

THE MESSENGER



MARCH 2026

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Our Mission Statement

TO PROCLAIM, CELEBRATE, AND SHARE
 THE GOOD NEWS OF SALVATION IN
 JESUS CHRIST IN ACCORDANCE
 WITH THE ORTHODOX TRADITION.

The Five Tasks of Our Parish Vision

- Hear
- Pray
- Grow
- Serve
- Share



TRIUMPH OF ORTHODOXY - SUNDAY, MARCH 1

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."

We will have a special visitor with us on the Sunday of Orthodoxy. See page 12 for details >>

PHOTO: "Triumph of Orthodoxy" Icon Painting, Circa 1400, The British Museum

Our Life Together

Baptisms

Jaxon James

Parents:

Alex & Jacklyn Amacci

January 18, 2026

Baptisms on February 7

Arthur Stukas

Augustus Stukas

Parents:

Nickolas & Anne Stukas

John Blackham

Leandro Blackham

Parent:

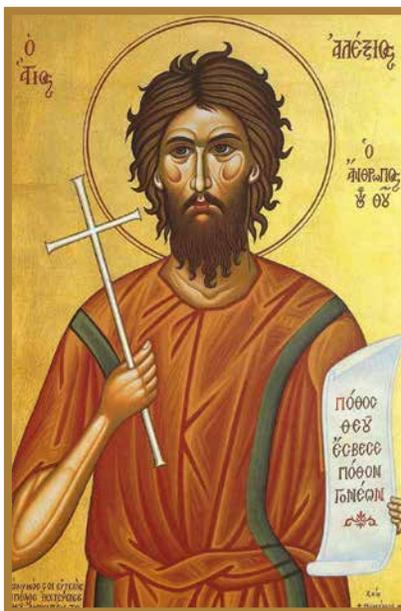
John Blackham

Wedding

Peter Ohlert to

Megan Rudquist

February 8, 2026



We commemorate Saint Alexios the Man of God on Tuesday, March 17.

Weekly Worship Schedule

No Saturday Vespers during Great Lent

Sundays (live-streamed)

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Monday, March 9:

Forty Holy Martyrs of Sebaste

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

Tuesday, March 17:

Saint Alexios the Man of God

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

Tuesday, March 24:

Eve of Annunciation

Great Vespers – 6:00 p.m.

Wednesday, March 25:

The Annunciation

Holy Nativity

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Share YourShelf

March's recipient is

FOCUS MINNESOTA

IMMEDIATE NEEDS:

Pasta / Pasta Sauce, Canned Veggies,
Tuna, Cereal

Sunday, March 1

Oatmeal or Cream of Wheat

Sunday, March 8

Spam

Sunday, March 15

Peanut Butter

Sunday, March 22

Canned Meat (e.g., tuna/chicken)

Sunday, March 29

Peanut Butter and Jelly

FOCUS

+ MINNESOTA

FOCUS Minnesota affirms and honors the image of God in every person, Christian, and non-Christian alike. We share our love for Christ and our neighbor indiscriminately. Our goal is to treat our neighbor in such a way that dignity is preserved in our serving and giving. We believe empowering people to help themselves is fundamental, although temporary and/or transitional assistance is often needed, and freely given.

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

Pan-Orthodox Lenten Vespers

Sundays at 5:00 p.m.

MEOCCA-Sponsored Pan-Orthodox Lenten Vespers will be held at various Orthodox churches.

Please see the included flyer on page 13 for details.

www.focusmn.org



Donate Online
Visit the site, then,
“Donate Now”

Parish News & Events

St. Mary's Church Staff

Proistamenos

Fr. Timothy Sas

Associate Priest

Fr. Jason Houck

Deacons

Fr. Paul Kalina

Fr. Luke Twito

Fr. Stephen Wehr

Office Manager

David Mertesdorf

Office Assistant

Giulia Chatfield

Communications & Marketing

Nikolas Kouzes

Finance

Michael Rakes

Ministry Support

Doria Saros

Youth Director

Scott Rudquist

Church School Director

Dena Tortorelis

Chanter

Joseph Karos

Choir Director

Emily Skoutelas

Church Facilities and Construction Manager

Dean Psychogios

St. Mary's Parish Council

President

Nicholas Santrizos

Vice President

Andrew LeRoy

Secretary

Justin Theodotou

Treasurer

Cristina Nicklow

Assistant Treasurer

Athena Mihos

Members

Benjamin Amundgaard

Jennifer Coin

Vasilios (Billy) Daravingas

Louis Ellis

Andrew Gatchell

Chrissie Hoffman

Heather Koutroupas



Thank you

The Western Regional Basketball Tournament Committee would like to thank the members of St. Mary's for all the support in making the tournament such a success. All the volunteers, bakers, Bingo donations, welcome bag items, and contributions for sponsorship was incredible. We can't thank our St. Mary's family enough. Thank you so much!

