

September 28, 2025



The Divine Liturgy

## First Sunday of Luke

**Commemoration:** First Sunday of Luke; Chariton the Confessor;  
Our Righteous Father Alkeisonus, Metropolitan of Nicopolis; Old Epirus;  
Baruch the Prophet; Neophytos & Auxentios the Martyrs of Cyprus;  
Wenceslaus the Martyr, Prince of the Czechs.

*Morning Gospel: Luke 24:12-35..... Tone: Grave*

### 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, Grave Tone**

By your cross, O Lord, you destroyed death; to the thief you opened paradise.  
The myrrh-bearers' sorrow you transformed into joy, and you sent your apostles  
forth to proclaim that you had risen from the dead, Christ our God,  
bestowing on all the world your great mercy.

#### **Hymn of Entrance, Second Tone**

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 Chariton, Plagal Fourth Tone**

With the rivers of your tears you made the barren desert bloom; and with your  
sighs from deep within, you made your labors bear their fruits a hundredfold;  
and you became a star, illuminating the world by your miracles, O Chariton our  
devout father. Intercede with Christ our God, 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!

Ἐν τῇ γενήσῃ τὴν παρθενίαν ἐφύλαξας, ἐν τῇ κοιμήσῃ τὸν κόσμον οὐ κατέλιπες,  
 En ti gennisi tin parthenian efilaxas en ti kimisi ton kosmon u katelipes,  
 Θεοτόκε. Μετέστῃς 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 the Theotokos, Second Tone**

O unfailing protection of Christians, and our faithful advocate before the Creator:  
 though we are sinners, do not ignore our entreaty; but in your goodness, grant your  
 timely help to us who appeal to you in faith. Quickly make intercession; on our behalf  
 make speedy supplication, O Theotokos, for you always protect those who honor you..

### **Epistle..... II Corinthians 6:1-10**

Brethren, working together with him, we entreat you not to accept the grace of God  
 in vain. For he says, "At the acceptable time I have listened to you, and helped you on the  
 day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation.  
 We put no obstacle in any one's way, so that no fault may be found with our ministry,  
 but as servants of God we commend ourselves in every way: through great endurance,  
 in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching,  
 hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love,  
 truthful speech, and the power of God; with the weapons of righteousness for the right  
 hand and for the left; in honor and dishonor, in ill repute and good repute. We are  
 treated as impostors, and yet are true; as unknown, and yet well known; as dying, and  
 behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor,  
 yet making many rich; as having nothing, and yet possessing everything.

### **Gospel..... Luke 5:1-11**

At that time, as Jesus was standing by the lake of Gennesaret, he saw two boats by the  
 lake; but the fishermen had gone out of them and were washing their nets. Getting into  
 one of the boats, which was Simon's, he asked him to put out a little from the land. And  
 he sat down and taught the people from the boat. And when he had ceased speaking, he  
 said to Simon, "Put out into the deep and let down your nets for a catch." And Simon  
 answered, "Master, we toiled all night and took nothing! But at your word I will let down  
 the nets." And when they had done this, they enclosed a great shoal of fish; and as their  
 nets were breaking, they beckoned to their partners in the other boat to come and help  
 them. And they came and filled both the boats, so that they began to sink. But when  
 Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a  
 sinful man, O Lord." For he was astonished, and all who were with him, at the catch of  
 fish which they had taken; and so also were James and John, sons of Zebedee, who were  
 partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be  
 catching men." And when they had brought their boats to land, they left everything and  
 followed him.

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# Today

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Prosforo is provided by **Ruta Kubits**.

Memorial Prayers today are offered for

**Eleni** (mother-in-law of Anna Iacovou); **Sam Cheolis** (15 years).

The coffee hour today is hosted by **David and Julie Rist**.

Collection baskets will be on the serving tables for donations in support of FOCUS Minnesota. *Please make checks payable to St. Mary's.*

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## Welcome Visitors and Guests!

After Liturgy this morning, stop by the welcome and information table located between the Bookstore and Great Hall. A couple parishioners are there to welcome you and answer your questions about St Mary's Greek Orthodox Church and the Orthodox faith. Join us in the Great Hall for a cup of coffee and always enjoyable refreshments

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## Announcements

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### Coffee Hour Hosts Needed

Consider hosting an upcoming coffee hour! Hosts are needed for **Sundays, October 12, 19, and 26, and November 23 and 30.**

Please contact the church office if you would like to host.



