



THE MESSENGER

MARCH 2025

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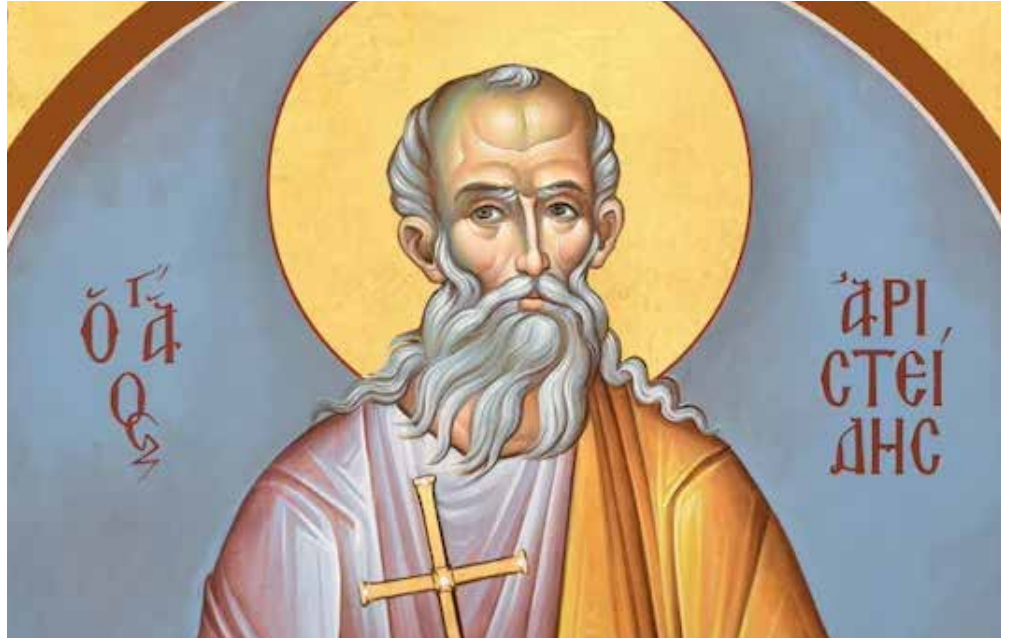
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Our Mission Statement

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



A Lesson from a Saint.

As Orthodox Christians, we find ourselves getting ready to start the Great and Holy Lent offered by the Church to prepare us for the Great Feast of Christ's Resurrection. Great Lent is a season of the church year that brings us many opportunities. Reducing Great Lent to just a liturgical season or a period of atypical food fasting is wrong, and it would likely not provide any real intended results.

In the second century, St. Aristides of Athens wrote a detailed document to the ruling Caesar, named Antoninus Pius, in which he described the four different religious groups in the Roman Empire. Antoninus was one of the rulers of the Antonine dynasty who were known and respected as Good Emperors. Like his father, Emperor Hadrian, Antoninus maintained

(Continued on page 5)

A Note from Nick Kasemeotes, Development Officer for IOCC

Dear Friends of IOCC in the Twin Cities area,
 I pray you all are well! I am planning to be at St. Mary's Greek Orthodox Church for the Presanctified Liturgy on Wednesday, March 12, 5:30 p.m. Following the service, you are invited for a fellowship meal and update on IOCC's programs. There will be an opportunity to ask questions and to donate. I hope to see you all! Thank you for your support of IOCC and those in need!

In Christ,
Nick

Our Life Together

Marriage

**Spencer Coop to
Christofili Chronakos**
January 18, 2025

Sympathy

We extend our sympathy to Kutzi Priest on the passing of her sister Eve Konstantine (Becka Barbatsis) on Sunday, January 19. May her memory be eternal.

Fellowship and Study Groups

Koinonia

Thursday, March 20
6:30 p.m., Fireside Room

Men's Fellowship

Fridays, March 7 and 21
7:00 a.m., Fireside Room

Saturday Bible Study

Every Saturday, 9:00 a.m.
Fireside Room and on Zoom

Senior Citizens' Bible Study

Tuesdays March 4 and 18
11:00, Fireside Room and on Zoom



The second Saturday of Souls is March 1 and the third Saturday of Souls is March 8.

Share YourShelf

March's recipient is

FOCUS MN

IMMEDIATE NEEDS:

Pasta / Pasta Sauce, Canned Veggies,
Tuna, Cereal

Sunday, March 2

Oatmeal or Cream of Wheat

Sunday, March 9

Spam

Sunday, March 16

Peanut Butter

Sunday, March 23

Canned Meat (i.e., tuna / chicken)

Sunday, March 30

Peanut Butter and Jelly



www.focusmn.org



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

St. Mary's Bookstore

Sundays, after Liturgy until 1:00 p.m.
Stop by and explore the selection of Orthodox Christian literature, icons, and gifts.



**GREAT LENT BEGINS
MONDAY, MARCH 3**

March Worship Schedule

Saturday evening Great Vespers will not be held during Great Lent.