—From the Basketball Tournament Committee



Coffee Hour Hosts Needed

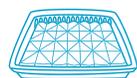
Coffee hour hosts are needed for Sundays, March 1 and 28. If you'd like to host, please contact David in the Church Office: david@stmarysgoc.org.



Annunciation/Greek Independence Day Luncheon

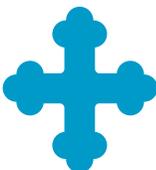
Sunday, March 22

Mark your calendar! Sunday, March 22, is the date for the annual Annunciation/Greek Independence Day Celebration. Join us in the Great Hall, following the Divine Liturgy, for a delicious luncheon a delightful program featuring our youth with singing, readings, instrumental performances, and Greek dancing by the St. Mary's Greek Dance Troupe. Cost and menu will be announced soon. Net proceeds will be donated to the AHEPA District #14 Educational Foundation and 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.



Lazarus Saturday Family Day Host Training

Doria Saros is looking to train our next host(s) to facilitate the annual Lazarus Saturday Family Day, as this will be her last year hosting. She recommends a team of 2-3 people to facilitate. This event requires approximately 10-12 hours of volunteer time for preparation, the event and clean-up in which participants should assist. Job Templates are supplied. Please contact Doria: Doria@stmarysgoc.org or 612.968.7681



PRAYER,



FASTING,



AND ALMSGIVING.

Parish News & Events



My Triodion Reflection

Are you a robe, are you a ring, are you shoes? Our Father ran to meet us, he runs to meet all those who return. He cares for and clothes them as soon as he reaches them. Can I be the robe or ring or shoes for those who were lost but are now found?

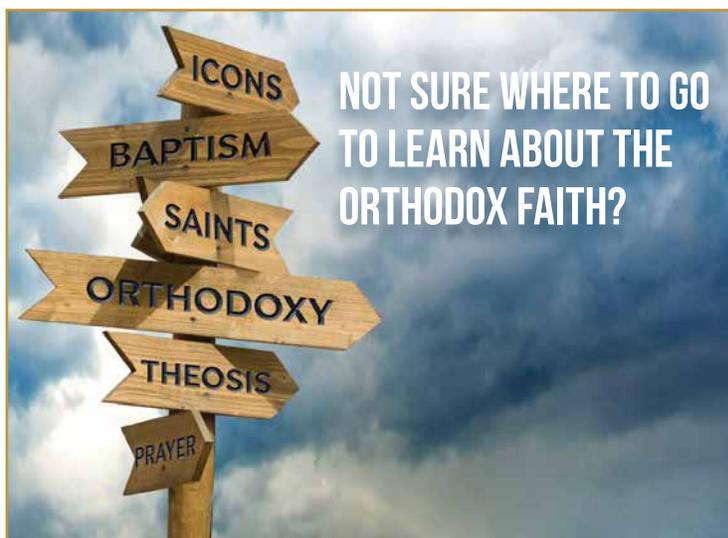
This Gospel reading from Luke 11:15-32, I have heard it since my youth, I have taught Church School lessons on it, used it with presentations of The Relationship Project, but this year it has taught me something new. As our communities have been struggling with peace and love, I have been struggling too with how to feel, what to do, and how to do it. Inundated as I absorbed so much, I fought to find my personal peace. Praying for wisdom, and running to our Holy Mother for her embrace, I managed to see each day as an opportunity to find His image in everyone I saw and encountered, Everyone. Finally it all came together for me in this Gospel teaching.

All of the lost can find they're way back to Him, it is my (dare I say Our) calling to be the light showing that way. My work doesn't end with just being the light though, I am called to be His Love too! How? By being the robe, ring, sandals, and best fatted calf. Lenten preparation is practiced all liturgical year, and I am reminded that this practice made perfect in Christ is offered by our time, talent, and treasure. The gifts of food I offer, the sacks full of clothing, and the serving for our local Orthodox charities to be done in these weeks are just that, the "robe, ring, shoes, and fatted calf" our Father wants to give to those who He is welcoming back to Him, in His time.

I am thankful for our loving parish, all the ministries it supports, and the beacon it is to our neighbors. I am thankful for all of you dear brothers and sisters and look forward to working alongside you as we shine for Christ.

Loving Him with you all,

David Rist



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

SEEKER SUNDAY

March 8, 2025 • 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 clergy for a monthly Q&A session. Grab some refreshments in the Great Hall after Liturgy, then meet in the Fireside Room.