### Twin Cities Marathon—Next Sunday

The Twin Cities Marathon takes place Sunday, October 5, starting at 8:00 a.m. in downtown Minneapolis. The route will run along the west side of Lake of the Isles and Bde Maka Ska to the William Berry Parkway and south along the east side of Lake Harriet to the Minnehaha Parkway. If your drive to church takes you along the Marathon route, you should consider an alternate route to Church.



### Koinonia Group Sign Up

We are excited to launch new Koinonia groups for this year! Sign up is available now at this QR code. All you have to do is add your name/contact information to the group, and you will be contacted by the group leader soon to welcome you. Before signing up...PLEASE make sure that the dates listed so far for the calendar year work with your schedule BEFORE signing up. If you sign up, we ask that you make a commitment to attending the group dates listed as SPACE IS LIMITED. Please contact either Lani McCollar [lanimccollar@gmail.com](mailto:lanimccollar@gmail.com) or Christine Buss [cmariabuss@gmail.com](mailto:cmariabuss@gmail.com) for any questions.



*Scan to  
Sign Up*



## Men's Fall Retreat

**RSVP by Tuesday, September 30**

This fall we will begin a new format that we hope will allow even more men the chance to participate in a day of faith building, fun, and fellowship. Save the date of **Saturday, October 4, 2025**, for a "Daytreat." Paul Karos has graciously agreed to lead two sessions on the topic of "Prayer." Steve Rakes and Andrew LeRoy have volunteered to help plan and execute some tasty meals. Activities may include fishing, volleyball, basketball, axe throwing, a long drive golfing contest, and of course, an evening bonfire. This will be hosted at the Twito home in Eagan between 9:00 a.m. and 9:00 p.m. on October 4. More details will be forthcoming. **Please RSVP by Tuesday, September 30** to the David in the Church Office ([david@stmarysgoc.org](mailto:david@stmarysgoc.org)) so that we can anticipate the food quantities needed. +Father Luke Twito

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*Scan to  
Sign Up*

## **BYZN-101: Intro to Byzantine Music and Notation**

Love to sing? Join us for our Introductory Byzantine Notation and Chant course, BYZN 101! Whether you've never chanted before, or you've been chanting for many years, all are welcome! The first half of the class will be focused on learning Byzantine notation, then learning the modes (and their theory), two weeks at a time. This course is mostly focused on learning Byzantine notation; the musical system used around the world in Byzantine music. We'd love to have you join us for this college-style class (some lecture and some practical experience). The first class is Tuesday, October 7, meeting weekly on Tuesdays at 6:30 p.m. To register or for more information, contact [Joseph@stmarysgoc.org](mailto:Joseph@stmarysgoc.org), or scan the QR code. The QR code is the registration form, which also has all class information.

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## **Children's Glendi and Pizza Party – RSVP Today!**

**Saturday, October 25, 5:00–8:00 p.m.**

Join us for a joyful Greek glendi for the children of the parish, complete with pizza and dancing! The Sioris/Kempf family will provide music, pizza, and beverages, with a recommended \$10 free-will offering per person attending. This year, all proceeds will go towards supporting Sophia and the Forchas family, as we come together in love and fellowship to lift them up during this time. Preschool and elementary-aged children of the parish and their families are welcome. **RSVP by Sunday, October 19.** Please note – this is not a drop-off event; parents/guardians are responsible for their children.



*Scan to  
RSVP*

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# Philoptochos News

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## Please Sign Up to Help at our Table on Sundays

We would love for you to help at our table on Sundays. Please stop by and sign up to sit at the table on a specific Sunday to assist in answering questions and promote individuals to sign up for activities happening in the coming weeks. We only need ladies to be there after Liturgy till about noon.



## The Twentieth Twin Cities Pan-Orthodox Tea

Saturday, October 11, 2:00-5:00 p.m.

Saint Mary's Greek Orthodox Church will be hosting the annual tea this year. Please plan to attend as the guest speaker will be our own Cindy Karos! She will share a presentation on Divine Liturgy. Please bring an appetizer or dessert to share. Any questions, contact Connie Kouzes, [ankouzes@gmail.com](mailto:ankouzes@gmail.com)



## 2026 Monastery Pilgrimage

A small group of ladies will make a pilgrimage to the St. Paisius Monastery in Safford, Arizona. The dates planned are for **January 27-31, 2026**. There is room for eleven pilgrims. The monastery does not charge us for our stay; however, it is proper to leave a donation as you are able. The cost of airfare right now ranges from \$400-\$550 and is subject to change. Tickets will be purchased at the end of October. There is also a cost for a rental van for the group. The cost of this van is determined by how many pilgrims attend. The Monastery website is: <http://stpaisiusmonastery.org>. Please familiarize yourself with visitor information. If you are interested or want more information, please contact: **Cristina Nicklow**, Email: [cnicklow@outlook.com](mailto:cnicklow@outlook.com), Cell: **612.839.4560**