Sundays (live-streamed)

Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Saturday, March 1

Second Saturday of Souls
Divine Liturgy – 10:00 a.m.
Great Vespers – 5:00 p.m.

Saturday, March 8

Third Saturday of Souls
Divine Liturgy – 10:00 a.m.

Monday, March 24

Eve of Annunciation
Great Vespers – 6:00 p.m.

Tuesday, March 25

Annunciation of the Theotokos
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Lenten Weekday Schedule

Wednesdays

4:00 p.m. – Holy Confession
(No Appointments Taken)
5:00 p.m. – Divine Liturgy of the
Presanctified Gifts
6:45 p.m. – Lenten Dinner and
Youth Activities
7:00 p.m. – Choir Rehearsal

Fridays

4:00 p.m. – Holy Confession
(No Appointments Taken)
6:00 p.m. – Salutations to the
Theotokos

Lenten Pan-Orthodox Vespers

Sundays at 5:00 p.m.

Lenten Vespers will be held at various Orthodox churches. Please see the included flyer for details.

Parish News & Events

St. Mary's Church Staff

Proistamenos

Fr. Timothy Sas

Associate Priest

Fr. Jason Houck

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

St. Mary's Parish Council

President

Nicholas Santrizos

Vice President

Louis Tiggas

Secretary

Elisabeth (Libby) Cheolis

Treasurer

Cristina Nicklow

Assistant Treasurer

Athena Mihos

Members

Benjamin Amundgaard

Alex Dascalos

Louis Ellis

Andrew Gatchell

Andrew LeRoy

Chris Menke

Sophia Rouman



Thank You

The Hellenic Sons of the American Legion Squadron 129 is blessed to be connected to a congregation that supports our community projects at such a high level. We truly thank all of you for that support!

In December, the Sons Squadron initiated a Toys for Tots and Teens gift-drive. Well over 200 gifts were collected and distributed to the Marine Corps' Toys for Tots program and Hennepin County Medical Center, Pediatric unit. All of the gifts were distributed in time for Christmas and were MUCH appreciated.

On January 25, The Sons Squadron completed a blood drive in partnership with the Memorial Blood Bank Center. Our Parish signed up in a big way and 27 units of much needed blood were donated to the program. Our goal was 25 units, so we did better than we had even hoped for.

With St. Mary's support, we hope to continue these programs in the future.

Thank You,
Hellenic Sons Squadron 129, American Legion

Mission Take Heart Presentation

Sunday, March 2

Saint Mary's parishioner George Asselanis will speak on his recent trip to Upper Egypt with Mission Take Heart, a charity that supports persecuted Christians around the world. He will speak on his experience, the state of the current persecution of the church in Egypt, and the work being done to support the body of Christ in Egypt, Syria, Lebanon, Iraq, and Nigeria. Please join him in the Terrace Room after Divine Liturgy on Sunday, March 2, for a brief presentation followed by an opportunity for questions.

Annunciation/Greek Independence Day Luncheon

Sunday, March 23

Mark your calendar! Sunday, March 23, is the date for the annual Annunciation/Greek Independence Day Celebration. Join us in the Great Hall, following the Divine Liturgy, for a delicious luncheon of spaghetti, Greek salad, French bread, and cake. Enjoy a delightful program featuring our youth with singing, readings, instrumental performances, and Greek dancing by the St. Mary's Greek Dance Troupe. Freewill donations will be accepted at the luncheon - suggested: \$10 for adults, \$5 for children under 10. Net proceeds will be donated to the AHEPA District #14 Educational Foundation and to the St. Mary's Greek Dance Troupe.

Parish News & Events

Seeking a Caring Companion for an Older Adult

A local family is looking for a compassionate and dependable individual to provide part-time caregiver companionship for elderly loved one. Responsibilities may include friendly conversation and occasional assistance with daily activities. No medical care is required. Knowledge of the Greek language would be appreciated but is not required. Flexible hours available. If you or someone you know is interested, please contact David at the church office for more details. Your kindness and time could make a meaningful difference!

News from Icon Art Studios

Icon Class

Registrations are currently being accepting for Session 3 icon class. The icon we will create will be of **St. Phoebe Deaconess of the Church**. Session 3 icon class will be held at The Basilica of Saint Mary in downtown Minneapolis on Saturdays, March 8, 15, April 5 and 12 from 9:00 a.m. - 1:00 p.m. Cost for tuition and supplies is approximately \$298. Cost for tuition only is \$155. To register, please contact Deb at akorluka@aol.com or 612.889.5868

2025 Serbia Pilgrimages

September 23-October 5

Please consider joining this pilgrimage event in 2025! Icon Art Studios recently hosted two pilgrimages to Serbia. These experiences were extremely successful in the warmth and expertise of our host and tour guide from Belgrade/University of Belgrade.

“To go on a pilgrimage is to travel at a much deeper and life-changing level. It is to travel by searching for God, as God is searching for us.”

The itinerary consists of visits to beautiful ancient and historical monasteries every day including visits to wineries and hotel spas. The history of Serbia is told through its ancient monasteries and medieval art. Tour begins and ends in Belgrade. Many Serbian cities are included.