QUESTIONS? Contact Linda Stanton: mnlas@msn.com

LOOKING FOR SOMETHING WORTH
DOING ON YOUR PHONE?

PRAY.



Join thousands of Orthodox Christians around the world praying daily with the **Encounter app**—now with a fresh look and new features to deepen your prayer life.

- Daily Orthodox prayers, and Gospel & Epistle lessons read aloud
- Byzantine and Choral Sacred Music
- Readings, videos and hymns for the Saint of the Day

When the digital world feels overwhelming, The Encounter helps you stay rooted in Christ—with just a tap.

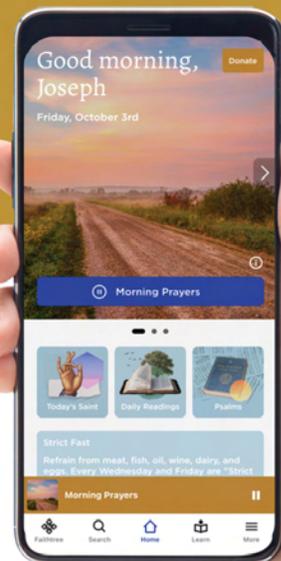


iPhone



Android

Scan a QR code
to download today:



The Encounter is brought to you by Faithtree Resources. faithtree.org/the-encounter



Saint Paisius Monastery Pilgrimage in Review

Getting ready to go to St. Paisius, we wondered if we could do it again: pack the right stuff, get up early for Orthros every day, and deal with fatigue. Once there, in the beautiful church with marble floors, lovely chanting, incense, icons... it was so inspiring and comforting. It felt like home.

Visting with a small group of parish women, it's fun getting to know each other, learn, pray, venerate the relics and icons all in a relaxing setting. The grounds are beautifully landscaped too. One visitor said, "this is like being in the Garden of Eden!"

Everyone feels uplifted and hopeful being surrounded by the prayers of the sisters. Listening to spiritual readings during meals. Having an opportunity for spiritual counsel. It was a well needed retreat from the cares of the world, and we left to return home refreshed.

It is worth the effort to deepen your understanding and faith. Think about coming next year: tentative dates are **January 26-30, 2027**, in Safford, Arizona.

Questions can be directed to Cristina Nicklow at **612.839.4560** or at **v** .

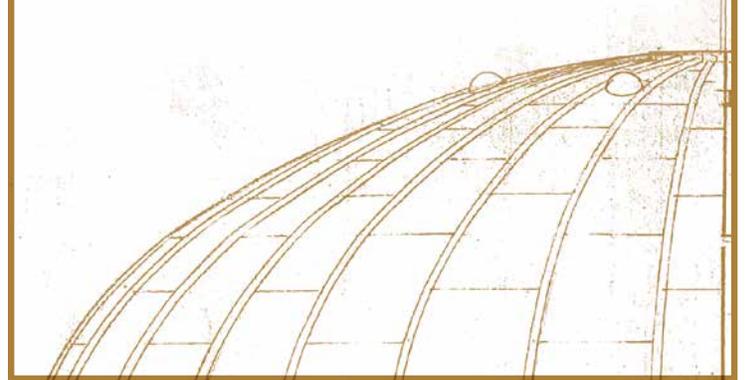
Learn more about the Monastery.
Scan the code or visit the URL below:
stpaisiusmonastery.org



FOR THE DOME



2026 DOME RESTORATION PROJECT



Since 1961, when the building was consecrated, our church has stood as both a symbol of the Orthodox Faith in Minneapolis and a beacon of hope for those seeking refuge in Christ. Its most significant feature—the radiant gold dome—is a symbolic reminder of God's presence on Earth and an invitation for all to draw nearer to Him.

Today, our beloved dome is in critical need of repair and replacement. While it may look strong from afar, years of weather and time have taken their toll, revealing serious deterioration upon closer inspection.

We are blessed by the generosity of those who built the church campus we cherish today. Now it is our turn to continue their legacy, caring for what they began and shaping what comes next.

This year, God willing, we will take on a restoration project of our dome to ensure that it is renewed, strengthened, and ready for the future. We invite every member of our community to join this sacred effort through *prayer*, *participation*, and *giving*.

Learn more about this restoration project and how you can help contribute.



www.stmarysgoc.org/For-The-Dome

Philoptochos



PHILOPTOCHOS MEETINGS

Board Meeting:
Tuesday, March 17, on Zoom, 6:30 p.m.

General Meeting:
Sunday, March 29, Terrace Room, 11:45 a.m.

Program: **Situational Awareness**

Presented by Libby and Peter Cheolis
Situational awareness is the ability to perceive, understand, and effectively respond to one's situation. Refreshments will be served.

