

March 29, 2026



The Divine Liturgy

Sunday of Saint Mary of Egypt

Commemoration:

Sunday of St. Mary of Egypt; Mark, Bishop of Arethusa; Martyr Cyril the Deacon and Those with him; The Holy Martyrs Jonas and Barachesius; Eustathios the Confessor, Bishop of Bithynia.

Morning Gospel: John 20:19-31..... 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 Mary of Egypt, Plagal Fourth Tone

In you, holy mother Mary, the image of God shone forth, for you took up your cross and followed the Lord. By word and example you taught us to live in the spirit while still in the flesh. Therefore your spirit rejoices with the angels.

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 iparhousa tis zois, ke tes presvies

ταῖς σαῖς λυτρομένη 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.

EpistleHebrews 9:11-14

BRETHREN, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

Gospel.....Mark 10:32-45

At that time, Jesus took his twelve disciples, and he began to tell them what was to happen to him, saying, "Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise." And James and John, the sons of Zebedee, came forward to him, and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What do you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant of James and John. And Jesus called them to him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For the Son of man also came not to be served but to serve, and to give his life as a ransom for many."

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!

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

Today

Prosforo is provided by:
Steve & Popie Rakes

Memorial Prayers today are offered for:
Dennis Houck (40 days); Neofytos, Viktoros, Andreas, Evangelos, Dimitra

The coffee hour today is hosted by:
the Bazakos family



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.



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 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





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, Beth, 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 April 5



Individually wrapped bars of soap

April's recipient is Community Emergency Service (CES)
Please do not bring opened packages. They will be discarded.

Calendar of the Week

Sunday, March 29: Sunday of Saint Mary of Egypt

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

11:30 a.m. – Curriculum Meeting, *Fireside Room*

11:45 a.m. – Philoptochos General Meeting, *Terrace Room*

5:00 p.m. – Pan-Orthodox Lenten Vespers, *Holy Trinity Orthodox Church*

Wednesday, April 1

10:00 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 the American Legion Auxiliary, *Terrace Room*

7:00 p.m. – Junior GOYA Q&A

HOPE/JOY Confession

Choir Rehearsal, *Nave*

Friday, April 3

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

Saturday, April 4: Lazarus Saturday

9:00 a.m. – Matins; 10:00 a.m. – Divine Liturgy

after Liturgy – Family Service Day

5:00 p.m. – Great Vespers

Sunday, April 5: Palm Sunday

“The Messenger” News Item Deadline

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

after Liturgy – Palm Sunday Luncheon

6:00 p.m. – Bridegroom Matins



“A continuously happy life produces extremely unhappy consequences. In nature, we see that there are not always pleasant springs and fruitful summers, and sometimes autumn is rainy and winter cold and snowy, and there is flooding and wind and storms, and moreover the crops fail and there is famine, troubles, sicknesses, and many other misfortunes. All of this is beneficial so that man might learn through prudence, patience, and humility. For the most part, in times of plenty he forgets himself, but in time of various sorrows, he becomes more attentive to his salvation.”

— *Saint Ambrose of Optina*



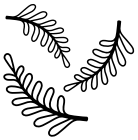
Coffee Hour Host Needed

Sunday, April 19, is available for someone to host coffee hour. It is Thomas Sunday, so definitely not a fasting day! Please contact the church office if you'd like to host.



Book Fair Today

The bookstore is having a book fair for church school families, all grandparents, godparents, and friends after Liturgy today, in the hallway between the narthex and the church office. Please come find faith related books and items for Pascha gift giving for the children God has blessed you to have in your lives.



Holy Week and Pascha Flowers

Contributions are being accepted for our Holy Week and Pascha flowers and greens. Forms and envelopes are available at the stewardship table in the narthex. Please place the form and your donation in an envelope and drop it in the stewardship box. The deadline for contributions is Palm Sunday, April 5.



Palm Sunday Spaghetti Lunch

Our choir will host the annual Palm Sunday Spaghetti Luncheon on Sunday, April 5, following Liturgy next Sunday. Enjoy a delicious meal with the special sauce made by John Legeros and crew. A suggested donation of \$10 per adult and \$6 per child under 10 (credit card, cash, check, or Venmo) is accepted at the door. Proceeds benefit the choir's trip to the Federation Choir Conference in the fall. Come and support our choir.



