



February 22, 2026

The Divine Liturgy

Forgiveness Sunday (Cheesefare)

Commemoration:

Forgiveness Sunday; The Finding of the Precious Relics of the Holy Martyrs in the Quarter of Eugenius; Our Righteous Fathers Thalassius and Baradatus; Anthousa the Martyr and her 12 Servants.

Morning Gospel: Luke 24:1-12..... Tone: Fourth

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, 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.

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 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 ζώην, μήτηρ ὑπάρχουσα τῆς ζωῆς, καὶ ταῖς πρεσβείαις
Theotoke. Metestis pros tin zoin, mitir iparhusa tis zois, ke tes presvies

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

Kontakion of Forgiveness (Cheesefare) Sunday, *Plagal Second Tone*

O you who are the source of all wisdom and discernment, instructor of the ignorant and champion of the poor; strengthen my heart, O Master, and grant me understanding. O Word of the Father, bring words to my lips, that nothing would keep from crying out to you: In your compassion have mercy on me, for I have fallen.

Epistle* *Romans 13:11—14:4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel* *Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. "And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you. "Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

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The Communion Prayers are found on page 40 of the hymnal

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"Do we forgive our neighbors their trespasses? God also forgives us in His mercy. Do we refuse to forgive? God, too, will refuse to forgive us. As we treat our neighbors, so also does God treat us. The forgiveness, then, of your sins or unforgiveness, and hence also your salvation or destruction, depend on you yourself, man. For without forgiveness of sins there is no salvation."

— *Saint Tikhon of Zadonsk*

Today

Prosforo is provided by:
Presvytera Alexandra Houck

40-Day Churching:
Axel, parents **Austin & Madelyn Bock**

Memorial Prayers today are offered for:
Fred Labhard (40 years).

The coffee hour today is hosted by:
the Labhard and Sweatt families in memory of **Fred Labhard**.



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.



Special Parish Assembly Today!

A special Parish Assembly will be held today at **11:30 a.m. in the Great Hall**. The agenda will be:

- Opening Prayer
- Approve 2025 Fall Parish Assembly minutes
- Capital Campaign Announcement
- Buildings & Grounds Major Project Approvals and Updates
- Clergy Update
- Closing Prayer and Adjourn

All members in good standing are urged to attend.



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.





Prayer Ministry

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

The family of Dennis Houck; 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; The family of Dennis Houck, Sophia and the students, staff, and parents of Annunciation Church and School, Bill & Marti, Mia, 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, Karris, 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 March 1



Oatmeal or Cream of Wheat

March's recipient is FOCUS Minnesota

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

Calendar of the Week

Sunday, February 22: Forgiveness Sunday (Cheesefare)

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
after Liturgy – Special Parish Assembly, *Great Hall*
12:00 noon – Philoptochos Meeting, *Terrace Room*
after Church School – Saint Olympia Girls help decorate the Nave for Great Lent
5:00 p.m. – Forgiveness Vespers, followed by Sacrament of Confession
5:30-7:30 p.m. – Visitation for Dennis Houck; Trisagion Service at 7:15 p.m.
Washburn-McReavy Edina Chapel, Highway 100 and Vernon Avenue

Monday, February 23: Clean Monday – First Day of Lent

6:00 p.m. – Greek Dance Practice, *Great Hall*
11:00 a.m. – Funeral Service for Dennis Houck; Visitation from 10:00 a.m., *St. Mary's*

Tuesday, February 24:

First and Second Findings of the Head of John the Baptist

9:30 a.m. – Liturgy of the Presanctified Gifts

Wednesday, February 25

4:00 p.m. – Holy Confession (no appointments taken)
5:30 p.m. – Divine Liturgy of the Presanctified Gifts
6:45 p.m. – Lenten Dinner, *Terrace Room*
7:00 p.m. – Choir Rehearsal, *Nave*

Friday, February 27

7:00 a.m. – Men's Fellowship, *Fireside Room*
4:00 p.m. – Holy Confession (no appointments taken)
6:00 p.m. – Salutations to the Theotokos