UPCOMING ACTIVITIES

Membership Drive Is Underway

Step Up! Make a Difference!

Now through March 31

For 80 years, women of our parish have served as the philanthropic arm of the church through Philoptochos. We invite you to **STEP UP** in our chapter and **MAKE A DIFFERENCE!** If you are looking for an opportunity to focus in one area, joining one of our many committees is a wonderful way to **STEP UP**. Stop by our table during the coffee hour on Sundays throughout the month to get more information on membership, our committees, and sign up to volunteer for upcoming activities. You may also drop off your membership form and receive a small **STEP UP** gift! Note that membership dues are determined by each individual, with the first \$22 going to our Metropolis and National Philoptochos and anything above that staying with our chapter.

Tandem Drive

Begins February 23 through Palm Sunday, April 5

This Lent, we're again partnering with the Tandem Family Resource Center to support families in need. The Tandem Center (formally Tapestry) provides resources for women in crisis. Learn more at: www.wearetandem.org. Please stop by the Philoptochos table to make your donation. Venmo (@MplsPhilo) and Realm (Fund: Philoptochos, Memo: Tandem) donations are also being accepted.

Women's Book Club

We continue our discussion on Thursday, March 12, at 7:00 p.m. in a classroom. It will be the second half of the same book as in January, **Time and Despondency** by Nicole Roccas. If you're interested in joining or reconnecting with the group, please reach out to Katherine Boosalis at katherine@boosalis.net. (Please note: If you previously declined a meeting invitation, your email might have been inadvertently omitted from future invitations.)

MEOCCA Lenten Vespers Meal

We will be serving dinner following the 5:00 p.m. MEOCCA Pan-Orthodox Vespers on Sunday, March 8. Watch the bulletin for more information.

Serve Meal after Presanctified Liturgy

Wednesday, March 18

Philoptochos will host the Lenten meal on Wednesday, March 18. Visit our table during coffee hour on Sundays throughout the month to sign up or keep an eye out for the Sign-Up Genius link to register online. We look forward to sharing this meaningful meal with you. Funds raised will go to the Philoxenia House.

Healing House

Philoptochos will be serving a meal on March 21. Please watch for signups to follow.

Don't forget to pick up your fillo/coffee order on Sunday, March 1!

THANK YOU

Thank you to all those who helped with volunteering in February...

...to those who helped staff the Philoptochos table.

...to the **FUNDRAISING TEAM** for organizing Sweet Sunday, and for all the volunteers who made delicious sweets! The proceeds were donated to FOCUS
...**Andrea Tiggas** for once again organizing the fillo sale and distributing the dough.

...**Toni Bazakos**, sacred baking chair, and team for the Koliva/Sitari and Prosforo making workshops

Watch for more postings of events in the parish weekly bulletins and sign up to attend!



Follow Saint Mary's Philoptochos on Social Media



Facebook

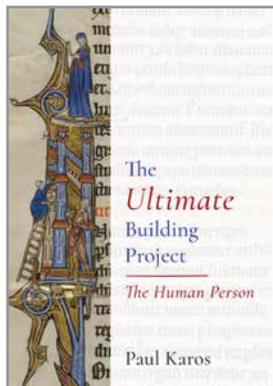


Instagram



In the Bookstore

By Rebecca Myerly
bookstore@stmarysgoc.org



Paul Karos has written a book titled **The Ultimate Building Project: The Human Person: An Orthodox Christian Perspective on Building Your Life**, recently published by Saint Vladimir's Seminary Press. Using the analogy, rooted in the Bible, of the human person as a temple of God, Paul offers "an intensely practical approach to how we as Christians ought to build our lives such that they are filled with the presence of God." (back cover) Paul readily agreed to answer some questions about his book—

How would you describe your book in two sentences?

I would say that the first part is about my life story, my going blind, and my building of the temple in a very lopsided way; work became my foundation. It also then uses an analogy from scriptures and the Fathers that helps us become aware of key elements of both Spiritual Life, and everyday life in our families.

What motivated you to write this book and how did it come to be?

Cindy and I have led a "Foundations and Pillars" retreat for years at different parishes across the country. I have also used the temple building analogy for years with individuals and couples as a framework to talk about their lives. I decided that a book format may be able to be used by more people over time.

What were your greatest challenges in writing this book? Who and what gave you clear direction in how to proceed?

One of my big challenges was writing style. For years I was a stock market researcher. My writing style is usually matter of fact and analytical. It was not easy to write in a style for a book such as this. However, I really enjoyed it by the end. His Grace Bishop Anthony of the Antiochian Archdiocese helped me with this analogy of the Church and gave me important insights on how to make it relevant to everyday life. He also helped me with the theology of the Church.

