



**ST. MARY'S**  
GREEK ORTHODOX CHURCH

March 23, 2025

*Sunday of the Holy Cross*

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## THE DIVINE LITURGY

### *Commemoration*

Sunday of the Holy Cross; The Holy Righteous Martyr Nicon and His 199 Disciples; Anatolios and Protoleon the Martyrs converted by the martyrdom of St. George; Luke the New Martyr of Mytilene.

*Morning Gospel: Luke 24:36-53*

*Tone: Plagal Second*

### **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*

Save, O Lord, O Lord, Your people and bless Your inheritance.  
Grant victory to the faithful against the adversaries of the Faith, and  
protect Your people through Your holy Cross, Your holy Cross.

#### *At the Small Entrance*

#### **Hymn of the Holy Cross, First Tone**

Save, O Lord, O Lord, Your people and bless Your inheritance.  
Grant victory to the faithful against the adversaries of the Faith, and  
protect Your people through Your holy Cross, Your holy Cross.

#### **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, Plagal Second Tone**

The angelic powers appeared at your tomb, the soldiers guarding it became as  
dead men, and Mary stood at your grave seeking, seeking your most pure body.  
But you made hell a captive; you were untouched by its might. You came to the  
virgin and granted life. O Lord, who rose from the dead, glory to you..

#### *Repeat the Hymn of the Holy Cross, 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 γενήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ κοιμήσει 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 iparhousa tis zois, ke tes presvies  
 ταῖς σαῖς λυτρουμένη ἐκ θανάτου τὰς ψυχὰς ἡμῶν.  
 tes ses litrumeni ek thanatu tas psichas 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.

***Instead of the Trisagion Hymn***

Before Your cross we bow down, O Master, and  
 we glorify Your holy resurrection.

***Epistle..... Hebrews 4:14—5:6***

BRETHREN, since we have a high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, “Thou art my Son, today I have begotten thee”; as he says also in another place, “Thou art a priest for ever, after the order of Melchizedek.”

***Gospel..... Mark 8:34—9:1***

The Lord said: “If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And he said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

## 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.**

## Megalyrnarion

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

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

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## Communion Hymn

Let the light of your face shine on us. Alleluia.

### *Post-Communion Hymn*

Save, O Lord, O Lord, Your people and bless Your inheritance.  
Grant victory to the faithful against the adversaries of the Faith, and protect Your people through Your holy Cross, Your holy Cross.

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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!



PRAYER.



FASTING.



AND ALMSGIVING.

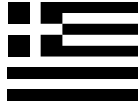
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# Today

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Prosforo is provided by **Barbara Nichols**.

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## **Annunciation/Greek Independence Day Luncheon**

Today is our annual Annunciation/Greek Independence Day lunch and program following the Liturgy. We invite everyone to go to the Great Hall and enjoy lunch and a delightful program prepared by our young people. The cost for the lunch is a freewill donation. Sponsored by AHEPA.

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## **Spanakopita and Tiropita Sale Today**

Today is the spanakopita and tiropita sale 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!

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## **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.

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“The Holy Fast of Forty Days (Great Lent) is the greatest fast, one which every Christian must observe without grumbling. A person who possesses bodily health must not protest about the fast, and he is inexcusable if he does not keep it. During the forty-day period of the fast, a Christian ought to attend church services regularly.”

— *Saint Raphael of Lesvos*

# 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!

## COMMITMENT + 2025



## 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.*



## Prayer Ministry

***Please remember the sick, the suffering, and those in need, especially:***

The family of Stanley Wendland; 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; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis and Jassir; San Miguel Del Lago Orphanage; Elaine, Vonda, Susan, Elias, Imogene, George, Becky, Elizabeth, Yvonne, Fran, Kosta, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, 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 Jerezek, Dena, Chris, Joy Rose, Nick, John, Demos and Eugenia, Ron, Matt, Laura, 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, 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 30



### ***Peanut Butter and Jelly***

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

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

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# Calendar of the Week

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## **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*

## **Monday, March 24: Eve of Annunciation**

6:00 p.m. – Great Vespers

## **Tuesday, March 25: Annunciation of the Theotokos**

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

## **Wednesday, March 26**

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 the Angelos family supporting the  
Junior and Senior GOYA youth programs*  
6:45 p.m. – HOPE and JOY Mini-meeting, *Fireside Room*  
7:00 p.m. – Choir Rehearsal, *Nave*

## **Thursday, March 27**

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

## **Friday, March 28**

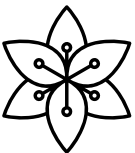
4:00 p.m. – Holy Confession, *Nave*  
6:00 p.m. – Salutations to the Theotokos

## **Saturday, March 29**

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

## **Sunday, March 30: Saint John Climacus**

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy  
11:45 a.m. – Philoptochos General Meeting, *Terrace Room*  
5:00 p.m. – Pan-Orthodox Lenten Vespers, *Holy Myrrhbearers Orthodox Church*



## **Holy Week and Pascha Flowers**

Contributions are being accepted for our Holy Week and Pascha flowers and greens. A form was recently sent with the April issue of *The Messenger*. Additional forms and envelopes are available at the stewardship table in the narthex. Please place the form and your donation in an envelope and drop it in the stewardship box. The deadline for contributions is Palm Sunday, April 13.

