

# March 16, 2025 Saint Gregory Palamas

Tone: Plagal First

## THE DIVINE LITURGY

#### Commemoration

Sunday of Saint Gregory Palamas; Sabine the Martyr of Egypt; Christodulus the Wonderworker of Patmos; Aristovoulos, Apostle of the 70; Julian the Martyr; Romanos the Hieromartyr of Parium.

Morning Gospel: Luke 24:12-35

## 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, Plagal First Tone

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For he willed to be lifted up on the cross in the flesh, to endure death and raise the dead by his glorious resurrection.

#### **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 Gregory Palamas, Plagal Fourth Tone

O light of Orthodoxy, O pillar of strength and teacher of the Church! Glory of monks and nuns, and of theologians the protector invincible! O wonderworker Gregory, pride of Thessalonika and preacher of grace, intercede without ceasing for the salvation of our souls.

#### 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!

Έν τῆ γενήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῆ κοιμήσει τὸν κόσμον οὐ κατέλιπες, En ti gennisi tin parthenian efilaxas en ti kimisi ton kosmon u katelipes, Θεοτόκε. Μετέστης πρὸς τὴν ζωήν, 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 the Theotokos (Ti ipermacho), Plagal Fourth Tone

Victorious Lady, mighty champion, defending us, we your servants now inscribe to you this hymn of thanks, for you rescued us from suffering and tribulation. Theotokos, with your power that can never fail, keep us safe from every danger our whole life long that we may cry to you:

Rejoice, O Bride unwedded.

#### 

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

#### Gospel.......Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins"-he said to the paralytic-"I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

#### 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.

#### Megalynarion

In you, O woman full of grace, all creation rejoices, the orders of angels and the race of mankind. O hallowed temple and spiritual paradise, glory of virginal souls, from you our God was incarnate and became a child, he who is God from all ages. By making your womb his throne he made you more spacious, more spacious than all the heavens. In you, O woman full of grace all creation, all creation rejoices. Glory to you!

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

## **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!

"We do not need great knowledge to be devout. If we concentrate and meditate on the few things we know, out heart will be spiritually embroidered. One may be profoundly affected by a single hymn, while another may feel nothing—even though he may know all the hymns by heart, as he has not entered into the spiritual reality. Therefore, read the Fathers—even one or two lines a day. They are very strengthening vitamins for the soul."

— Saint Paisios the Athonite







# **Today**

The coffee hour today is hosted by **James Newcomb**, in recognition of the one year anniversary of his chrismation in the Orthodox Church. *May God grant you many years!* 

#### **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.



# Annunciation/Greek Independence Day Luncheon

Sunday, March 23

Next 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.



## Spanakopita and Tiropita Sale

Mark your calendars for the Spanakopita and Tiropita Sale on Sunday, March 23, in the Great Hall. It is sponsored by the Daughters of Penelope. Come stock up on these delicious treats for the Easter holiday. Proceeds will be donated to our many benevolent projects. Thanks for your support.

## **Announcements**



focusmn.org

Donate Online

Visit the site, then
"Donate Now."

#### **Utility Assistance Program**

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.



#### Presentation by Dr. Jeannie Constantinou

Dr. Jeannie Constantinou is coming to the Twin Cities: March 28-29! One of Orthodox Christianity's most highly respected Biblical scholars, and host of the Ancient Faith podcast, Search the Scriptures Live, will be speaking at St. George Antiochian Orthodox Church, 1250 Oakdale Avenue, West St. Paul. Mark your calendars! Known for her compelling, entertaining, and easy-to-follow approach to Scripture, this is truly an event you will not want to miss! March 28, following the 6:30 p.m. Akathist, Dr. Constantinou will give a brief talk and Q & A for young adults. Saturday, March 29, will begin at 9:30 a.m. with light refreshment, followed by presentations from 10:00 a.m.-3:00 p.m. A noon lunch will be served. The topic on Saturday will be understanding the Crucifixion and Resurrection of Jesus Christ with a fascinating first century perspective. Spread the word and bring your friends!