You begin by telling your personal journey. What was it like for you to write this?

It was kind of liberating. I have told my story many times in various settings. This life story was far more detailed and I was able to be more vulnerable than I have in the past. My St. Mary's family was a major part of my growth and healing from my disease of going blind.

What are your hopes for this book?

My prayer is that it helps people be more focused on their spiritual life. I pray that it helps people understand our Orthodox mindset on many elements of daily living. I also hope it sparks discussions in families.

You list several ways to use your book in a church community. Being a lifelong member of Saint Mary's, how would you like your book to be used in our parish family/community?

I believe the book could be used for couples, book clubs, and even our youth and young adults. The book has a simple life inventory that can help someone explore what areas of their life are strong, or need attention. It can really help people take a larger view of their life, and where they are focused on building. I pray it helps.

Would you like to write another book? If yes, what would you write about?

Yes, Cindy and I are already working on an Orthodox parenting book. Once again we are using a different analogy of the Fathers and scriptures. Stay tuned.

Please explain your writing process as it would need to be somewhat unique.

Although technology is having many negative impacts on our society, for me it has been a real blessing. I scan all my books with a blind reading software. It takes longer, but it allows me to read as many of the scriptures and Fathers as I would like. I would encourage everyone to dive into the writings of our precious Fathers and elders. Then I use a voice technology system named JAWS which is a powerful blind reading software as I type. It gives me excellent capability as long as something is text based. I thank God for this ability.

I also give thanks to St. Mary's, our clergy, and, as I mention in the book, the powerful impact Father Anthony and his wife Mary had on my life.



**ST. MARY'S
BOOKSTORE**

The Ultimate Building Project: The Human Person: An Orthodox Christian Perspective on Building Your Life is available now.

Stop in to get this featured book and explore a wide selection of Orthodox Christian literature, icons, and gifts. **Sundays, after the Liturgy until 1:00 p.m.**

THE YIELD OF OUR FRUITS

125  Years of Saint Mary's
Greek Orthodox Church

42  Choir Members

80  Years of Saint Mary's
Philoptochos

30  Byzantine Music
Students

50  Years of Service:
Thespina & Mark Macres

10  New Chanters

400+ 

199  Students in
Church School

347  Stewards

31  Saint John Chrysostom
Oratorical and Art
Festival Participants

264  Kids at Church Camp

15  Junior Olympics
Participants

157  Family Camp Attendees

11  Koinonia Groups

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

Reflections on a Bountiful 2025



90



Clergy Visits to Our VIPs

11,000+



Cookies Baked For The Taste of Greece Festival

31



Baptisms (11 adults, 20 kids)

5,250



Pieces of Baklava Baked For The Taste of Greece Festival

12



Chrismations

600+



Loaves of Prosforo Baked

8



Weddings

580



FOCUS Meals Prepared

1



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

www.stmarysgoc.org/Stewardship



Renew Your Stewardship

The 2026 Stewardship Campaign is almost over! If you have not done so, please prayerfully complete and return a **Time, Talent, and Financial Commitment Pledge 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 at the bottom. Thank you.

What's the difference between a Steward and a Donor?

Steward: A baptized and chrismated Orthodox Christian who lives the religious and moral practices of the Church, is at least 18 years of age, abides by Archdiocese Regulations and Parish By-laws, cooperates in every way to the wellbeing of the parish, and completes a Stewardship Time, Talent, and Financial Commitment Pledge form yearly. Please note that the amount (if any) of the pledge does not impact the steward's ability to be in good standing. This is accomplished by merely completing a Pledge form.

Donor: Makes a financial donation to the parish without signing a Pledge form, does not receive the discounted Steward rate for Sacraments, and cannot vote or run for office in the parish assembly.

Become a committed steward of Saint Mary's by completing the **2026 Time and Talent Pledge Form**.



Let's 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/rental financial support from your donations.

Bancroft Families



Powderhorn Park Neighborhood Association



Thank you for your contribution.

With the Holy Spirit, your support becomes **HOPE** to our neighbors with **ACTION**.

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

H O P E

Humanitarian Outreach & Philanthropic Engagement



Children and Youth News



Wednesdays, March 4 and 18
7:00-8:00 p.m.

Lenten Mini Meeting

Following the Wednesday Presanctified Liturgy we will have

a meal followed by a short lesson and work on a service project for our parish or community.

Wednesdays, March 11 and 25
7:00-8:00 p.m.

Volleyball Practice

Following the Wednesday Presanctified Liturgy we will have a meal followed by volleyball practice to prepare us for the Junior Olympics.



Wednesday, March 4
7:00-8:00 p.m.

Lenten Confession

Following the Wednesday

Presanctified Liturgy the priests will offer confession for students in grades 6-8.