# Calendar of the Week

## Sunday, September 28: First Sunday of Luke

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy  
after Liturgy – YAL Lunch, *Terrace Room*

## Wednesday, October 1: Holy Protection of the Theotokos

9:30 a.m. – Divine Liturgy  
after Liturgy – Housekeeping  
6:30 p.m. – Choir Rehearsal

## Friday, October 3

7:00 a.m. – Men's Fellowship, *Fireside Room*

## Saturday, October 4

9:00 a.m. – Bible Study, *Fireside Room and on Zoom*  
9:00 a.m. – Men's Retreat, *Fr. Luke Twito's Home*  
5:00 p.m. – Great Vespers

## Sunday, October 5: Second Sunday of Luke

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



### 2025 Annual Budget

**\$1,549,170**

**Offerings Received:**

**\$848,407\***

**Remaining to Raise:**

**\$700,763\***

*\*As of September 25, 2025*

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





## 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 Conway; San Miguel Del Lago Orphanage; Sophia and the students, staff, and parents of Annunciation Church and School, Jason, Kristina, Janet (Dimitra), Andrew and Mari, Constantine James, Lauren, Anna, Kathleen Wendland and Julie Alvin, Gabriel, Linda, John and Johnny, Anastasia, Diane, Nicki, Dino, George, Billie, Nino, Kate, Elena, Mechelle, Elaine, Vonda, Andrew, Susan, Elias, Imogene, Becky, Elizabeth, Yvonne, Fran, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, Sylvia, Pete, Steve A., Athena, Betty, Ann, Mark, Kostantinos & Georgia, Andreas, Jonathan, Jeanette, Mary, Ann, Marilyn, Donna, Dawn, Don, Nancy, Brad, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Owen, Michael, Jaclyn Jereczek, Dena, Chris, Joy Rose, Nick, John, Eugenia, Ron, Matt, Laura, Constance, Marina, Dion, Annali, Sofia, Juan Cruz & family, Charlie, Helena, Jennifer, John S., Becky, Noel, Stephen, Ray, Christina, Joanne, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Liz, Efstratia, Jordan, David, Nino, Joe, Donnarae, 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, 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 October 5



***Canned Meals – large cans  
(e.g., chili / pork and beans)***

October's recipient is **Simpson Food Pantry**

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



## St. Mary's Stewardship at Work



# Koinonia

by the Numbers

6



Groups last year

11



Total groups this year

135+



Participants last year

*"To anyone considering joining a group, I'd say: don't hesitate. Sharing a meal and discussion with others who are also seeking to know God more deeply is incredibly encouraging."*

—Lea Sullivan

*"As a participant of Koinonia this year, the people of St. Mary's became more than friendly faces; they became our friends in Christ. This enriching experience supported and encouraged our faith and helped us know others more fully."*

—Angela Cook

St. Mary's Koinonia is led by dedicated group facilitators throughout the Twin Cities, and each monthly gathering either a clergy or scholar visits also. Small groups of approximately 10-12 gather **September through May**.



**Find a group to join and sign up here**



# SAVE THE DATE

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**Saturday evening,  
NOVEMBER 8, 2025**

**Saint Mary's  
125<sup>th</sup> Anniversary  
Celebration**

*Location and other  
details to follow.*

## 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, September 29*

Galatians 5:22-26; 6:1-2 • Luke 4:38-44

### *Tuesday, September 30*

I Corinthians 16:13-24 • Matthew 24:42-47

### *Wednesday, October 1: Holy Protection of the Holy Theotokos*

Acts 9:10-19 • Luke 5:33-39

### *Thursday, October 2*

I Timothy 1:12-17 • Luke 6:12-19

### *Friday, October 3*

Acts 17:16-34 • Luke 6:17-23

### *Saturday, October 4*

I Corinthians 10:23-28 • Luke 5:17-26

### *Sunday, October 5: Second Sunday of Luke*

II Corinthians 6:16-18; 7:1 • Luke 6:31-36



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

3450 Irving Avenue South, Minneapolis, MN 55408-3399

**stmarysgoc.org** | **612.825.9595** |   

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

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

**Weekly Bulletin Submission Deadline: Mondays**