



ST. MARY'S
GREEK ORTHODOX CHURCH

May 4, 2025

Sunday of the Myrrh-Bearing Women

THE DIVINE LITURGY

Commemoration: Sunday of the Myrrh-Bearing Women;

Pelagia the Nun-martyr of Tarsus; Hilary the Wonderworker; Euthemios,

Bishop of Madytos; Athanasios, Bishop of Corinth.

Morning Gospel: Luke 24:1-12

Tone: Second

VARIABLE HYMNS AND READINGS IN THE LITURGY

Christ is Risen!

Christ is risen from the dead, trampling down death by death,
and upon those in the tombs, bestowing life!

Hristos anesti ek nekron, thanato thanaton patisas,
ke tis en tis mnimasi zoin harisamenos.

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

Hymn of Pascha, Plagal First Tone

Christ is risen from the dead, trampling down death by death,
and upon those in the tombs, bestowing life!

Hristos anesti ek nekron, thanato thanaton patisas,
ke tis en tis mnimasi zoin harisamenos.

Hymn of Entrance

Bless God in the churches; the Lord from the fountains of Israel.

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

Hymn of the Day, Second Tone

When you descended into death, Life immortal, you vanquished the power of hell by your resplendent divinity, and when you raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to you.

Hymn of Joseph of Arimathea, Second Tone

The noble Joseph took your most pure body down from the tree. He wrapped it in clean linen, anointed it with spices, and placed it in a new tomb. But on the third day you rose, O Lord, bestowing on all the world your great mercy.

Hymn of the Myrrh-Bearing Women, *Second Tone*

The angel stood by the tomb and cried out to the myrrh-bearing women: Myrrh would be fitting to anoint the dead, but Christ has shown himself to be free from corruption. Therefore, proclaim that the Lord is risen, bestowing on all the world his great mercy.

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 iparhusa tis zois, ke tes presvies

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

Kontakion of PASCHA, *Plagal Fourth Tone*

Into the grave you descended, Immortal One, yet you destroyed the power of Hades, and as victor you arose, O Christ our God; you proclaimed to the myrrh-bearing women a greeting of joy, you brought peace to your holy apostles, and to the fallen you granted resurrection.

Epistle..... *Acts 6:1-7*

In those days, when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. And the twelve summoned the body of the disciples and said, “it is not right that we should give up preaching the word of God to serve tables. Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. But we will devote ourselves to prayer and to the ministry of the word.” And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochoros, and Nicanor, and Timon, and Parmenas, and Nicolaos, a proselyte of Antioch. These they set before the apostles, and they prayed and laid their hands upon them. And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

Gospel..... *Mark 15:43—16:8*

At that time, Joseph of Arimathea, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. And when he learned from the centurion that he was dead, he granted the body to Joseph. And he bought a linen shroud, and taking him

down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. Mary Magdalene and Mary the mother of Joseph saw where he was laid. And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might go and anoint him. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back; for it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you." And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.

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Litany for the Catechumens

Deacon: Catechumens, pray to the Lord.

People: Lord, have mercy.

Deacon: Let us, the faithful, pray for the catechumens.

People: Lord, have mercy.

Deacon: That the Lord will have mercy on them.

People: Lord, have mercy.

Deacon: That He will teach them the word of truth.

People: Lord, have mercy.

Deacon: That He will reveal to them the gospel
of righteousness.

People: Lord, have mercy.

Deacon: That He will unite them to His holy,
catholic, and apostolic Church.

People: Lord, have mercy.

Deacon: Save them, have mercy on them, help them, and
protect them, O God, by Your grace.

People: Lord, have mercy.

Deacon: Catechumens, bow your heads to the Lord.

People: To You, O Lord.

Prayer for the Catechumens

Priest: Lord our God, Who dwells on high and
watches over the humble, You sent forth
Your only-begotten Son and God, our Lord

Jesus Christ, for the salvation of the human race. Look down upon Your servants, the catechumens, who have inclined their necks to You, and grant them at a proper time the baptism of rebirth, the remission of sins, and the garment of incorruption. Unite them to Your holy, catholic, and apostolic Church, and number them among Your chosen flock.

Priest: So that with us they also may glorify Your most honorable and majestic name, of the Father and of the Son and of the Holy Spirit, now and forever and to the ages of ages.

People: Amen.

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Megalynarion of Pascha, *First Tone*

The Angel spoke to her who is full of grace: Rejoice, O pure virgin, and again I say rejoice; your Son is risen from the grave on the third day.

Shine, Shine, O new Jerusalem, for the glory of the Lord is risen upon you.
Now dance and be glad O Sion; and you, O pure Theotokos,
exalt in the rising of your Son!

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

Communion Hymn

Receive the Body of Christ, and taste him who is
the fountain of immortality.

*Instead of “We have seen the light...,” we chant
“Christ is risen.”*

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“With great joy does Christ fill our hearts by His Resurrection...He gives us gladness...He also gives us salvation through His Passion, immortality through His Death, healing for our wounds, and resurrection from our fall!”

