible to join Philoptochos, even if you are brand new to our parish! For all renewing and new members, be sure to visit the Philoptochos table to receive a small token of appreciation and make your engagement as a member official! The amount of the dues is self-directed with the first \$22.00 going to National and Metropolis. Anything above \$22.00 will stay with our local chapter, which will be used prayerfully and thoughtfully to fulfill our mission.

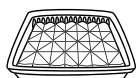


Prosforo Workshop

Tuesday, March 4* – Signup Today

If you are interested in learning how to make Prosforo, we are having a workshop just for you. All ingredients will be provided. Please bring a sfagida-stamp if you have one. All are welcome! Please sign up at the Philoptochos table today. The class will be on Tuesday, March 4, from 5:00-9:00 p.m.

** Correction on the Date*



Spring Fillo and Coffee Sale through March 9

We are taking orders for fillo and Sunday Best coffee on Sundays through March 9. Stop by our table and see Andrea Tiggas to place your order. The cost is \$6.00 per pound for fillo, \$14 per pound for coffee, and \$15 for K-cups. We accept cash, checks, and credit cards (for a small additional fee). Pickup will be on Sunday, March 16.



Operation Classroom

Bancroft Elementary School's supply closet is already running low. Let's help ensure students in grades K-5 have the supplies and clothing they need to finish the school year strong! We are collecting:

School Supplies: Yellow #2 pencils, pink erasers, notebooks, crayons, washable markers, scissors, and tissues.

Clothing: Gently used spring jackets, pants, shirts, t-shirts, underwear, and lightly worn sneakers.

Monetary Donations: Contributions will go toward gym equipment for both PE classes and after-school programs. Checks can be made out to St. Mary's Philoptochos, with Bancroft Elementary noted in the memo.

Please bring your donations to the Philoptochos table after Liturgy. Thank you for supporting this important ministry and helping these students thrive!



Tandem Baby Bottle and Needs Drive

Once again this Lent we will be partnering with the Tandem Resource Center to support families in need. Along with our Baby Bottle Drive, we are expanding our efforts with a "Needs Drive" from March 16 through Palm Sunday. In conjunction with our monetary donations, bins will be provided for essentials such as diapers, newborn clothes, socks, formula and hygiene products for the mothers. Information on Tandem and a detailed list of needs will be available at the Philoptochos table. You can also go to: wearetandem.org for more information about the wonderful work they are doing.



Pan-Orthodox Lenten Vespers Reception

Philoptochos will be serving the Pan-Orthodox Lenten Vesper meal on Sunday, March 16, and are looking for volunteers to make a Lenten dessert to share for this event. Please sign up at the table on Sundays to bring something. All types of Lenten sweets are welcome!



Philoptochos is Hosting the Lenten Meal after Presanctified Liturgy

Philoptochos will host the Lenten meal on Wednesday, March 19. We need your help! Please visit our table during coffee hour on Sundays for the next two weeks to sign up to help with set-up, serving and cleanup after. We look forward to sharing this meaningful meal with everyone!

Philoptochos News



Church Kitchen Refrigerator Monthly Clean Up

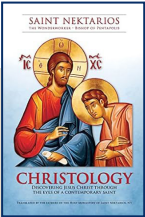
We are still looking for more volunteers for 2025 to help with keeping our church kitchen refrigerators clean. We need individuals to sign up monthly to clean out old and expired food and clean up any spills. Please stop by our table to pick a month you would be able to help.

**INSIDE
THE**



**ST. MARY'S
BOOKSTORE**

While Lent is a liturgical season of fasting, it is also a good season to feast on edifying reading for spiritual growth and development. Please visit the bookstore for a broad selection of books for people of all ages. Complimentary copies of “A Rule of Prayer for Great Lent” are available.



Christology: Discovering Jesus Christ Through the Eyes of a Contemporary Saint by Saint Nektarios is the next book the Philoptochos Book Club participants will be reading and discussing. Copies are available in the bookstore.

“When—you make the sign of the Cross on the forehead, arm yourself with saintly boldness, and reinstall your soul in its old liberty; for you are not ignorant that the Cross is a prize beyond all price.”

— *Saint John Chrysostom*



ST. MARY'S CAMP

EST. 1952

Saturday, June 28 – Friday, July 4, 2025
Camp Wapogasset • Amery, Wisconsin

A tradition of faith, fellowship, and joy.

By God's Grace, St. Mary's Summer Camp program has made a profoundly joyful impact on the lives of campers and staff. It is one week out of the year that provides a rare opportunity to live in true Orthodox community. **Youth entering school grades 3 through 12 in the fall of 2025 are eligible to attend.**

CAMP REGISTRATION WINDOW: MARCH 1-APRIL 15, 2025

Register between March 1-15 to get the early-bird reduced price.

For more information and to register, visit:

stmaryscamp.com



f Follow us **@stmaryscamp** on Facebook for updates
Email Questions to: **camp@stmaryscamp.com**

Sponsored by



ST. MARY'S
GREEK ORTHODOX CHURCH

Minneapolis, Minnesota

SAINT MARY'S VACATION CHURCH SCHOOL



Just as the early settlers faced challenges on their journey west, Christians also encounter obstacles on the path to our heavenly promised land. At Vacation Church School, kids will learn what spiritual equipment they need, how to be courageous, who helps them along the way, and how to use grit and perseverance to stay on the Christian trail to paradise.

Join us for an unforgettable faith-filled adventure with lessons, crafts, snacks, and fun! Scan the code to register your child today!

For cowpokes 4 years old (and potty trained) through entering 6th grade in the fall
Helper's needed: 7-12th graders (in the fall).

REGISTER HERE



JUNE 16 - 20, 2025

At Saint Mary's, 8:45 a.m. - 12:00 Noon

Quick Links

Stay in Contact



To join our mailing list or update your contact information, scan the code.

Digital Donation



To make a donation or stewardship offering, scan the code.

Daily Bible Readings

Monday, March 3: Clean Monday (First Day of Great Lent)

Genesis 1:1-13 • Proverbs 1:1-20

Tuesday, March 4

Genesis 1:14-23 • Proverbs 1:20-33

Wednesday, March 5

Genesis 1:24-2:3 • Proverbs 2:1-22

Thursday, March 6

Genesis 2:4-19 • Proverbs 3:1-18

Friday, March 7

Genesis 2:20-3:20 • Proverbs 3:19-34

Saturday, March 8: Third Saturday of Souls

II Timothy 2:1-10 • Mark 2:23-28; 3:1-5

Sunday, March 9: Sunday of Orthodoxy

Hebrews 12:1-10 • John 1:43-51



Saint Mary's Greek Orthodox Church

3450 Irving Avenue South, Minneapolis, Minnesota 55408-3399

612.825.9595 | stmarysgoc.org | social: [@stmarysgoc](https://www.instagram.com/stmarysgoc)   

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

Weekly Bulletin Submissions to: Communications@stmarysgoc.org

Weekly Bulletin Submission Deadline: Mondays