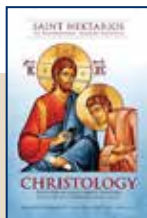


INSIDE  
THE



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 CAN'T

The restoration of  
St Charalambos' church in  
occupied Cyprus

Curated by Tasoulla Hadjiyanni  
Photographs by Antonis Engrafou  
Archival footage by David Hands

HGA Gallery, Rapson Hall, Univ. of Minnesota  
89 Church Street SE, Minneapolis 55455  
March 17 - April 23, 2025

Reception and film screening -  
Friday, April 4, 2025 - 5:00-7:00pm

For more information email [tasoulla@umn.edu](mailto:tasoulla@umn.edu)



*This is the first church restoration project in any occupied territory. Agios Charalabos was built in Christian pre-occupied Cyprus and is now occupied by a Muslim community. Through decades of debates, requests and collaboration, this Christian church has now been restored in occupied Cyprus. History has been made.*



## 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**

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**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 Irving 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 Antiochian Orthodox Church

*St. Mary of Egypt*

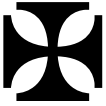
1250 Oakdale Avenue, West St Paul, 55118

**APRIL 13** St. Herman's Orthodox Church

*Palm Sunday Bridegroom Matins*

5355 38th Avenue S., Minneapolis, 55412

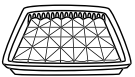




## Philoptochos Membership Drive

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 ***Social Services Committee!*** The *Social Services Committee* coordinates activities with both Orthodox and community organizations, partnering with organizations such as **Healing House, Tandem, Operation Classroom,** and **FOCUS** to serve those in need. If you feel called to serve the most vulnerable in our communities, this committee is for you. Whether helping children prepare for school, providing warm clothing, or ensuring meals for the hungry, your efforts will make a real difference. Even small acts of kindness can have a profound impact. And as a bonus, you’ll experience the joy of working alongside fellow Philoptochos members, building friendships while making a meaningful impact!

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 pick up your fillo and Sunday Best coffee orders if you have not done so already. You may collect your orders in the Great Hall after Liturgy this morning. Please see Andrea Tiggas for your orders.



## 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 (cash, check or credit card), 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](http://wearetandem.org) for more information about the wonderful work they are doing.

# Philoptochos News



## General Meeting Next Sunday, March 30

Our next Philoptochos General Meeting will be next Sunday, March 30, at 11:45 a.m. Our guest speaker will be Steve Rakes, who will be sharing about his recent trip to the Diocese of Kenya with Dan Christopulos. Come and hear about their experiences in Kenya. We will also be discussing items coming up in April and May. These will be very busy months for Philoptochos as we prepare for Pascha and after. Please come 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 Sunday, April 6, and we need your help! Last time we served 300+ pasta dinners thanks to more than 50 volunteers. Please stop by our table after church or use the Sign-Up Genius here (code) to contribute a part of the meal or to volunteer to serve. If you have questions, please contact Mary Ellis, [3ellism@gmail.com](mailto:3ellism@gmail.com), or Paulette Hastings, [pmg.hastings@gmail.com](mailto:pmg.hastings@gmail.com).



## Philoptochos Board Elections in May

Philoptochos Board elections will be held in May, with up to 19 women able to join the team. This is a two-year term, and women experienced and new to the organization are welcome! The board meets eight times during the year and members serve on two committees. Lisa Gallmeyer, Carol Smith and Paulette Hastings are leading the effort to create a slate of nominees. Please give some prayerful thought to taking on this role, talk with these three (or anyone on the board) to learn more, and become a leader in the philanthropic arm of the church!



# 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.**

**Register Now**  
**Through APRIL 15, 2025**

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 24: Eve of Annunciation*

Genesis 8:21-9:7 • Proverbs 11:19-12:6

### *Tuesday, March 25: Annunciation of the Theotokos*

Hebrews 2:11-18 • Luke 1:39-49, 56

### *Wednesday, March 26*

Genesis 9:18-10:1 • Proverbs 12:23-13:9

### *Thursday, March 27*

Genesis 10:32-11:9 • Proverbs 13:19-14:6

### *Friday, March 28*

Genesis 12:1-7 • Proverbs 14:15-26

### *Saturday, March 29*

Hebrews 6:9-12 • Mark 7:31-37




### *Sunday, March 30: Saint John Climacus*

Hebrews 6:13-20 • Mark 9:17-31



### **Saint Mary's Greek Orthodox Church**

3450 Irving Avenue South, Minneapolis, Minnesota 55408-3399

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

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

Weekly Bulletin Submissions to: [Communications@stmarysgoc.org](mailto:Communications@stmarysgoc.org)

Weekly Bulletin Submission Deadline: Mondays