Icon students: we are holding a gilding workshop in Miroslav's hometown. Please inquire if you may be interested in learning more about the water bole technique. Please call or e-mail Deb Korluka at 612.889.5860 or akorluka@aol.com



Lenten Dinner Host Openings

Does your church group or family want to host a Wednesday Lenten dinner and raise some funds for a worthy cause? We have two dates this Lent that are still available. They are March 26 and April 9. Contact David in the church office (david@stmarysgoc.org) to get on the schedule.



YAL Chicago Spring Retreat

Friday, March 7, 6:30 p.m. through Sunday, March 9, 2025 at 3:00 p.m. YAL Chicago Spring Retreat 2025 at the St. Iakovos Retreat Center. Scan the code to register.



Seeking the Faith

Just learning about Orthodoxy? Relatively new to Orthodoxy? Please join us for our Seekers group in the Fireside Room. This is a chance to get together to learn more. Led by Presvytera Alexandra Houck. This class is a supplement—not a substitute—to our MEOCCA Catechism that meets at St. George Greek Orthodox Church.*

Topics will include:



Prayer life, how we read the Bible, various services of the Church, living the Church year/seasons of the Church, Church culture and etiquette, Lent, Saints, icons, and building an Orthodox mindset.

MEETING DATES: March 16 and April 6

Meet in the Fireside Room, after Communion, about 10:45 to 11:15 a.m.



ST. MARY'S
GREEK ORTHODOX CHURCH

*For the MEOCCA catechism course, visit:
<https://meocca.org/our-faith/cooperative-catechism>

A Lesson from a Saint.

(Continued from page 1)

the practice that Christians were to be left alone unless they committed a crime. To be clear, Emperor Antoninus did not officially give freedom of worship to the Christians, but did not persecute them. Aristides was known as a Philosopher from the Athenian school and respected as a teacher. In his work, St. Aristides took the time to help Emperor Antoninus understand the mindset and approach to everyday life for the four different religious groups, as he saw them. Antoninus called the four groups: Barbarians, Greeks, Jews, and Christians. Of course, there were other ethnic and religious groups in the Empire, but this was his categorization. Antoninus described the gods and religious practices, and the life habits based on those religious practices for each group; some of them he was highly critical of.

In describing the Christians, he pointed out all the wonderful virtues that our Church has taught from the time of the Apostles. The way St. Aristides described the life habits of the Christians revealed both Christian men and women to be practicing great

self-control and attentiveness to subduing passions, rejecting temptations, and choosing self-sacrifice for an increased connection with God. They considered the Christian mindset and philosophy of life to be honorable and admirable.

This is a good lesson for developing the right mindset for the practice of fasting as one of our faith habits. St. Aristides praised the restraint and discipline of the Christians. These two words “restraint and discipline” are useful for us also as we prepare for Great Lent. Fasting includes restraint in our consumption of food, alcoholic beverages, and entertainment. We add to this the discipline of increased worship, personal prayer, and almsgiving.

As we look to the start of Great Lent let’s make a firm plan to apply this type of restraint and discipline that leads us into a closer and more meaningful relationship with Christ God and each other.

Need a new Time, Talent, and Financial Pledge Form? Scan the Code.

What’s the difference between a Steward and a Donor?

Steward: A baptized and chrismated Orthodox Christian who lives the religious and moral practices of the Church, is at least 18 years of age, abides by Archdiocese Regulations and Parish By-laws, cooperates in every way to the wellbeing of the parish, and completes a Stewardship Time, Talent, and Financial Commitment Pledge form yearly. Please note that the amount (if any) of the pledge does not impact the steward’s ability to be in good standing. This is accomplished by merely completing a Pledge form.

Donor: Makes a financial donation to the parish without signing a Pledge form, does not receive the discounted Steward rate for Sacraments, and cannot vote or run for office in the parish assembly.

STEWARDSHIP PLEDGE FORMS ARE DUE MARCH 31, 2025

Become a committed steward of Saint Mary’s by completing the **2025 Time and Talent Pledge Form.**





St. Mary's Parish Council

President

Nicholas Santrizos

Vice President

Louis Tiggas

Secretary

Elisabeth (Libby) Cheolis

Treasurer

Cristina Nicklow

Assistant Treasurer

Athena Mihas

Members

Benjamin Amundgaard

Alex Dascalos

Louis Ellis

Andrew Gatchell

Andrew LeRoy

Chris Menke

Sophia Rouman

COUNCIL CORNER

This letter will mark the first of monthly updates - called the "Council Corner" - in which I will share information on the ongoing activities and priorities of your Parish Council for 2025. First, a special "thank you" to...

- **Jeannie Possis** for her leadership of St. Mary's for the last two years and for her support in the leadership transition to 2025.
- **Louis Tiggas** and **Katherine Boosalis** for encouraging me to draft these short updates to keep you all informed.
- **Libby Cheolis**, our Secretary, for educating me on the finer points of "Robert's Rule of Order" and for posting the monthly PC minutes for your review on the Northside bulletin board.
- **Dean Psychogios, Sean Gabor, Andy Theodotou, and Scott Rudquist** for cleaning the clutter out of the boiler room, a project to help our HVAC system run smoothly.

