



February 1, 2026

The Divine Liturgy

Sunday of the Publican and Pharisee; Triodion Begins

Commemoration:

Sunday of the Publican and Pharisee: Triodion Begins Today; Forefeast of the Presentation of Our Lord and Savior in the Temple; Tryphon the Martyr; Perpetua and her Companions; Our Holy Father Basil, Archbishop of Thessalonica; Anastasios the New Martyr of Navplion; The Four Martyrs Andrianus, Polyeuktos, Plato and George who contested in Megara; Timothy the Confessor; Bridget of Ireland.

Morning Gospel: Matthew 28:16-20 Tone: First

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, First Tone

Although your tomb was sealed with a stone, O Savior, and your most pure body was guarded by the soldiers, you rose on the third day giving life to all the world. Therefore, O giver of life, the powers of heaven praise you: Glory to your resurrection, O Christ. Glory to your kingdom. Glory to your saving wisdom, O only lover of mankind.

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 the Forefeast, First Tone

The choir of heaven's hosts, from the vaults of the heavens, bends forward to the earth and beholds as an infant the first-born of all creation being carried in the embrace of His holy virgin Mother unto the Temple. And with us they sign today a fore-festal anthem, in awe and astonishment.

Hymn for the Martyr, Fourth Tone

The choir of heaven's hosts, from the vaults of the heavens, bends forward to the earth and beholds as an infant the first-born of all creation being carried in the embrace of His holy virgin Mother unto the Temple. And with us they sign today a fore-festal anthem, in awe and astonishment.

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 ζωήν, μήτηρ ὑπάρχουσα τῆς ζωῆς, καὶ ταῖς πρεσβείαις
Theotoke. Metestis pros tin zoin, mitir iparhusa tis zois, ke tes presvies
ταῖς σαῖς λυτροῦμένη ἐκ θανάτου τὰς ψυχὰς ἡμῶν.
tes ses litrumeni ek thanatu tas psihas imon.

Kontakion of the Forefeast, Fourth Tone

With our hearts instead of arms today, believers, with most pure and righteous
thoughts let us receive in our embrace the Lord and Master who comes to us,
and let us offer our fore-festal hymns of praise.

Epistle Romans 8:28-39

Brethren, we know that everything works for good with those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the first-born among many brethren. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified. What then shall we say to this? If God is for us, who is against us? He who did not spare his own Son but gave him up for us all, will he not also give us all things with him? Who shall bring any charge against God's elect? It is God who justifies; who is to condemn? It is Christ Jesus, who died, yes, who was raised from the dead, who is at the right hand of God, who indeed intercedes for us. Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, "For thy sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Gospel Luke 18:10-14

The Lord said this parable, "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

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

Today

Prosforo is provided by
Ruta Kubits and Yana Patridge.

Memorial Prayers today are offered for
Bill DeMoss (40 days), **Mary** (10 years) and **John DeMoss** (5 years);
Lydia Ambros, (29 years) mother of Michael Ambros.

The coffee hour today is hosted by
the DeMoss family in memory of departed loved ones.

Welcome to Saint Mary's



We welcome His Eminence Metropolitan Nathanael to Saint Mary's today. He is with us this weekend to offer support to our community and to Minneapolis at this difficult time.



Welcome Basketball Tournament Family and Guests!

Welcome to Saint Mary's all Western Region Family Basketball Tournament players and fans! We're delighted you are with us this weekend and hope that it has been an enjoyable time for you. Please join us in the Terrace Room for refreshments after the Liturgy. It will be cozy as the Great Hall is ready for the final game of the Tournament.



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 Saint Mary's Greek Orthodox Church and the Orthodox faith. Join us in the Terrace Room for a cup of coffee and always enjoyable refreshments.



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, Dennis, Deb, Dean, Ioanna, Santina, Tia, Margaret, Kathie, Owen, Missy, Anthony, Julie, Ann, Jim, Maria, Joan, Jason, 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, Mark, Kostantinos & Georgia, Andreas, Jonathan, Jeanette, Mary, Marilyn, Donna, Dawn, Don, Nancy, Brad, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Michael, Jaclyn Jereczek, Dena, Chris, Nick, John, Eugenia, Ron, Matt, Laura, Constance, Marina, Annali, Sofia, Juan Cruz & family, Charlie, Helena, Jennifer, John S., Becky, Noel, Stephen, Ray, Christina, Joanne, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Efstratia, Jordan, David, Nino, Joe, Donnarae, Mary K., Monte, Bethany, Mark, 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, Diana, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, R.J., Allie, Vickie, Petra, Bob, Joseph, Christopher, Elizabeth, Judi, Bodil, Ole, and others known to you.