— *Saint Proclus of Constantinople*

Today

Prosforo is provided by **Cristina Nicklow**.

40-Day Churching: **Nefeli**, parents: **Peter & Jacqueline Economou**

Memorial Prayers today are offered for **Kostas Papadakis** (40 days);
Stan Wendland (40 days); **Hope Kennedy** (2 years); **Peter Calott** (11 years).

The coffee hour today is hosted by
Robert Kennedy and family in memory of **Hope Kennedy** and **Peter Calott**.

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.

Announcements



Spring Parish Assembly

Please join us for our Spring Parish Assembly meeting this morning following the Divine Liturgy, in the Great Hall. The Parish Council will be reviewing the following agenda items and a snack will be provided.

2025 Spring Parish Assembly Agenda

- Opening Prayer
- Approve March 2025 Special Parish Assembly Minutes
- 2024 Financial Summary (actual vs. budget)
- Elect 3 Board of Elections
- New Security Task Force
- Buildings and Grounds Updates and Approvals
- Special Parish Council Announcement
- Fall Parish Assembly on Sunday, October 26

Special Election Next Sunday, May 11

There is a vacancy on Saint Mary's Parish Council, therefore, we will promptly hold an election for the vacant seat. The term will run through its unexpired portion, which is through December 31, 2027, or approximately 31 months. We are welcoming parishioners in good standing to submit their application to Dean Murdakes, Jim Geogleris, or Lou Pappas by Friday, May 9. The election for the vacant seat will be Sunday, May 11, after the Divine Liturgy.

Calendar of the Week

Sunday, May 4: Sunday of the Myrrh-Bearing Women

“The Messenger” News Item Deadline

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

after Liturgy – Church School Prosforo Sale

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

Tuesday, May 6

6:00 p.m. – Adult Open Gym Basketball, *Great Hall*

Wednesday, May 7

10:00 a.m. – Housekeeping

6:15 p.m. – Junior GOYA Activity, *Youth Room*

6:30 p.m. – Choir Rehearsal, *Nave*

Friday, May 9

10:00 a.m. – Koulourakia Baking, *Kitchen and Terrace Room*

Saturday, May 10

8:30 a.m. – Women’s Bible Study, *Patty Christopoulos’ home*

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

5:00 p.m. – Great Vespers

Sunday, May 11: Sunday of the Paralytic;

Mother’s Day; AHEPA Sunday

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



A Note on Giving

When making a contribution of any type to St. Mary’s with a check, the check must be made payable only to St. Mary’s. As a safety precaution, our bank does not accept checks from us that are made out to specific funds or individuals. This includes memorials, donations for holiday flowers, meals, and the like. Additionally, checks made out to individuals, such as memorials, cannot be endorsed over to St. Mary’s. If you have questions about this, please contact the Church Office.



MAY THE FAITH BE WITH YOU!





Prayer Ministry

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

All victims of wars throughout the world; Our brothers and sisters living through the aftermath of disaster; For the victims of violence; Metro Hope Ministries; Orthodox Christian Prison Ministry; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially Jassir; San Miguel Del Lago Orphanage; Mechelle, Elaine, Vonda, Andrew, Susan, Elias, Imogene, George, Becky, Elizabeth, Yvonne, Fran, 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 Jereczek, Dena, Chris, Joy Rose, Nick, John, 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 May 11



Cereal (both hot and cold)

May's recipient is **Joyce Uptown Food Shelf**.

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



Senior Citizens' Meeting

May 13, 12:00 noon

Saint Mary's Senior Citizens will meet on Tuesday, May 13, at 12:00 noon in the Terrace Room. We will celebrate all May birthdays and anniversaries with a group photo of all celebrants, a delicious buffet luncheon, and a scrumptious cake by Terri Leckas. Afterwards, we will be entertained by musicians, Cathy and Steve Selin who will play the trombone and piano and lead us in a sing-along of 40s, 50s and 60s songs. Who knows, there may be some impromptu dancing, too! We will end with a short meeting and announcements. All St. Mary's seniors (55+) are invited to join our lively group. Dues are currently \$15. For further information, please contact President Tessie Bourdamis or any current officer.

Greek Dance Program to Resume Practices

Register by June 8

The Greek dance program will resume dance practices on Monday, June 9 and running through September 3. Practices take place on Monday evenings, 6:00-8:00 p.m., with added practices from time to time on Sunday afternoons. We will focus on preparing to perform for our Greek Festival, September 5-7. All youth of St. Mary's, ages 6 to 19 years, are welcome to join this fun cultural program. For further details on schedule, please contact Tessie Bourdamis, tbourdamis@comcast.net or Jim Canelake, agrimi01@gmail.com. Please register by June 8.



Lost and Found

Now that the nice spring weather is setting in, it's time to reclaim lost winter clothing and other items left around the building over the last several months. We have collected all the found items – clothing and otherwise – and placed them in the Great Hall, immediately to the left of the entrance. Please look over the items and take what is yours. David from the office will be on hand with the small items such as jewelry. Items not claimed by Memorial Day will be given to an outreach agency or discarded.