Saturday, February 28: Third Saturday of Souls

9:00 a.m. – Bible Study, *Fireside Room and on Zoom*
10:00 a.m. – Divine Liturgy

Sunday, March 1: Sunday of Orthodoxy

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
5:00 p.m. – Pan-Orthodox Lenten Vespers, *St. Mary's Orthodox Cathedral*

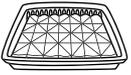
Lenten Weekday Schedule

Wednesdays

4:00 p.m. – Holy Confession (no Appointments Taken)
5:00 p.m. – Divine Liturgy of the Presanctified Gifts
6:45 p.m. – Lenten Dinner and Youth Activities
7:00 p.m. – Choir Rehearsal

Fridays

4:00 p.m. – Holy Confession (no Appointments Taken)
6:00 p.m. – Salutations to the Theotokos



Spring Fillo Sale – Ends Today

Fresh fillo is the best fillo! Today is the final day that we are taking orders for fillo. 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.



General Meeting Today

Our next General Meeting is today. Due to a special Parish Assembly this morning, we will not have a program and plan to start our meeting right after the assembly at about 12:00 noon. We will get right into the business portion of our meeting. We will be discussing all the wonderful things coming up for Philoptochos in the next couple of months leading up to Pascha. We have many volunteer opportunities that we need help with. Please plan to stay for our meeting and hope to see you all there! Food and refreshments will be provided.



Tandem Fundraising Drive: February 23 through April 5

This Lent Philoptochos is again partnering with the Tandem Family Resource Center to support families in need. The Tandem Center (formerly Tapestry) provides resources for women in crisis. Please stop by our table to pick up an envelope to make your donation. Learn more at: www.wearetandem.org



Next Book Club Meeting Thursday, March 12

Our next Book Club meeting is Thursday, March 12 at 7:00 p.m. in the classroom down the school hallway. We'll be discussing the second half of *Time and Despondency* by Nicole Roccas, available in the bookstore. All are welcome—even if you haven't read the book. The conversation is sure to be inspiring. A Zoom link will be available for those who can't attend in person, though we encourage in-person participation if possible. To join the mailing list, please contact Katherine Boosalis at katherine@boosalis.net.



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.

Let's Continue to Bring Hope to Our Neighbors.



"...Let us not love with words or speech but with actions and in truth". -1 John 3:18

Through February, You can help in **2** WAYS



BRING 1

REQUESTED NEEDS:

- Menstrual Pads
- Laundry Soap—easy to carry size

- **Joyce Uptown Food Shelf**, a parish partner, will distribute essentially needed **menstrual pads**.
- **VEAP (Volunteers Enlisted to Assist People)** will distribute the collected **laundry soap** to neighbors in need.



DONATE 2

Scan a code below to directly help the critical housing/rental needs of our neighbors

- **Bancroft Families** (a Philoptochos partner) or **Powderhorn Park Neighborhood Association** (previously Neighborhood of St. Mary's GOC), will directly provide critical housing/rent financial support from your donations.

Bancroft Families



Powderhorn Park Neighborhood Association



Join in service with our Metropolis through their generous support from **Project Hope**.



H O P E
Humanitarian Outreach & Philanthropic Engagement

THE YIELD OF OUR FRUITS

Reflections on a Bountiful 2025



125



Years of Saint Mary's
Greek Orthodox Church

80



Years of Saint Mary's
Philoptochos

50



Years of Service:
Thespina & Mark Macres

400+



Parishioners Attending
Weekly Divine Liturgy

347



Stewards

264



Kids at Summer Camp

157



Family Camp Attendees

199



Students in
Church School

31



Saint John Chrysostom
Oratorical and Art
Festival Participants

15



Junior Olympics
Participants

11



Koinonia Groups

90



Clergy Visits
to Our VIPs

31



Baptisms
(11 adults, 20 kids)