Food Shelf Needs for February 8



Peanut butter

February's recipient is Simpson Food Pantry

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

Calendar of the Week

Sunday, February 1: Publican and Pharisee; Triodion Begins

“The Messenger” News Item Deadline

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

No Church School today.

Basketball Tournament

5:00 p.m. –Vespers for the Presentation of the Lord

Monday, February 2: Presentation of Our Lord

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

Tuesday, February 3

6:30 p.m. – Byzantine Chant Class, *Fireside Room*

Wednesday, February 4

10:00 a.m. – Housekeeping

6:00 p.m. – Parish Night

6:30 p.m. – Choir Rehearsal, *Nave*

Friday, February 6: Saint Photios

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

9:30 a.m. – Divine Liturgy

Saturday, February 7

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

5:00 p.m. – Great Vespers

Sunday, February 8: Sunday of the Prodigal Son

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

after Liturgy – Philoptochos Sweet Sunday, *Great Hall*

11:45 a.m. – Curriculum Meeting, *Classroom*

12:00 noon – Seekers’ Meeting, *Fireside Room*



House Blessings

During February, Fr. Tim and Fr. Jason will be doing house blessings.

To schedule a blessing, please send an e-mail request to:

stmarysgoc@stmarysgoc.org or call the parish office, **612.825.9595**.

Blessings will be conducted on weekdays, 9:00 a.m. to 5:00 p.m.

(preferred), or by arrangement with a priest.

Through February 4: Southeast Quadrant

Bounded by Highway 94 on the north and 35W on the west.

If you would like to have your home blessed, open scheduling will take place February 5-19.



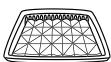
Philoptochos Membership Drive

All women of the parish should have received a letter inviting them to *Step Up! Make a Difference!* with Philoptochos as a new or returning member. Let's renew and strengthen our efforts together, united in our mission to serve "the least of them." Membership dues are self-determined, with **the first \$22 supporting our Metropolis and National Philoptochos**, and the remainder directly benefiting our local chapter.



Sweet Sunday – February 8

Sweet Sunday is a cherished Philoptochos fundraiser where we host coffee hour after Liturgy and collect donations to support charitable organizations. All proceeds for this year's event will be donated to FOCUS MN. There are many volunteer opportunities so please consider helping with this event by signing up at the Philoptochos table on Sundays or scan the QR code.



Spring Fillo Sale ~ Sundays, February 8-22

Fresh fillo is the best fillo! We are taking orders for fillo starting next Sunday, February 8, and continuing through Sunday, February 22. Stop by our table to place your order. The cost will be \$6.00 per pound. We will accept cash, checks, and credit cards (small additional fee is charged for credit card purchases). Pickup will be on March 1.



Little Orthodox Library

Thank you to everyone who has helped with the Little Orthodox Library this past year. Your generosity in donating books and your time to keep the library stocked is appreciated very much! It's time to schedule for 2026. If you would like to sign up to help monthly, please go to the Philoptochos table during coffee hour. All you need to do is check the library box weekly (during your month) to remove any books that are not Orthodox then replenish the supply (kept behind the stage), putting a bookmark in each book.



Church Kitchen Refrigerator Monthly Clean Up

We are looking for volunteers again in 2026 to help with keeping our church kitchen refrigerators clean. We need individuals to sign up for a monthly clean out of old and expired food and clean up any spills. Please stop by our table to pick a month you would be able to help.



Upcoming Events

- **Sitari (Memorial Wheat) Workshop** – Friday, February 13, 6:00-9:00 p.m.
Registration for the sitari workshop closes on Sunday, February 8.
- ** *Signup at the Philoptochos table for any of these events.***



IN THE BOOKSTORE

In the liturgical year, we are at the doors of Great and Holy Lent. As you look forward to this season of grace, please visit the bookstore for a good selection of Lenten reading to help you on your journey. Of special note is a book by Archimandrite Zacharias Zacharou titled *The Way of the Lord Through the Triodion and Pentecostarion* in which he provides brief yet succinct overviews and insights explaining each season and Sunday from the weeks before the Triodion begins through Pentecost to the Day of the Holy Spirit, all in a book of only 139 pages. Complementary copies of *A Rule of Prayer During Great Lent* are also available.



Stefana/wedding crowns and candles for weddings are now available in the bookstore. Additional styles will be added this spring. Shorter decorated candles are available for baptisms and chrismations. Made by Billie Savvas Slater.



Pan-Orthodox Dance

Saturday, February 7

Whether you know how to dance or want to learn, join us for our annual Pan-Orthodox Dance on Saturday, February 7. We will be teaching Middle Eastern, Greek, Russian, Romanian, and a wide variety of other dances starting at 6:00 p.m. (following 5:00 p.m. Vespers). At 7:00 we will continue to have open dance for the rest of the evening. Please bring an appetizer or dessert to share. Hosted at St. George Antiochian (1250 Oakdale Ave, West St Paul). Ages 12+ are welcome to join! Contact Anna Karos with any questions: 612.308.0061.