Scan to
Sign Up

Twin Cities YAL (ages 19-35)

Paschal Prayer and Potluck Picnic

Twin Cities Young Adult League (YAL) is hosting a Paschal Prayer and Potluck Picnic on Friday, May 16, at the Annunciation Chapel, 3025 Stinson Blvd NE, St Anthony, Minnesota. The evening begins with the Akathist at 6:00 followed by a potluck picnic. Please bring your favorite Pascha dish to share (or just yourself). Questions? Contact liamraboris@gmail.com

Philoptochos News



Sunday Table Coverage Reminder

We ask for your assistance in ensuring that the Philoptochos table remains staffed after Liturgy each week. We're looking for two members to manage the Sunday table, providing updates on current volunteer opportunities, and addressing general inquiries about our mission and membership. Sign up at our table and choose a Sunday that works for you.



Attention All Philoptochos Members

This year our Philoptochos chapter is celebrating 80 years of promoting charitable, benevolent, and philanthropic work for the Greek Orthodox Church. We would like to celebrate past and present members at our May Spring Finale. If you have any stories, pictures, or other memorabilia from the past 80 years, we would love it if you would share them with us. We are also looking for ladies to assist in planning this event. If interested...please contact Erline Holman, 507.259.5443, or yiyaiierline@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!



80th Anniversary Spring Fling

Tuesday, May 20, 5:30 p.m. – Social Time, 6:00 p.m. – Dinner, Program, and Meeting. Join your Philoptochos' sisters for a fun evening celebrating our 80th Anniversary with food, beverages, games, and more. You don't want to miss this! Stop by our table to reserve your spot or sign up here, by scanning the code.



Philoptochos/Women's Book Club

Mother Theosemni is the next book the women in the Philoptochos Book Club will be reading and discussing. **Copies are available in the bookstore.**

Philoptochos News

Volunteer Opportunities for Festival Baking Start in May

Opa! Taste of Greece 2025 baking starts in May and we're excited to welcome you to our baking sessions! Here's the schedule through June:

- **Koulouria** - Friday, May 9, 10:00 a.m.-7:00 p.m.
- **Kourambietes** - Friday, May 16, 12:00 noon-7:00 p.m.
- **Baklava Assembly** - Tuesday, June 3 and Monday, June 9, 11:00 a.m.-8:00 p.m.
- **Baklava Cut and Clove** - Wednesday, June 11, 11:00 a.m.-3:00 p.m., and Thursday, June 12, 9:00 a.m.-12:00 noon (if needed)



*Scan to
Sign Up*

These sessions are always fun and are a great way to be with old and new friends while supporting St. Mary's. Please join us when you can—for an hour or two or the entire session. Many hands lighten the load. No experience necessary...on-the-job training available! Volunteer via SignUpGenius or at the Philoptochos table after Sunday Liturgy.

Spring Chapter Connect Meeting - Saturday, May 10

All Philoptochos members are invited to attend the Spring Chapter Connect Meeting. This is a Metropolis event and will be held in person at St. Iakovos Retreat Center in Kansasville, Wisconsin. A Zoom link may be provided closer to the date. The agenda includes:

- How to file for 501c3, tax exemption etc.
- Discussion on the book, *Memberships*, by Sarah Sladek.
- Much, much more!

Contact Connie Kouzes, kouzes@q.com or 612.804.2239 if interested in attending. More information to come!

The 19th Twin Cities Pan-Orthodox Tea

Saturday, May 17, 3:30-5:30 p.m.

Hosted by St. Panteleimon Russian Orthodox Church, 2200 Franklin Avenue, SE, Minneapolis MN 55414. Come together for fellowship and share ideas toward our common goals to learn from each other, share ideas from our parishes and to serve to be Christ-like. A service project grew out of our fellowship to serve those in need. Please bring an appetizer or dessert to share.

Questions? Contact Ellada: ellada_agadjanova@yahoo.com

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, May 5

Acts 6:8-15; 7:1-5, 47-6 • John 4:46-54

Tuesday, May 6

Acts 8:5-17 • John 6:27-33

Wednesday, May 7

Acts 26:1, 12-20 • John 6:35-39

Thursday, May 8

1 John 1:1-7 • John 19:25-28, 21:24-25

Friday, May 9

Acts 8:40; 9:1-19 • John 6:48-54

Saturday, May 10

1 Corinthians 4:9-16 • Luke 6:12-19

Sunday, May 11: Sunday of the Paralytic

Acts 9:32-42 • John 5:1-15



Saint Mary's Greek Orthodox Church

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

Weekly Bulletin Submissions to: Communications@stmarysgoc.org

Weekly Bulletin Submission Deadline: Mondays



Fun Jam! for Everyone!



Dine on hot dogs & chips
Cupcakes and ice cream
compliments of
Harry Legeros Memorial
Face painting, inflatables,
obstacle courses,
and animal kingdom

> Parents are responsible for
inflatables supervision <

Sunday,
May 18,
after Liturgy



Questions? Contact Geoglia Andron
greekborba@hotmail.com or 612.978.2793