12



Chrismations

8



Weddings

1



New Clergy Member
Deacon, Fr. Stephen Wehr

42



Choir
Members

30



Byzantine Music
Students

10



New
Chanters



\$160,000+

Taste of Greece Festival Proceeds

\$52,000+

Donated to Local Charities

\$10,000

Donated to Non-local Charities

\$10,000

Donated to Mpls. Police Foundation
(from the St. Mary's Foundation)

\$6,500

Donated to Orphanages

\$6,100

Donated to National Philoptochos

11,000+



Cookies Baked For The
Taste of Greece Festival

5,250



Pieces of Baklava Baked For
The Taste of Greece Festival

600+



Loaves of Prosforo Baked

580



FOCUS Meals Prepared

We're so thankful for St. Mary's.

www.stmarysgoc.org/Stewardship



MINNESOTA PAN-ORTHODOX LENTEN VESPERS

SUNDAYS AT 5:00 P.M. DURING GREAT LENT

Following each service we will gather for a Lenten meal and Fellowship.

MARCH 1

Triumph of Orthodoxy

St. Mary's Orthodox Cathedral

1701 5th St NE, Minneapolis, 55413

MARCH 8

St. Gregory Palamas

St. Mary's Greek Orthodox Church

3450 Irving Ave S, Minneapolis, 55408

MARCH 15

Veneration of the Holy Cross

St. George Antiochian Orthodox Church

1250 Oakdale Ave, West St Paul, 55118

MARCH 22

St. John of the Ladder

St. Mary's Romanian Orthodox Church

854 N Woodbridge St, St. Paul, 55117

MARCH 29

St. Mary of Egypt

Holy Trinity Orthodox Church

956 Forest St. N, St. Paul, 55106

APRIL 5

Bridegroom Matins

St. Herman Orthodox Church

5355 38th Ave S, Minneapolis, 55412





Welcoming Mother Gabriella for the Sunday of Orthodoxy

◇ ◇ ◇ ◇ ◇ **Sunday, March 1, 2026** ◇ ◇ ◇ ◇ ◇



We are honored to welcome Mother Gabriella, Abbess of Dormition Monastery in Rives Junction, Michigan, to the Twin Cities.

Mother Gabriella will offer the sermon following the Divine Liturgy at Saint Mary's Greek Orthodox Church in South Minneapolis. She will also attend Lenten Vespers at Saint Mary's Cathedral in Northeast Minneapolis, where she will give a presentation after the service.

Please plan to join us if you are able. It is truly a blessing to have her with us as we celebrate the *Sunday of Orthodoxy*.

9:30 a.m. – Divine Liturgy

Saint Mary's Greek Orthodox
3450 Irving Ave, Minneapolis 55408
Sermon immediately following Liturgy

5:00 p.m. – Lenten Vespers

Saint Mary's Cathedral
1701 5th St. NE, Minneapolis 55413
Presentation immediately following Vespers

Sunday of Orthodoxy

The Sunday of Orthodoxy is the first Sunday of Great Lent. The dominant theme of this Sunday since 843 has been that of the victory of the icons. In that year the iconoclastic controversy, which had raged on and off since 726, was finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent. Ever since, this Sunday has been commemorated as the "Triumph of Orthodoxy."





Coffee Hour Hosts Needed

Two upcoming Sundays are available to host coffee hour. Those dates are March 1 and 28. If you'd like to host, please contact David in the office, david@stmarysgoc.org



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 25. It's the Annunciation to the Theotokos (one of the Twelve Great Feasts of the Church). Fish is allowed this day. Why not consider hosting a special dinner after the Vespers? Contact David in the church office (david@stmarysgoc.org) to get on the schedule.