Saint Olympia Ministry Events

Friday, February 13: 6:00-9:00 p.m. Sitari (Memorial Wheat) Workshop in the church kitchen. Bring mom and/or a friend. Sign up at the Philoptochos table on Sundays or call the church office, 612.825.9595, during the week. *Registration closes on Sunday, February 8.*



SAVE THE DATE: JUNE 15-19, 2026



Renew Your Stewardship

The 2026 Stewardship Campaign is underway! Please prayerfully complete and return a time/talent/treasure form by **March 31**. This form must be completed, signed and returned yearly. *Note that ONLY those who have completed a pledge form for 2026 will be eligible to vote in the General Assembly and Parish Council elections.* If you do not have a form, they are available on the table in the back of the Narthex or by scanning the QR code. Thank you.



YAL News



YAL Chicago Conference

The Metropolis of Chicago's annual YAL conference will be taking place this Presidents' Day Weekend (February 13-16) in Downtown Chicago! This conference is filled with inspiring speakers, fulfilling workshops, fantastic service projects, amazing glendies, and many opportunities to connect with Orthodox young adults from across the country. Registration is now open with limited spots remaining. Register now!



Support the YAL Conference

Many of you attended conferences back in the day, met some of your closest friends, and maybe even met your spouse at a YAL event.

Oftentimes we hear the question, "where are the youth in the church?"

The answer is here. There is a movement and desire to be connected with other Orthodox young adults and people in this age group look forward to these weekends each year. In order to keep ticket prices down (it costs YAL over \$500 per participant for food, entertainment, transportation, service project materials, etc.!) We are looking for various forms of sponsorship and donations including: food and drink, merchandise, and monetary gifts. To donate or become a sponsor please visit the link in the QR code or reach out to Sia Tortorelis and the conference committee at yalchicagoconference@gmail.com



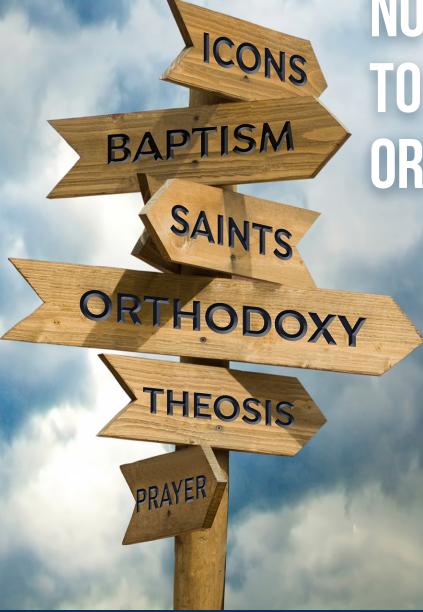
Help to Welcome Our Newcomers!

Please stop by the Hospitality and Evangelism table outside the Great Hall to learn more about how you can be part of this important ministry of welcoming visitors, newcomers, and seekers to St. Mary's.



Google Pay

We are now set up to accept Google Pay through Realm. When making a payment or your stewardship offering, select Google Pay at the top of the second screen where the payment options are found.



NOT SURE WHERE TO GO
TO LEARN ABOUT THE
ORTHODOX FAITH?

SEEKER SUNDAYS

February 8 and March 8, 2026

12:00-1:00 p.m., *Fireside Room*

For those seeking to become an Orthodox Christian, we are here to help guide the way. Join our monthly Q & A with clergy on the second Sunday of the month. Grab some refreshments at the Coffee Hour, then meet us at noon. Come early for social time.

If you would like to send a question in advance, send it to: welcome@stmarysgoc.org

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, February 2: Presentation of Our Lord

Hebrews 7:7-17 • Luke 2:22-40

Tuesday, February 3

Hebrews 9:11-14 • Luke 2:25-38

Wednesday, February 4

II Peter 3:1-18 • Mark 13:24-31

Thursday, February 5

I John 1:8-10; 2:1-6 • Mark 13:31-37; 14:1-2

Friday, February 6: Saint Photios

Hebrews 7:26-28; 8:1-2 • John 10:9-16

Saturday, February 7

I Timothy 6:11-16 • Luke 20:46-47; 21:1-4

Sunday, February 8: Sunday of the Prodigal Son

I Corinthians 6:12-20 • Luke 15:11-32



ST. MARY'S
GREEK ORTHODOX CHURCH

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*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

Weekly Bulletin Submission Deadline: Mondays