#### Pledge Form Deadline is Fast Approaching

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.



Please remember the sick, the suffering, and those in need, especially: The family of Maria Lind; 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; Alicia, Nikolas, Elaine, Vonda, Imogene, George, Becky, Elizabeth, Yvonne, Fran, Kosta, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, Stan, Evdoxia, Sylvia, Pete, 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, 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 23**



Canned Meat (e.g., tuna / chicken)
March's recipient is FOCUS Minnesota.
Please do not bring opened packages. They will be discarded.

#### Calendar of the Week

#### Sunday, March 16: Saint Gregory Palamas

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

10:45 a.m. - Seekers' Class, Fireside Room

11:30 a.m. - Missions and Outreach Committee, Fireside Room

11:30 a.m. - Greek Dance Practice, Terrace Room

5:00 p.m. – Pan-Orthodox Lenten Vespers, St. Mary's Greek Orthodox Church

#### Monday, March 17

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

#### Tuesday, March 18

11:00 a.m. - Seniors' Bible Study, Fireside Room

6:30 p.m. - Philoptochos Board Meeting, Fireside Room

#### Wednesday, March 19

9:00 a.m. - "The Messenger" Mailing, Fireside Room

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 – Hosted by Philoptochos

6:45 p.m. - Junior GOYA Mini-meeting, Fireside Room

6:45 p.m. - Grades 3-5 Confessions, Nave

7:00 p.m. - Choir Rehearsal, Nave

7:00 p.m. - Open Gym, Great Hall

#### Thursday, March 20

6:30 p.m. – Koinonia, Fireside Room

#### Friday, March 21

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 22

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

#### Sunday, March 23: Sunday of the Holy Cross

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

after Liturgy - Annunciation/Greek Independence Day Celebration, Great Hall

5:00 p.m. – Pan-Orthodox Lenten Vespers, St. Elizabeth Orthodox Church



#### 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 a.m. or after 8:30 p.m.-with the exception of emergency messages. The same courtesy should apply to Fr. Dcn. Paul and Fr. Dcn. Luke and their families.

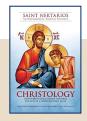
Thank you for honoring our clergy and giving them the rest and respite they each deserve.

~ St. Mary's Parish Council

\*with the exception of Great Feasts and emergencies



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.



# St. Mary's Stewardship at Work





# Our Growing Church

2024 by the Numbers

**338** (8)



Stewards





Families exceeded their pledge



Seekers & Catechumens



Churchings & Baptisms



Chrismations



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. Marys' 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.





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

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

MARCH 9

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

**Holy Myrrhbearers Orthodox Church** 

601 7th Avenue S., St. Cloud, 56301

St. John of the Ladder

**APRIL 6** 

St. George Antiochian Orthodox Church

St. Mary of Egypt

1250 Oakdale Avenue, West St Paul, 55118

**APRIL 13** 

St. Herman's Orthodox Church

Palm Sunday Bridegroom Matins

5355 38th Auenue S., Minneapolis, 55412



# **Philoptochos News**



#### **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 Parish Needs Committee! The Philoptochos Parish Needs Committee is a dedicated group committed to supporting the spiritual and communal life of the church. They play a vital role in ensuring that our celebrations are both meaningful and beautiful, managing the special touches that elevate parish events. From thoughtfully decorating the church for major feast days like Pascha and Christmas to coordinating and serving church dinners throughout the year, their efforts create a warm and welcoming atmosphere for all. With devotion and care, the committee enhances the worship experience and strengthens the bonds of fellowship, embodying a true spirit of service, hospitality, and faith within the parish.

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 are 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.



#### **Spring Fillo and Coffee Sale Pickup Today**

Please see Andrea Tiggas after Liturgy for your orders.



#### Pan-Orthodox Lenten Vespers Reception – Today!

Philoptochos is serving the Pan-Orthodox Lenten Vespers meal today. Please bring Lenten desserts to the church kitchen by 4:45 p.m. Set-up begins right after coffee hour.



