

THE DIVINE LITURGY

Commemoration

First Sunday in Great Lent; Sunday of Orthodoxy: Triumph of the Icons; 40 Holy Martyrs of Lake Sebasteia.

Morning Gospel: Luke 24:1-12

Variable Hymns and Readings in the Liturgy

Tone: Fourth

At the Second Antiphon

Save us, O Son of God, who rose from the dead, save us who sing to you: Alleluia!

At the Third Antiphon

Hymn of the Sunday of Orthodoxy, Second Tone

We venerate your most pure image, O Good one, and ask forgiveness of our transgressions, O Christ our God. Of your goodwill, you were pleased to ascend the cross and deliver your creatures from bondage to the enemy. Therefore with the fulness we cry aloud to you: You have filled all things with joy, O our Savior, for you did come did to save the world.

At the Small Entrance

Hymn of Entrance

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead, save us who sing to You: Alleluia!

Resurrection Hymn, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

Repeat the Hymn of the Sunday of Orthodoxy, above

Hymn of the Forty Holy Martyrs, First Tone

The holy martyrs suffered painful tortures for Your sake, O Lord; be compelled by what they endured, and heal our every pain, we entreat You, O only benevolent God.

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.

Epistle...... Hebrews 12:1-10

BRETHREN, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves, and chastises every son whom he receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father.

At that time, Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and he said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before

Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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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.

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:

- 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. <u>Revised Communion Flow:</u> 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!

"Be watchful as you travel each day the narrow but joyous and exhilarating road of the mind, keeping your attention humbly in your heart, reproaching yourself, ready to rebut your enemies, thinking of your death and invoking Jesus Christ. You will then attain a vision of the Holy of Holies and be illuminated by Christ with deep mysteries."

— Saint Hesychios the Priest

Today

The coffee hour today is hosted by Sam & Georgia Rouman in memory of George Rouman and Michael & Panayiota Dovolos.

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.



A Special Parish Assembly

A special Parish Assembly will take place today, 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



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.

Announcements



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.



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.





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.



Please remember the sick, the suffering, and those in need, especially: The family of George Caloviras; The family of Kosta Papadakis; 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, 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,

Food Shelf Needs for March 16

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.

Peanut Butter

March's recipient is **FOCUS Minnesota**. *Please do not bring opened packages. They will be discarded*.

Calendar of the Week

Sunday, March 9: Sunday of Orthodoxy

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

11:30 a.m. - Special Parish Assembly, Great Hall

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

12:30 p.m. - Simpson House Cooking, Kitchen

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

Monday, March 10

11:00 a.m. - Rescheduled Funeral for George Caloviras;

Visitation from 10:00 a.m., Saint Mary's Greek Orthodox Church

Tuesday, March 11

6:15 p.m. - Parish Council

Wednesday, March 12

10:00 a.m. - Housekeeping

4:00 p.m. - Holy Confession, Nave

4:00 p.m. – Trisagion Service for Kosta Papadakis; Visitation until 7:00 p.m., *Washburn-McReavy Edina Chapel*

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

6:45 p.m. - Lenten Dinner, Terrace Room, Hosted by IOCC

6:45 p.m. - HOPE/JOY Mini-meeting, Fireside Room

6:45 p.m. - Senior GOYA Confessions, Nave

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

Thursday, March 13

11:00 a.m. - Funeral Service for Kosta Papadakis;

Visitation from 10:00 a.m., Saint Mary's Greek Orthodox Church

Friday, March 14

4:00 p.m. - Holy Confession, Nave

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

Saturday, March 15

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

10:00 a.m. - FAITH Playgroup, Great Hall

Simpson House Dinner

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



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.

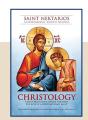
~ St. Mary's Parish Council

*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

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 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 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 **Social Committee**!

Our **Social Committee** plays a vital role in planning, organizing, and curating menus for Philoptochos meetings and special gatherings throughout the year. From coordinating our **September Kickoff Meeting** and **May Spring Finale** to providing treats for general meetings and hosting meaningful events like the **Wednesday Lenten Meal**, and **Ladies' Night Out**, this committee ensures our gatherings are both welcoming and memorable.

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 Ends Today

Today is the final day to place orders for fillo and Sunday Best coffee! 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 next Sunday, March 16.



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 as well as to help with setup, serving, and clean up. Please sign up at the table on Sundays or via Sign Up Genius. All types of Lenten sweets are welcome!

Philoptochos News



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.



Philoptochos is Hosting the Lenten Meal after Presanctified Liturgy

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!



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.**

Registration is Open Now Through APRIL 15, 2025

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

For more information and to register, visit:

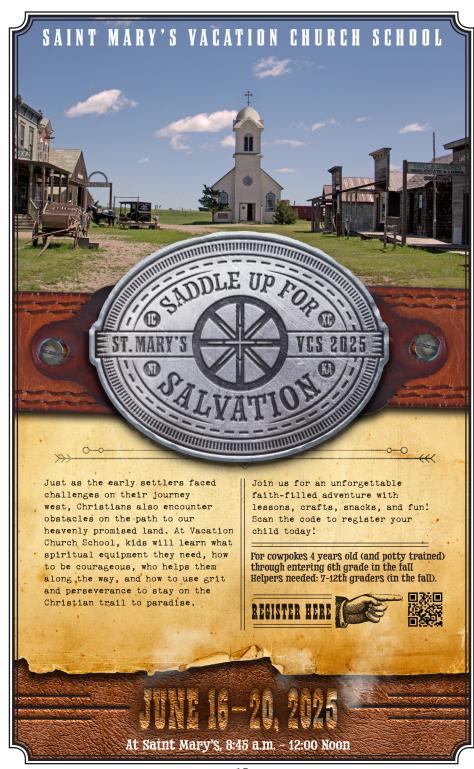
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Email Questions to: camp@stmaryscamp.com







Ouick Links

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Digital Donation



■★፤■ *To make a donation or* stewardship offering, scan the code.

Daily Bible Readings

Monday, March 10

Genesis 3:21-4:7 • Proverbs 3:34-4:22

Tuesday, March 11

Genesis 4:8-15 • Proverbs 5:1-15

Wednesday, March 12

Genesis 4:16-26 • Proverbs 5:15-6:3

Thursday, March 13

Genesis 5:1-24 • Proverbs 6:3-20

Friday, March 14

Genesis 5:32-6:8 • Proverbs 6:20-7:1

Saturday, March 15

Hebrews 3:12-16 • Mark 1:35-44

Sunday, March 16: Saint Gregory Palamas

Hebrews 1:10-14; 2:1-3 • Mark 2:1-12



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