Parish Council 2025 Priorities

Father Tim and the Parish Council have three priorities for St. Mary's for 2025:

1. Stewardship

Build our giving muscle by fostering the spirit of donating our resources of money, time and talents.

2. Ministries

Strengthen and mobilize our ministries to allow them to effectively work on behalf of our church for our parishioners and our community.

3. Parish Engagement and Growth

Encourage a nurturing spirit for greater engagement and a welcoming mindset for enhanced growth of our Church.

We will keep you updated on these objectives and more throughout the year. I encourage you to tap me on the shoulder, or any member of the Parish Council, during the Sunday coffee hour to share what you love about St. Mary's and where you'd like to see us improve. While we appreciate speaking with you directly, the PC has also established a special email inbox - viewfromthepew@stmarysgoc.org - should you wish to share your thoughts in writing.



In Christ,
Nick Santrizos
St. Mary's Parish Council President
viewfromthepew@stmarysgoc.org

Philoptochos



Upcoming Activities

February Philoptochos Meetings

Tuesday, March 18, 6:30 p.m.

Board Meeting, Fireside Room

Sunday, March 30, 11:45 a.m.

Philoptochos Meeting, Terrace Room

Membership Drive Is Underway

Now Through March 31

For 80 years, women of our parish have served as the philanthropic arm of the church through Philoptochos. We invite you to engage in our chapter in our efforts! If you are looking for an opportunity to focus in one area, joining one of our many committees is a wonderful way to engage. Stop by our table during the coffee hour on Sundays throughout the month to get more information on membership, our committees, and sign up to volunteer for upcoming activities. You may also drop off your membership form and receive a small engagement gift! Note that membership dues are determined by each individual, with the first \$22 going to our Metropolis and National Philoptochos and anything above that staying with our chapter.

Spring Fillo and Coffee Sale

Sundays, March 2 and 9

Fresh fillo is the best fillo, and it's even better with a cup of fresh roasted coffee! Place your order for fresh fillo and coffee by stopping at the Philoptochos table after church on March 2 and 9 or by sending an email to Andrea Tiggas at adtiggas@msn.com. Your orders will be available for pickup on March 16 at the Philoptochos table after church!

Operation Classroom – Spring 2025 Drive!

March 2-March 16

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!

Prosforo (Communion Bread) Workshop

Tuesday, March 4, 5:00-9:00 p.m.

Join us for a hands-on Prosforo Workshop, where you'll learn the traditional art of baking Prosfora—the special leavened bread used in the Divine Liturgy. The word prosforo comes from the Greek *προσφορά*, meaning “offering,” symbolizing the bread's sacred role in our worship. During this workshop, you'll discover the significance, history, and techniques behind making this holy bread, from preparing the dough to imprinting the seal and achieving the perfect texture. Whether you're a beginner or have experience baking, this session offers a meaningful way to deepen your connection to the liturgical tradition. Come ready to knead, learn, and share in this beautiful spiritual practice!

Tandem Baby Bottle and Needs Drive

Begins March 16

This Lent, we're again partnering with the Tandem Family Resource Center to support families in need. Along with our Baby Bottle Drive, we're expanding our efforts with a “Needs Drive” from March 16 through Palm Sunday. We'll collect essential items like diapers, newborn clothes, socks, formula, and hygiene products for mothers. Stay tuned for a detailed list and ways to help!

Serve Meal after PreSanctified Liturgy

Wednesday, March 19

Philoptochos will host the Lenten meal on Wednesday, March 19. Visit our table during coffee hour on Sundays throughout the month to sign up or keep an eye out for the Sign-Up Genius link to register online. We look forward to sharing this meaningful meal with you!

Thank You...

Thank you to all those who helped with volunteering in February...

...to those who helped staff the Philoptochos table.

...to **Cathy Forchas** for organizing Sweet Sunday, and for all the volunteers who made delicious sweets! The proceeds were designated for the Philoxenia House in Rochester, MN. Learn more at <https://www.philoxeniacharities.org/>

...**Andrea Tiggas** for once again organizing the fillo sale and distributing the dough.

...**Toni Bazakos**, sacred baking chair, and team for the Koliva/Sitari making workshop.

Watch for more postings of events in the parish weekly bulletins and sign up to attend!

Follow Saint Mary's Philoptochos on Social Media

 Facebook



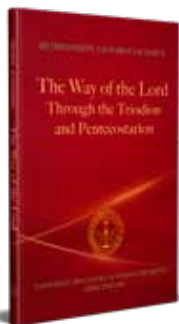
 Instagram



In the Bookstore

By Rebecca Myerly

bookstore@stmarysgoc.org



The Way of the Lord Through the Triodion and Pentecostarion is a succinct* yet remarkably comprehensive book by Archimandrite Zacharias Zacharou from the Stavropegic Monastery of Saint John the Baptist. In the Prologue, Archimandrite Peter Vryzas, the Abbot of the Monastery, writes:

During the liturgical year, the seasons of the Holy Fast and Pentecost are given to us by God as a great light to illuminate and sanctify the rest of our lives.