Wednesday, March 11
7:00-8:00 p.m.

Lenten Mini Meeting

Following the Wednesday Presanctified Liturgy we will have a short lesson and work on a service project for our parish or community.

Wednesday, March 25
7:00-8:00 p.m.

Makeup Lenten Confession

Following the Wednesday Presanctified Liturgy we will have priests ready to offer confession for the grades 6-8 who did not make their original date.



Wednesday, March 11
7:00 - 8:00 p.m.

Lenten Confession

Following the Wednesday Presanctified Liturgy the priests will offer confession for students in grades 4-5.

Wednesday, March 18
7:00 - 8:00 p.m.

Lenten Mini Meeting

Following the Wednesday Presanctified Liturgy we will have a short lesson and work on a service project for our parish or community.

Wednesday, March 25
7:00 - 8:00 p.m.

Lenten Confession

Following the Wednesday Presanctified Liturgy the priests will offer confession for students in grades 3-5 who have not yet taken confession this Lent.

Saint Mary's
Vacation Church School

EXPLORE
GOD'S
PROMISES
IN THE
GREAT NORTH
JUNE 15-19, 2026

SEE PAGE 15 FOR REGISTRATION INFO

Our Children and Youth Mission Statement

To cultivate a safe and welcoming environment for kids by nurturing healthy relationships within the church family.

We will teach the youth by building a strong foundation of knowledge, and together, we will experience the Orthodox tradition by following the four circles of youth ministry: Liturgia (Worship), Diakonia (Service), Martyria (Witness), and Koinonia (Fellowship), leading our youth to develop, by their own free will, a personal relationship with God and to pursue union with Him.



Follow the GOYAns on Instagram
@St_Marys_GOYA

Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. We have a new formal feedback process. Go to our St Mary's home page-Click on "Youth," then "Youth Program Feedback" Your comments will be forwarded to a member of the Parish Council and will be reviewed for follow up.

WHEN HE HAD RESTORED
THE DEFILED IMAGE TO ITS



ANCIENT STATE, HE SUFFUSED
IT WITH DIVINE BEAUTY.

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."





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





ST. MARY'S CAMP

EST. 1952



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

A tradition of faith, fellowship, and joy.

By God's Grace, St. Mary's Summer Camp program has made a profoundly joyful impact on the lives of campers and staff. It is one week out of the year that provides a rare opportunity to live in true Orthodox community. **Youth entering school grades 3 through 12 in the fall of 2026 are eligible to attend.**

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**

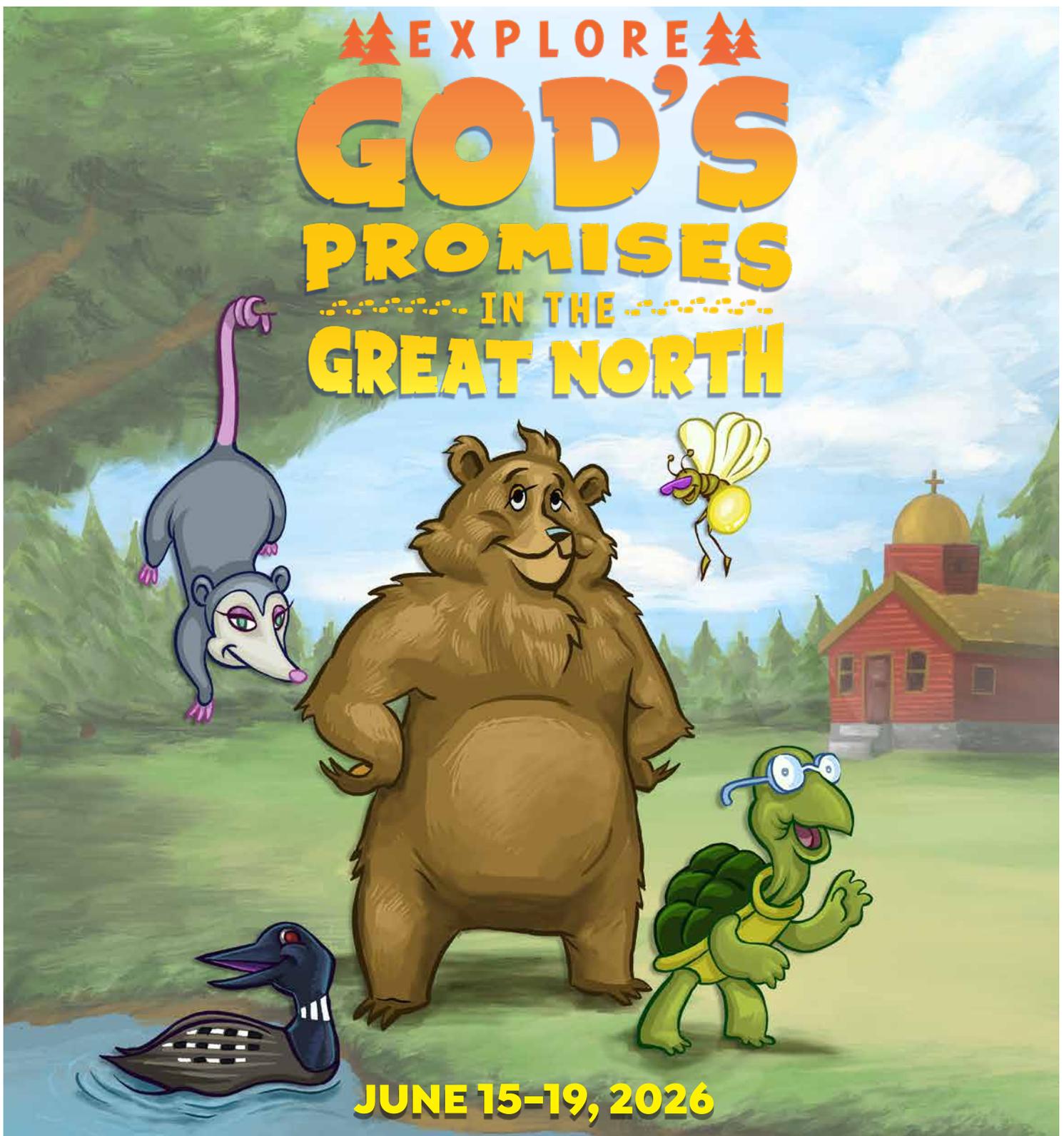
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ST. MARY'S
GREEK ORTHODOX CHURCH