#### Philoptochos is Hosting the Lenten Meal after Presanctified Liturgy – This Wednesday

Philoptochos is hosting 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, or sign up through Sign Up Genius. We look forward to sharing this meaningful meal with everyone!

# **Philoptochos News**



#### **Operation Classroom - Spring 2025 Drive Ends Today**

Drop off or donate to Bancroft Elementary School.

**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**

This Lent, we're partnering with the Tandem Resource Center to support families in need. Along with our Baby Bottle Drive, we're holding a "Needs Drive" from March 16 through Palm Sunday. Donation bins will be available for essentials like diapers, newborn clothes, socks, formula, and hygiene products for mothers. Visit the Philoptochos table or wearetandem.org for more info and a detailed list of needs.



#### **General Meeting: Sunday, March 30**

The next Philoptochos General Meeting is Sunday, March 30, at 11:45 a.m. Guest speaker Steve Rakes will share about his recent trip to the Diocese of Kenya with Dan Christopulos. We'll also discuss upcoming events in April and May as we prepare for Pascha. Join us and see how you can help — food will be provided!



#### Philoptochos to Serve Dinner at FOCUS: Sunday, April 6

Philoptochos is coordinating the Sunday night meal at FOCUS Minnesota on April 6, and we need your help! Last time, we served over 300 meals with 50+ volunteers. Stop by our table after church or watch for the Sign-Up Genius link to donate or volunteer. Questions? Contact Mary Ellis, at 3ellism@gmail.com, or Paulette Hastings at, pmg.hastings@gmail.com.



#### **Philoptochos Board Elections in May**

Philoptochos Board elections are in May, with up to 19 spots available for a two-year term. Experienced and new members are welcome! The board meets eight times a year, and members serve on two committees. To learn more, talk to Lisa Gallmeyer, Carol Smith, Paulette Hastings, or any board member — and consider joining this vital philanthropic ministry!



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.** 

# Register Now Through APRIL 15, 2025

For more information and to register, visit:

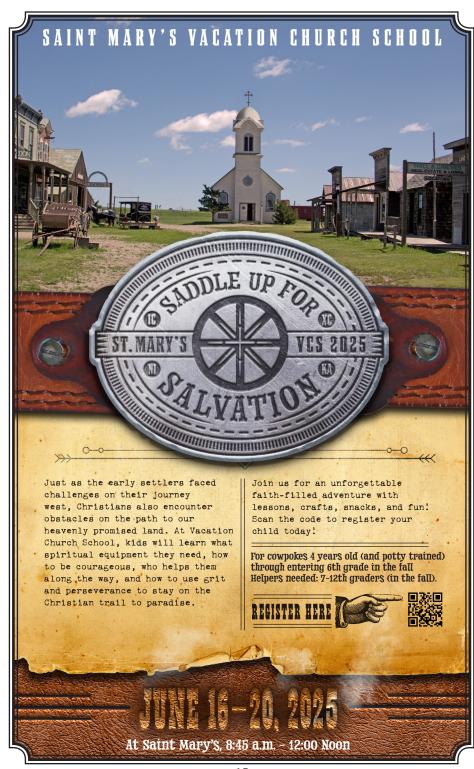
# stmaryscamp.com



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







# **Ouick Links**

#### **Stay in Contact**



**■ P 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 17

Genesis 6:9-22 • Proverbs 8:1-21

Tuesday, March 18

Genesis 7:1-5 • Proverbs 8:32-9:11

Wednesday, March 19

Genesis 7:6-9 • Proverbs 9:12-18

Thursday, March 20

Genesis 7:11-8:3 • Proverbs 10:1-22

Friday, March 21

Genesis 8:4-21 • Proverbs 10:31-11:12

Saturday, March 22

Hebrews 10:32-38 • Mark 2:14-17

Sunday, March 23: Sunday of the Holy Cross

Hebrews 4:14-16; 5:1-6 • Mark 8:34-38; 9:1



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