Holy Friday Memorial Luminary

This upcoming Holy Week, YAL will be continuing on the tradition of lining the walkway for the Holy Friday procession of the Kouvouklion with memorial luminaries (white bags with votive candles) to remember and commemorate departed loved ones. Each luminary will have one name on it, each being \$5. This is a wonderful opportunity for 'Memory Eternal' prayers to be offered to our Lord from the St. Mary's parish family. *See YAL members in coffee hour and at Presanctified Liturgy in the coming weeks or utilize Venmo (@Vasili-Nicklrow) and type the name of departed loved ones in the description.*



Senior Citizens' Meetings Resume for the Season

Saint Mary's Senior Citizens will meet on Tuesday, April 14, at noon in the Terrace Room. We will celebrate all January, February, March, and April birthdays and anniversaries with a group photo of all celebrants, and a delicious cake by Terri Leckas. The luncheon will be hosted by our Seniors' officers. A short meeting and announcements will follow. All St. Mary's seniors (55+) are welcomed to join our lively group. Dues are currently \$20/year payable to St. Mary's Seniors. For further information, please contact President Tessie Bourdamis (tbourdamis@comcast.net) or any Seniors' officers.



Women's Book Club Book Available in Bookstore

The next book the Women's Book Club participants will be reading is *Toolkit for Spiritual Growth II: A Practical Guide to Scripture, Confession, and Time* by Father Evan Armatas. Attached is a link for a screenshot of the book cover to include. The next discussion date is set for Thursday, May 7, 7:00 p.m.



Your Help is Needed for the Metropolis' Saint John Chysostom Oratorical and Fine Arts Festival

St. Mary's will be hosting the **Metropolis of Chicago 42nd Annual Saint John Chysostom Oratorical and Fine Arts Festival** on Bright Saturday, April 18! If you would like to help prepare for the Festival, or work the morning of the festival, please reach out to Diakonissa Alexandria Kalina at: ackalina@yahoo.com



Final Days to Renew Your Stewardship

The 2026 Stewardship Campaign is almost over! 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.



Let's Bring Hope to Our Neighbors

This Lenten Season



WEEK 4:

Almsgiving in **3** WAYS

In the spirit of Almsgiving this Lenten season, here are some ideas for you and your families:

CONNECT

Connect to Minneapolis Police Chief O'Hara and specifically the 5th Precinct to thank them for their service, for keeping St. Mary's safe, and for their continuing commitments to the safety and sanctity of life of the residents of Minneapolis.



THROUGHOUT LENT

BRING

School Supplies for Bancroft School

- School Supplies (*Pencils, Folders...*)
- Healthy Snacks (*Granola Bars...*)
- Paper Products (*Tissues, Wipes...*)



SUPPORT

Learn how you can continue to support local business and neighborhoods at **Mpls for Mpls** ▶



SCAN TO
LEARN MORE ▼



PRAYER,



FASTING,



AND ALMSGIVING.

2026 RESTORATION PROJECT
CAMPAIGN UPDATE

FOR THE
DOME



\$273,000
still needed

\$727,000
in commitments

TARGETED GOAL: \$1M

Thank you to everyone who has pledged a contribution to the building improvements project. We have received **\$727,000** in commitments towards our goal of raising **\$1M**. In order for us to begin the dome restoration project this spring, we need to secure a remainder of **\$273,000**. We invite every member of our community to join this sacred effort through *prayer, participation, and giving*. Please prayerfully consider *if* and *what* you can donate to help restore this blessed and treasured landmark.

Questions? Reach out to Nick Santrizos at: nsantrizos@gmail.com



Electronic payment donations can be made by scanning the code.

All contributions for this project will be placed into the Saint Mary's Capital Improvements Reserve.

www.stmarysgoc.org/For-The-Dome



Membership Drive Ends This Weekend!

There are just a couple days remaining in our membership drive. If you have not completed your donation yet, please stop by our table and complete a form. ***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. Stop by our table to receive a small 'Thank You' gift for your donation.



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



Philoptochos General Meeting Today

Our next Philoptochos General Meeting is today at 11:45 a.m. in the Terrace Room. We will have a very informative presentation by our own Peter and Libby Cheolis on "Situational Awareness: Preparation Equals Confidence"—a very timely and important topic. We will also be discussing items coming up in April and May which will be very busy months for Philoptochos as we prepare for Pascha and thereafter. Please come and be informed on a topic of personal safety and join the discussion on all the ways you can help Philoptochos during Pascha and the coming months. Food and fellowship will be provided!