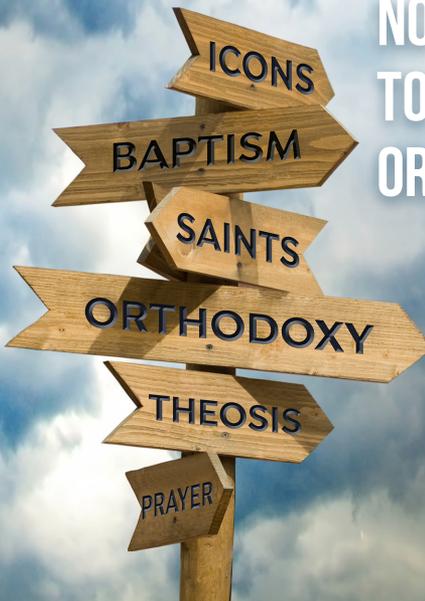
IN THE BOOKSTORE

As we enter the liturgical season of Great Lent, please visit the bookstore for a good selection of 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. A superb resource for families is *My Synaxarion—Lenten Ocean, Paschal River*, written and published by Dionysios and Egle-Ekaterine Potamitis. Complementary copies of “A Rule of Prayer During Great Lent” are also available.



Greek Independence Day Celebration Sunday, March 22

Join us in the Great Hall, following the Divine Liturgy, for a delicious luncheon of spaghetti, Greek salad, French bread, and cake. Enjoy a delightful program featuring our youth with singing, readings, instrumental performances, and Greek dancing by the St. Mary's Greek Dance Troupe. Good will donations will be accepted at the luncheon - suggested: \$10 for adults, \$5 for children under 10. Net proceeds will be donated by AHEPA to the St. Mary's Greek Dance Troupe.



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

SEEKER SUNDAY

March 8, 2026

11:45 a.m. – 12:45 p.m., *Fireside Room*

For those seeking to become an Orthodox Christian, we are here to help guide the way. Join our next meeting, that will include a brief topic about the Orthodox Faith, as well as a Q & A session. Grab some refreshments at Coffee Hour, then meet us early in the Fireside Room for some social time.

Please Note: We will not have a formal meeting in April. Our next meeting take place on Saturday, May 9, after Vespers.

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



ST. MARY'S CAMP

EST. 1952

Saturday, July 4 – Friday, July 10, 2026
Camp Wapogasset • Amery, Wisconsin

CAMP REGISTRATION WINDOW:

MARCH 1 at 10:00 a.m. – March 31, at 11:59 p.m.

Early Bird Registration Fee
March 1 –15

\$590 + Convenience Fee* / Camper

Regular Rate Registration Fee
March 16 –31

\$665 + Convenience Fee* / Camper

- The true cost of camp is \$660.41 per camper
- Registration will close on March 31, at 11:59 p.m.

*Reduce fees by paying with an Electronic Check (ACH): Electronic Check (ACH) Fee: 1.50% + \$0.50 per registrant versus the CampDoc Convenience Fee of 3.95% + \$0.30 per registrant

REGISTER EARLY:

At 230 campers, the Waiting List will begin!

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

EXPLORE
**GOD'S
PROMISES**
IN THE
GREAT NORTH



JUNE 15-19, 2026

Register today and Get ready for a great adventure!

Vacation Church School is open to children, age 5 to those entering 6th grade in the fall. Five days of music, worship, activities, snacks, and games. Middle and high school youth are needed for staff support. If your teen is available and willing to help, please also sign them up. Scan the code to register your child.



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 23:

Clean Monday – First Day of Great Lent

Genesis 1:1-13 • Proverbs 1:1-20

Tuesday, February 24:

First and Second Findings of the Head of John the Baptist

II Corinthians 4:6-15 • Matthew 11:2-15

Wednesday, February 25

Genesis 1:24-2:3 • Proverbs 2:1-22

Thursday, February 26

Genesis 2:4-19 • Proverbs 3:1-18

Friday, February 27

Genesis 2:20-3:20 • Proverbs 3:19-34

Saturday, February 28: Third Saturday of Souls

II Timothy 2:1-10 • Mark 2:23-28; 3:1-5

Sunday, March 1: Sunday of Orthodoxy

Hebrews 11:24-26, 32-40 • John 1:43-51



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

Weekly Bulletin Submission Deadline: Mondays