Great Lent is granted to us by God as an opportunity to voluntarily undertake, in obedience to the Church, the exercises of the Fast and to taste a paradoxical death that strikes the beast of our 'ego' and is transformed into the seed of resurrection. Instead of a sacrifice, it is in fact an extraordinary privilege which enables us to reignite the grace we received in Holy Baptism and to weave a garment of dignity and beauty that will allow us entrance into the heavenly bridal chamber of the Lord Jesus...

The period that follows, from Easter to the great 'final and ultimate' feast of Pentecost, intensifies the thirst for the eternity of God and cultivates the desire for the fulfilment of the promise of the Heavenly Father, for the waters of the grace of the Paraclete...

This charismatic journey from the arena of the virtues of Great Lent and the 'light of salvation' of the Passion of the Lord to the gentle rain of the gifts of the Holy Spirit, initiates man into the mystery of liturgical time which seals the soul with the eternity of God and offers the promise of indestructible life...(11-12)

Father Zacharias begins **The Way of the Lord** with a chapter aptly titled "Journeying after Christ in the Church," in which he writes about the "exercises of Great Lent" and then specifically about fasting:

In essence, fasting means laying aside the carnal mind and conforming to God's commandment. It means putting off the works of darkness, which hinder the grace of God from abiding in us and preparing the place of the presence of the Lord, the domain of the Kingdom of God.... (J)ust as there is fasting from material food, there is also spiritual fasting, the vigilance of the mind, the struggle not to surrender the mind to the thoughts of the enemy. This kind of fasting is the most important... (22)

Writing as the spiritual father he is in the great tradition of the Church Fathers, Father Zacharias continues:

The Lord gave us a commandment to tend the garden of Eden, but also to guard it. We tend Paradise through repentance, prayer and bodily fasting, but we guard it through spiritual fasting of the mind, watchfulness and being exceedingly vigilant to keep a pure mind and heart.

Vigilance requires the cooperation of God and man. We desire to keep the heart undefiled, so that it may be rendered fit to become God's dwelling place. However, the mind and heart are united and purified only when grace is at work in us. Then the mind descends and is established in the heart, and vigilance is accomplished naturally. (22-23)

Beginning with the Sunday of the Ten Lepers, subtitled "The grace of gratitude," Father Zacharias guides the reader through each Sunday of the antechamber of the Triodion, the Triodion, Great Lent, and Holy Week to Christ's Resurrection. He continues with the liturgical season he has titled "From the Joy of the Resurrection to the Gift of Holy Pentecost," through the Sunday of All Saints, subtitled "The fruit of Pentecost," because "the... Church, in her wisdom, one week after Pentecost, instituted the commemoration of the glorious fruits of the Holy Spirit, the saints." (105)

In addition to each Sunday, Holy Week, Christ's Resurrection, and Pentecost, Father Zacharias also writes about the commemorations along the way. His chapter titled "Passion Week" and subtitled "The Kenosis of Christ" could be described as the heart of the book, from which all else emanates. The final chapter, "The Mystery of Pentecost," consists of questions and answers that clarify and bring to light much to help the reader on their journey. **The Way of the Lord Through the Triodion and Pentecostarion** is a comprehensive guide that is informative and also deeply formative—a gift of grace given through a spiritual father.



**ST. MARY'S
BOOKSTORE**

Please visit the bookstore for a large selection of books and icons and many other items for people of all ages. Gift certificates are available.

*133 pages of text

Children and Youth News



Lenten Mini-Meeting

March 12, 7:00-8:00 p.m.

Following the Wednesday Presanctified Liturgy, HOPE and JOY kids will have a short meeting.

School Confession – grades 3-5

March 19, 6:45-8:00 p.m.

Following the Wednesday Presanctified Liturgy, 3rd-5th graders will have Confession.



School Confession – grades 6-8

March 5, 6:45-8:00 p.m.

Following the Wednesday Presanctified Liturgy, 6th-8th graders will have Confession.

Lenten Mini-Meeting

March 19, 7:00-8:00 p.m.

Following the Wednesday Presanctified Liturgy, Junior GOYANs will have a short meeting.



Lenten Mini-Meeting

March 5, 7:00 p.m.

Following the Wednesday Presanctified Liturgy, Senior GOYANs will have a short meeting.

School Confession – grades 9-12

March 12, 6:45-8:00 p.m.

Following the Wednesday Presanctified Liturgy, Senior GOYANs will have Confession.



Dear St. Mary's families, join us for another great season of fun, fellowship, and faith.

Saturdays 10:00-11:30 a.m. in the Great Hall

MARCH 15 and APRIL 15

FAITH Playgroup is for children birth and their parents/guardians through pre-K. Meet us in the Great Hall for social and play time. FAITH Playgroup is a wonderful time to play in the gym and meet fellow parishioners. Caregivers, grandparents, and older siblings are welcome!