Koulourakia Needed for Pascha

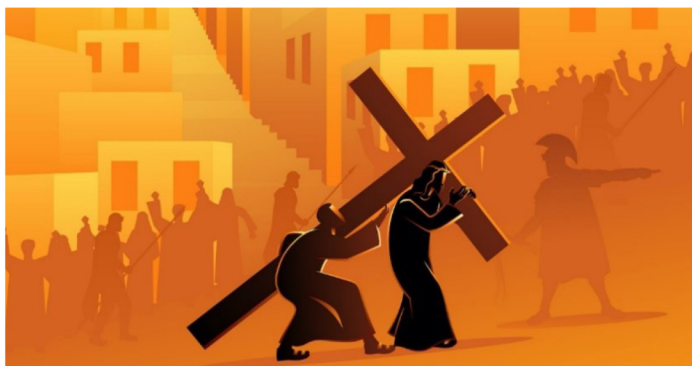
Philoptochos will be providing koulourakia cookies for the Pascha coffee hours both Saturday night and Sunday afternoon, April 11 and 12. We are asking ladies to bake approximately 3-4 dozen and bring them to church by Holy Friday. Please sign up by scanning the code, using the link in the weekly e-mail, or at the Philoptochos table after Liturgy today if you can help with this project.



Volunteers Needed for Family Movie Night

Philoptochos is hosting a **Family Movie Night on Bright Friday, April 17, at 6:00 p.m.** We will be looking for volunteers to assist with this event so please stop by the Philoptochos table on Sundays to sign up to help with this fundraising event.

Saint Mary's Holy Friday Retreat



Walk with Christ to the Cross

Friday, April 10, 2026 • 10:15 a.m.-1:15 p.m.

*Taking Down from the Cross Service
starts at 1:30 p.m.*

Pre-K (4 year old) through 12th grade

Register here: <https://tinyurl.com/2026-Holy-Friday-retreat>

Please join us for an engaging day at our Church in which children will learn about Holy Week, the Crucifixion, and Resurrection of our Lord, Jesus Christ.

We will have lessons, crafts, lunch, stations in the church, and gym time (to help get the wiggles out- even the big kids).

Retreat ends at 1:15 p.m. so please be here at that time to check out your child(ren) and accompany them for the Taking Down from the Cross Service.

Please register early so we can plan accordingly for helpers, supplies, and food ordering/ packaging.

Adults, we could use additional help with set up/clean up and food prep.

To volunteer or with questions, contact Dena Tortorelis
churchschool@stmarysgoc.org



ST. MARY'S CAMP

EST. 1952

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

Registration will close on March 31, at 11:59 p.m.

Regular Rate Registration Fee

\$665 + Convenience Fee* / Camper

**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 TODAY:

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.





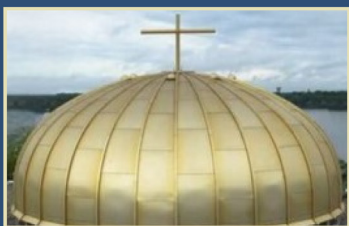
St. Mary's Philoptochos Presents

FAMILY MOVIE NIGHT



Watch one of four great movies!

APRIL 17TH @ 6:00 PM



**"ONE NIGHT AT THE
MOVIES—ONE STEP
CLOSER TO A
SHINING DOME."**

Do it
**FOR THE
DOME**
MPLS

*Free will donation to enter.
Pizza, popcorn, and
beverages for purchase.*



The Greek Orthodox Metropolis of Chicago
42nd Annual
SAINT JOHN CHRYSOSTOM
ORATORICAL AND FINE ARTS FESTIVAL



Diamanto Mesiacos, 1st Place Iconography - Senior Division
St. Athanasios Greek Orthodox Church, Aurora, IL

Bright Saturday, April 18, 2026

St. Mary's Greek Orthodox Church
Minneapolis, MN
Host Parish

For more information, please contact oratoricalfestival@gmail.com.

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 30

Genesis 27:1-41 • Proverbs 19:16-25

Tuesday, March 31

Genesis 31:3-16 • Proverbs 21:3-21

Wednesday, April 1

Genesis 43:26-31; 45:1-16 • Proverbs 21:23-22:4

Thursday, April 2

Genesis 46:1-7 • Proverbs 23:15-24:5

Friday, April 3

Genesis 49:33-50:26 • Proverbs 31:8-31

Saturday, April 4: Lazarus Saturday

Hebrews 12:28-29; 13:1-8 • John 11:1-45

Sunday, April 5: Palm Sunday

Philippians 4:4-9 • John 12:1-18



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