

March 1, 2026



The Divine Liturgy

Sunday of Orthodoxy

Commemoration:

Sunday of Orthodoxy; The Holy Righteous Martyr Eudocia the Samaritan;
Andonina the New Martyr; David the Archbishop.

Morning Gospel: Luke 24:12-35 Tone: Plagal First

VARIABLE HYMNS AND READINGS IN THE LITURGY

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 fullness we cry aloud to you: You have filled all things with joy, O our Savior, for you did come to save the world.

At the Small Entrance

Resurrection Hymn, *Plagal First Tone*

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For he willed to be lifted up on the cross in the flesh, to endure death and raise the dead by his glorious resurrection.

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 Hymn of the Sunday of Orthodoxy, 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 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 (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 11:24-26, 32-40

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh’s daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets -- who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated -- of whom the world was not worthy -- wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

Gospel..... John 1:43-51

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.”

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!

Today

Prosforo is provided by:
Yana Patridge and Photine Saar

The coffee hour today is hosted by:
David and Julie Rist



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.



Welcome Mother Gabriella to Saint Mary's!

We are honored to welcome Mother Gabriella, Abbess of Dormition Monastery in Rives Junction, Michigan, to Saint Mary's this morning. Mother Gabriella will offer the sermon at the conclusion of the Divine Liturgy, and we look forward to sharing this meaningful day with our Orthodox Christian community at Lenten Vespers at St. Mary's Orthodox Cathedral this afternoon at 5:00 p.m.



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:

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, Bill & Marti, Mia, 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 8



Spam

March's recipient is FOCUS Minnesota

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

Calendar of the Week

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*

Monday, March 2

6:00 p.m. – Greek Dance Practice, *Great Hall*

Tuesday, March 3

11:30 a.m. – Senior Citizens' Bible Study, *Fireside Room*

Wednesday, March 4

9:30 a.m. – Housekeeping

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, hosted by IOCC, *Terrace Room*

7:00 p.m. – Senior GOYA Mini Meeting

Grades 6-8 Confession

Choir Rehearsal, *Nave*

Friday, March 6

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, March 7

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

Sunday, March 8: Saint Gregory Palamas

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

11:45 a.m. – Seekers' Meeting, *Fireside Room*

5:00 p.m. – Pan-Orthodox Lenten Vespers, *Saint Mary's Greek Orthodox Church*

Lenten Weekday Schedule

Wednesdays

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 and Youth Activities

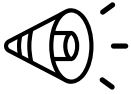
7:00 p.m. – Choir Rehearsal

Fridays

4:00 p.m. – Holy Confession (no Appointments Taken)

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

Philoptochos News



Spring Fillo Sale – Pick Up Today

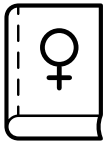
Stop by our Philoptochos table after Liturgy to pick up your order.



Tandem Fundraising Drive: Now 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 which you can find in the bookstore. Please join us even if you have not read the book. You will find the conversation inspirational. Please also note that we are planning to offer a Zoom link for those who can't make it in person. Please try and attend in person if you are able. Contact Katherine Boosalis at katherine@boosalis.net if you would like to be added to the mailing list.



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.



MEOCCA Vespers Meal – Sunday, March 8

Philoptochos will be hosting the MEOCCA Vespers Dinner at St. Mary's next Sunday, March 8. We are looking for ladies to help make homemade Lenten desserts for the meal. Also we need several women to help with set-up after the morning Liturgy and then serving and cleanup after Vespers. Please sign up to help by scanning the QR code, visiting the link: <https://www.signupgenius.com/go/5080C49A8A722AAF85-62450266-2026>, or at the Philoptochos table on Sunday. Thank you!



Bring Hope to Our Neighbors.

Thank You!



With the gracious support of many, we want to thank those that set-up, bagged, donated & delivered. We are also grateful for the support from our Church School & Project Hope.

We supported in **3** WAYS



BROUGHT

1

Requested Needs Met:

76 Packs of Menstrual Pads
59 Laundry Soap Bottles



DONATED

2

Over

\$4,500

directly donated for family
rent/housing assistance



PACKED

3

215

Express Packs delivered
(430 meals for families in need)

Look for more upcoming opportunities to help our neighbors this Lenten Season!

Special gratitude to:



HOPE

Humanitarian Outreach & Philanthropic Engagement

THE YIELD OF OUR FRUITS

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



31



12



8



1



11,000+



5,250



600+



580



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



Reflections on a Bountiful 2025

Clergy Visits
to Our VIPs

42 

Choir
Members

Baptisms
(11 adults, 20 kids)

30 

Byzantine Music
Students

Chrismations

10 

New
Chanters

Weddings

New Clergy Member
Deacon, Fr. Stephen Wehr



\$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



Cookies Baked For The
Taste of Greece Festival



Pieces of Baklava Baked For
The Taste of Greece Festival



Loaves of Prosforo Baked



FOCUS Meals Prepared



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 **St. Mary's Orthodox Cathedral**
Triumph of Orthodoxy 1701 5th St NE, Minneapolis, 55413

MARCH 8 **St. Mary's Greek Orthodox Church**
St. Gregory Palamas 3450 Irving Ave S, Minneapolis, 55408

MARCH 15 **St. George Antiochian Orthodox Church**
Veneration of the Holy Cross 1250 Oakdale Ave, West St Paul, 55118

MARCH 22 **St. Mary's Romanian Orthodox Church**
St. John of the Ladder 854 N Woodbridge St, St. Paul, 55117

MARCH 29 **Holy Trinity Orthodox Church**
St. Mary of Egypt 956 Forest St. N, St. Paul, 55106

APRIL 5 **St. Herman Orthodox Church**
Bridegroom Matins 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

Sunday, March 28 is available to host coffee hour. 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 are in 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.

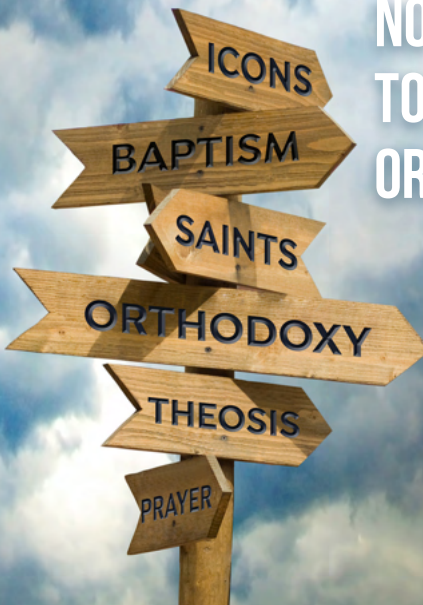


Greek Independence Day Celebration Sunday, March 22

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.

Spanakopita and Tiropita Sale

The Daughters of Penelope will be selling frozen spanakopita and tiropita (in packs of 4, 8, and full trays) during the Greek Independence Day program on Sunday, March 22.



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**](mailto: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



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, March 2

Genesis 3:21-4:7 • Proverbs 3:34-4:22

Tuesday, March 3

Genesis 4:8-15 • Proverbs 5:1-15

Wednesday, March 4

Genesis 4:16-26 • Proverbs 5:15-6:3

Thursday, March 5

Genesis 5:1-24 • Proverbs 6:3-20

Friday, March 6

Genesis 5:32-6:8 • Proverbs 6:20-7:1

Saturday, March 7

Hebrews 3:12-16 • Mark 1:35-44

Sunday, March 8: Saint Gregory Palamas

Hebrews 1:10-14; 2:1-3 • Mark 2:1-12



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