Minneapolis, Minnesota

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.

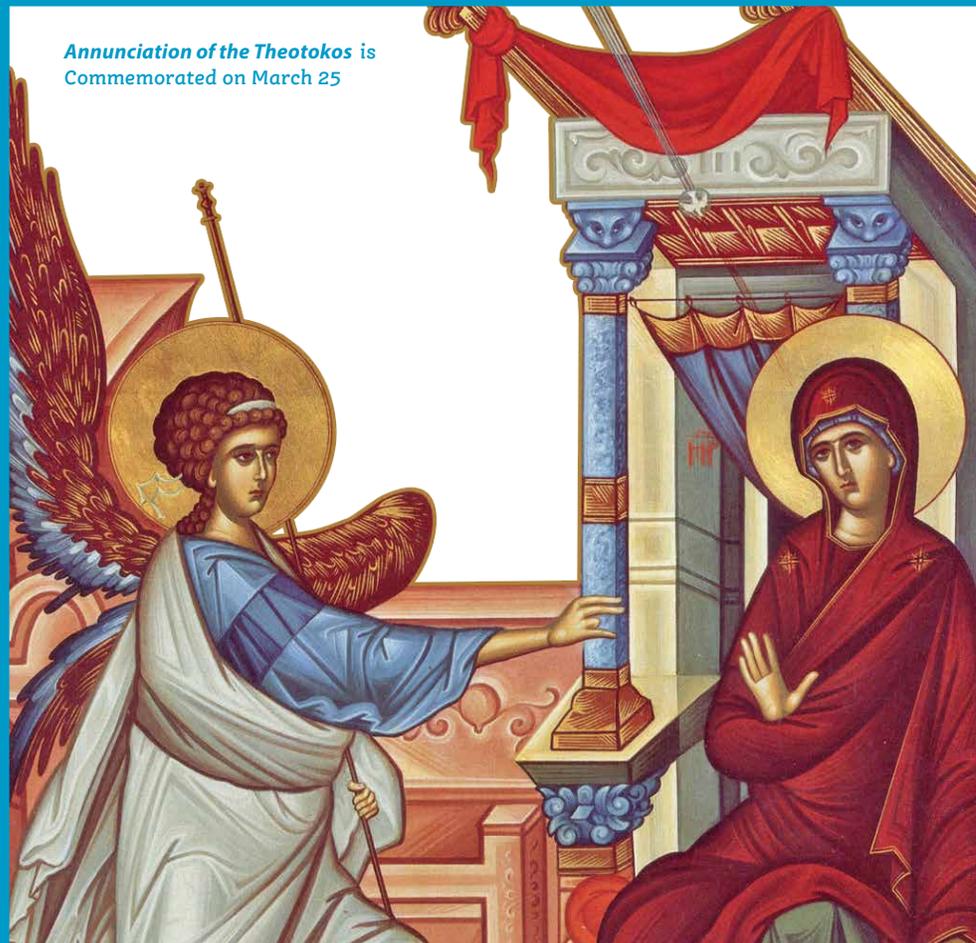


Saint Mary's Greek Orthodox Church
3450 Irving Avenue South
Minneapolis, Minnesota 55408

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RETURN SERVICE REQUESTED

Annunciation of the Theotokos is
Commemorated on March 25



THE MESSENGER



MARCH 2026

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PUBLICATION DEADLINES

The Messenger

First Sunday of each month

Sunday Bulletin

Preceding Monday, 4:00 p.m.