Please contact Lea Hoeft if you have questions:
Angelea.hoeft@gmail.com | 206.779.1354



Open Gym

Wednesdays, March 19 and 26, 7:00 p.m.

Our Children and Youth Mission Statement

To cultivate a safe and welcoming environment for kids by nurturing healthy relationships within the church family. We will teach the youth by building a strong foundation of knowledge, and together, we will experience the Orthodox tradition by following the four circles of youth ministry: Liturgia (Worship), Diakonia (Service), Martyria (Witness), and Koinonia (Fellowship), leading our youth to develop, by their own free will, a personal relationship with God and to pursue union with Him.



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

Triumph of Orthodoxy Sunday March 9

In 843 AD, icons and their veneration were restored. Bring an icon from home to hold and display during the Great Entrance to celebrate. Bring your patron saint or your favorite icon. If you forget yours, there will be extras to hold. Please be on time for Liturgy and line up to the left of the pulpit before the Great Entrance.



St. John Chrysostom Oratorical and Art Festival Sunday March 30

Share your love of Jesus Christ and witness your Orthodox faith by giving a speech or show your talents in up to two separate events - (Speech, Essay, Poetry, Iconography, Vocal Solo, and Vocal Chant). There are three divisions:

- Senior/10th-12th grades
- Junior/7th-9th grades
- Elementary (St Mary's local only)

See Diakonissa Alexandria Kalina for more information OR go to chicago.goarch.org/oratorical-festival



Elementary students: ask your teacher for details and topics for your art project, see poster in upper hallway, or ask Mrs. Tortorelis.



St. Mary's Night at the Timberwolves

Join us on Monday, March 17, 7:00 p.m., for the Timberwolves vs. Indiana Pacers game at Target Center. After the game, you'll have the opportunity to step onto the court and try your hand at shooting free throws! The cost is \$40 per person (first come, first served - only 40 tickets are available!) Your spot will be reserved once you've submitted the \$40 (cash or check made payable to St. Mary's). **Reservations are due by March 1, but don't wait!** For more ticket or outing information, contact Scott at 612.812.1216.

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-register today!

**For cowpokes 4 years old (and potty trained) through entering grade 6 in the fall
Helpers needed: Grades 7-12 (in the fall).**

JUNE 16-20, 2025

REGISTER HERE



At Saint Mary's, June 16-20; 8:45 a.m. - 12:00 Noon

“MAKE ME THEREOF, A LITTLE CAKE, FIRST.”

This is a story of GIVING BEYOND OUR OWN UNDERSTANDING.

Elijah was sent by God, to a place called ZARAPHETH. There was a widowed woman there, whom God had commanded to provide for Elijah... She was unaware of God’s unseen hand at work. She had other things on her mind: scavenging some free firewood, scraping out her flour canister to feed herself and her child.

Her understanding was: what she had, was all there was.

Elijah asked the woman for a little.

The conversation went something like this: “Ma’m, excuse me, could you give me a little water in a cup, and while you’re at it, could you give me a little bread?”

Her reply was something like this:

“As the Lord your God lives, I have no bread, only a handful of flour, and a drop of oil, and these sticks. I’m about to go home, cook this up for me and my kid, we’re gonna eat it, and then we’re gonna die.”

Elijah replies:

DO NOT FEAR, go do what you’ve said...
BUT MAKE ME A LITTLE CAKE FIRST.

Can you imagine how she felt? I bet it was something like this:

“REALLY PROPHET MAN? I DON’T HAVE ENOUGH to make a morsel of bread, AND YOU ARE ASKING FOR CAKE???!?”

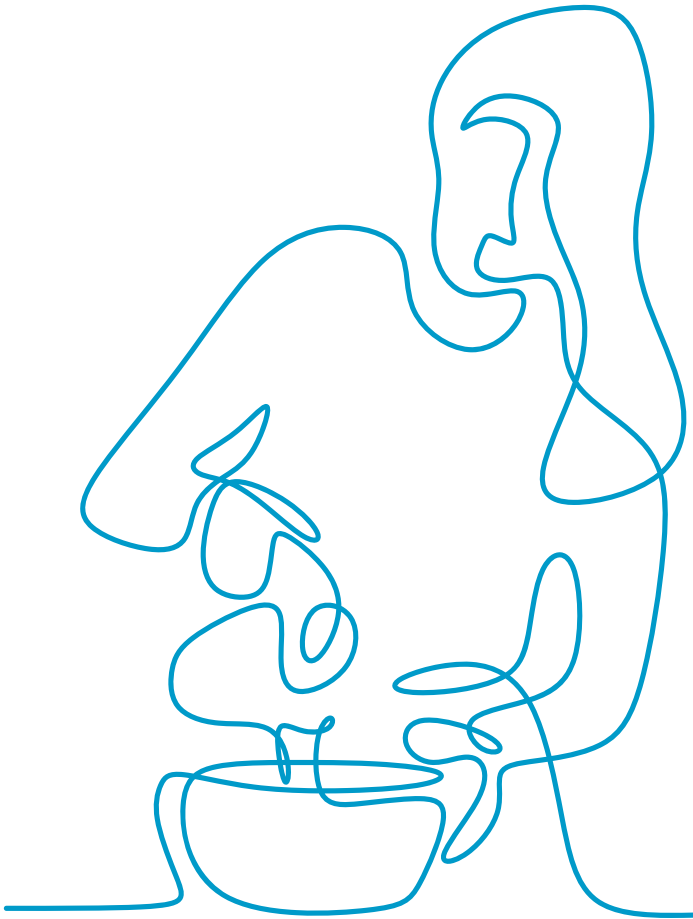
But God was not asking her to give BEYOND HER MEANS. HE WAS ASKING HER TO GIVE BEYOND HER UNDERSTANDING.