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March 2026

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---------------------------------------|---|--|
| 1 Sunday of Orthodoxy "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy Oratorical Festival 5:00pm-Pan-Orthodox Lenten Vespers | 2 6:00pm-Greek Dance Practice | 3 | 4 9:30am-Housekeeping 4:00pm-Confession 5:00pm-Presanctified Liturgy 6:45pm-Lenten Dinner 7:00pm-Sr. GOYA Mini Mtg. 7:00pm-Grade 6-8 Confession 7:00pm-Choir Rehearsal | 5 | 6 7:00am-Men's Fellowship 4:00pm-Confession 6:00pm-Salutations to the Theotokos | 7 9:00am-Bible Study |
| 8 Saint Gregory Palamas 8:30am-Orthros 9:30am-Divine Liturgy 11:45a.m.-Seekers' Meeting 5:00pm-Pan-Orthodox Lenten Vespers | 9 Holy Forty Martyrs of Sebaste 9:30am-Presanctified Liturgy | 10 6:15pm-Parish Council | 11 4:00pm-Confession 5:00pm-Presanctified Liturgy 6:45pm-Lenten Dinner 7:00pm-Sr. GOYA Volleyball 7:00pm-Jr. GOYA Mini Mtg. 7:00pm-Grade 4-5 Confession 7:00pm-Choir Rehearsal | 12 7:00pm-Women's Book Club | 13 4:00pm-Confession 6:00pm-Salutations to the Theotokos | 14 9:00am-Bible Study 10:00am-FAITH Playgroup |
| 15 Sunday of the Holy Cross 8:30am-Orthros 9:30am-Divine Liturgy 5:00pm-Pan-Orthodox Lenten Vespers | 16 6:00pm-Greek Dance Practice | 17 Saint Alexios the Man of God 9:30am-Presanctified Liturgy | 18 9:00am-"The Messenger" Mailing 9:30am-Housekeeping 4:00pm-Confession 5:00pm-Presanctified Liturgy 6:45pm-Lenten Dinner 7:00pm-HOPE/JOY Mini Mtg. 7:00pm-Sr. GOYA Confession 7:00pm-Choir Rehearsal | 19 6:30pm-Koinonia | 20 7:00am-Men's Fellowship 4:00pm-Confession 6:00pm-Salutations to the Theotokos | 21 9:00am-Bible Study <i>Healing House Dinner</i> |
| 22 Saint John Climacus 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Annunciation/ Independence Day Event 5:00pm-Pan-Orthodox Lenten Vespers | 23 | 24 Eve of Annunciation 6:00pm-Great Vespers | 25 The Annunciation 8:30am-Orthros 9:30am-Divine Liturgy 4:00pm-Confession 5:00pm-Vespers 6:45pm-Lenten Dinner 7:00pm-Sr. GOYA Volleyball 7:00pm-Jr. GOYA/HOPE/JOY add'l Confession 7:00pm-Choir Rehearsal | 26 7:00pm-Stewardship Com. | 27 4:00pm-Confession 6:00pm-Akathist Hymn | 28 9:00am-Bible Study |
| 29 Saint Mary of Egypt 8:30am-Orthros 9:30am-Divine Liturgy 11:30am-Curriculum Mtg. 11:45am-Philoptochos Mtg. 5:00pm-Pan-Orthodox Lenten Vespers | 30 | 31 | MEOCCA-Sponsored Pan-Orthodox Lenten Vespers March 1: St. Mary's Cathedral 1701 5th St. NE, Minneapolis, MN 55413 March 8: St. Mary's Greek Orthodox Church 3450 Irving Ave S, Minneapolis, MN 55408 March 15: St. George Antiochian Orthodox Church 1250 Oakdale Ave, St. Paul, MN 55118 March 22: St. Mary's Romanian Orthodox Church 854 N Woodbridge St, St. Paul, MN 55117 March 29: Holy Trinity Orthodox Church 956 Forest St. N, St. Paul, MN 55106 April 5: Bridegroom Matins, St. Herman Orthodox Church 5355 38th Ave. S, Minneapolis, MN 55412 | | | |