I may not see it, or feel it, but God has a command on my life when it comes to STEWARDSHIP. It’s His UNSEEN HAND.

God says to me DO NOT FEAR.

He asks me to TAKE THE LITTLE I HAVE, DO WITH IT what I KNOW HOW TO DO, AND GIVE HIM THAT LITTLE CAKE FIRST.

The Widow? She and her family ate for many days. Her bin of flour was never used up, and her jar of oil never ran dry. SHE GAVE BEYOND HER OWN UNDERSTANDING.





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

Triumph of Orthodoxy

St. Mary's Orthodox Cathedral

1701 5th Street NE, Minneapolis, 55413

MARCH 16

St. Gregory Palamas

St. Mary's Greek Orthodox Church

3450 Irving Avenue S, Minneapolis 55408

MARCH 23

Veneration of the Holy Cross

St. Elizabeth Orthodox Church

125 Congress Street E., St Paul, 55107

MARCH 30

St. John of the Ladder

Holy Myrrbearers Orthodox Church

601 7th Avenue S, St. Cloud, 56301

APRIL 6

St. Mary of Egypt

St. George Coptic Orthodox Church

10605 36th Avenue N., Plymouth, 55441

APRIL 13

Palm Sunday Bridegroom Matins

St. Herman's Orthodox Church

5355 38th Avenue S, Minneapolis, 55412





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

Early Bird Registration Fee March 1 –15	\$575 + Convenience Fee* / Camper
Regular Rate Registration Fee March 16 –31	\$600 + Convenience Fee* / Camper
Late Rate Registration Fee April 1 –15	\$640 + Convenience Fee* / Camper

- The true cost of camp is \$640 per camper
- Registration will close on April 15 at 11:59 p.m.

*Reduce fees by paying with an Electronic Check (ACH):
Electronic Check (ACH) Fee: 1.53% + \$0.50 per registrant versus
the CampDoc Convenience Fee of 4.12% + \$0.30 per registrant

For more information and to register, visit:

stmaryscamp.com



Follow us @stmaryscamp on Facebook for updates

Email Questions to: camp@stmaryscamp.com

Sponsored by



ST. MARY'S
GREEK ORTHODOX CHURCH

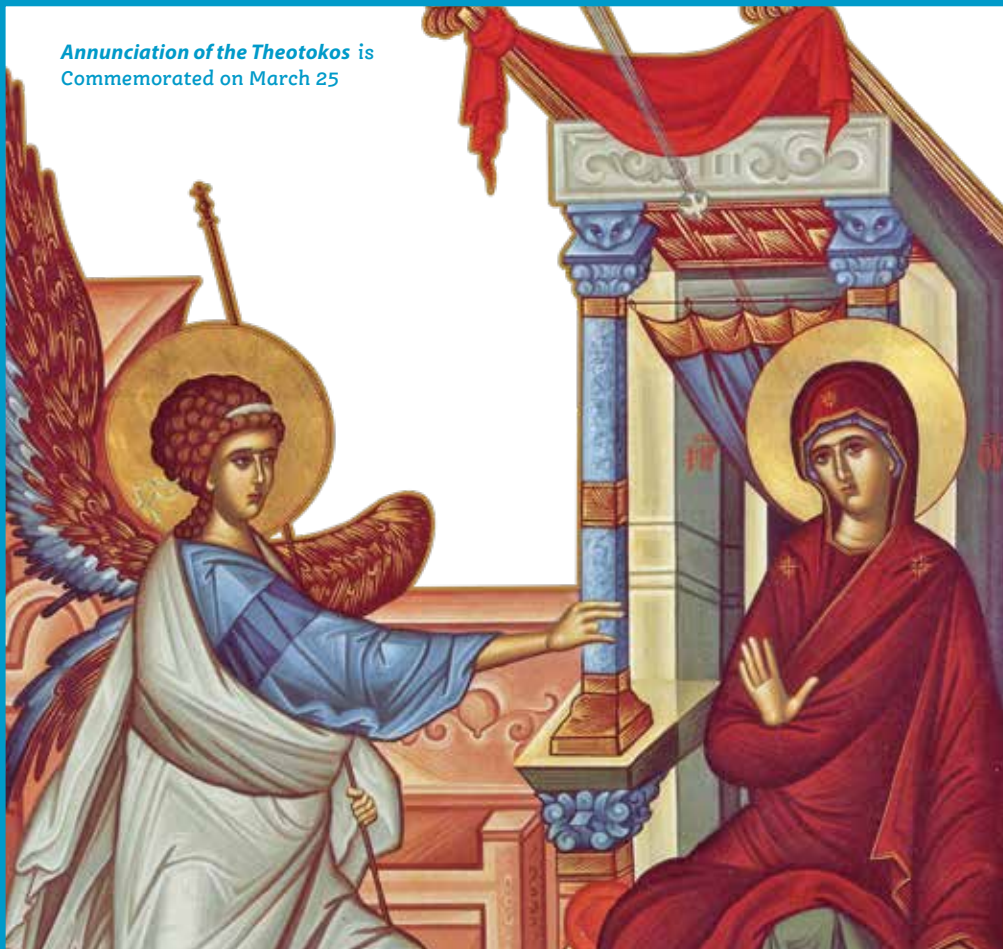
Minneapolis, Minnesota

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Minneapolis, Minnesota 55408

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*Annunciation of the Theotokos is
Commemorated on March 25*



THE MESSENGER

MARCH 2025

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PUBLICATION DEADLINES

The Messenger

First Sunday of each month

Sunday Bulletin

Preceding Monday, 4:00 p.m.

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March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lenten Vespers March 23 - St. Elizabeth Church March 30 - Holy Myrrhbeareres Church						1 Second Saturday of Souls 9:00am-Bible Study 10:00am-Divine Liturgy 5:00pm-Great Vespers
2 Forgiveness Sunday (Cheesefare) "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy 10:45am-Seekers' Class after Liturgy-Take Heart Presentation 5:00pm-Forgiveness Vespers	3 Clean Monday 6:00pm-Greek Dance Practice	4 11:00am-Seniors' Bible Study 5:00pm-Prosforo Workshop	5 10:00am-Housekeeping 4:00pm-Holy Confession 5:30pm-Presanctified Liturgy 6:45pm-Lenten Dinner 6:45pm-Sr. GOYA Mini-Mtg. 6:45pm-Jr. GOYA Confessions 7:00pm-Choir Rehearsal	6	7 7:00am-Men's Fellowship 4:00pm-Holy Confession 6:00pm-Salutations to the Theotokos	8 Third Saturday of Souls 9:00am-Bible Study 10:00am-Divine Liturgy
9 Sunday of Orthodoxy 8:30am-Orthros 9:30am-Divine Liturgy 11:30am-Koinonia Leaders 11:30am-Simpson House Cooking 5:00pm-Pan-Orth. Vespers <i>St. Mary's OCA Cathedral</i>	10	11 6:15pm-Parish Council	12 4:00pm-Holy Confession 5:30pm-Presanctified Liturgy 6:45pm-Lenten Dinner 6:45pm-HOPE/JOY Mini-Mtg. 6:45pm-Sr. GOYA Confessions 7:00pm-Choir Rehearsal	13	14 4:00pm-Holy Confession 6:00pm-Salutations to the Theotokos	15 9:00am-Bible Study 10:00am-FAITH Playgroup <i>Simpson House Dinner</i>
16 Saint Gregory Palams 8:30am-Orthros 9:30am-Divine Liturgy 10:45am-Seekers' Class 11:30am-Missions/Outreach 5:00pm-Pan-Orth. Vespers <i>St. Mary's Greek Orthodox Ch.</i>	17 6:00pm-Greek Dance Practice	18 11:00am-Seniors' Bible Study 6:30pm-Philoptochos Board	19 9:00am-"The Messenger" Mailing 10:00am-Housekeeping 4:00pm-Holy Confession 5:30pm-Presanctified Liturgy 6:45pm-Lenten Dinner 6:45pm-Jr. GOYA Mini-Mtg. 6:45pm-Grade 3-5 Confessions 7:00pm-Choir Rehearsal	20 6:30pm-Koinonia	21 7:00am-Men's Fellowship 4:00pm-Holy Confession 6:00pm-Salutations to the Theotokos	22 9:00am-Bible Study
23 Sunday of the Holy Cross 8:30am-Orthros 9:30am-Divine Liturgy Greek Ind. Day Celebration 5:00pm-Pan-Orth. Vespers	24 Eve of Annunciation 6:00pm-Great Vespers	25 Annunciation of the Theotokos 8:30am-Orthros 9:30am-Divine Liturgy	26 4:00pm-Holy Confession 5:30pm-Presanctified Liturgy 6:45pm-Lenten Dinner 6:45pm-HOPE/JOY Mini-Mtg. 7:00pm-Choir Rehearsal	27 7:00pm-Stewardship Com.	28 4:00pm-Holy Confession 6:00pm-Salutations to the Theotokos	29 9:00am-Bible Study
30 Saint John Climacus 8:30am-Orthros 9:30am-Divine Liturgy 11:30am-Philoptochos Mtg. <i>Oratorical Festival</i>	31					