

March 8, 2026



The Divine Liturgy

Sunday of Saint Gregory Palamas

Commemoration:

Sunday of Saint Gregory Palamas; Theophylact the Confessor, Bishop of Nicomedia;
Hermas the Apostle of the 70; Dometios the Righteous; Paul the Confessor;
Felix of Burgundy, Enlightener of East Anglia.

Morning Gospel: Luke 24:36-53..... Tone: Plagal Second

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, Plagal Second Tone

The angelic powers appeared at your tomb, the soldiers guarding it became as dead men, and Mary stood at your grave seeking, seeking your most pure body. But you made hell a captive; you were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, glory to you.

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 Saint Gregory Palamas, Plagal Fourth Tone

O light of Orthodoxy, O pillar of strength and teacher of the Church! Glory of monks and nuns, and of theologians the protector invincible! O wonderworker Gregory, pride of Thessalonika and preacher of grace, intercede without ceasing for the salvation of our souls.

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 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.

Epistle Hebrews 1:10-14; 2:1-3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end.” But to what angel has he ever said, “Sit at my right hand, till I make thy enemies a stool for thy feet?” Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel..... Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins”-he said to the paralytic-”I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

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:
Lea Hoeft and Cristina Nicklow

40-Day Churching:
Philippa Lucia, parents: **Aleksander & Jessica Knezevich**

Memorial Prayers today are offered for:
Lisa Maria Lind (1 year)

The coffee hour today is hosted by:
James Newcomb in celebration of the anniversary of his chrismation



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.



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.



“Take up your bed. Carry the very mat that once carried you. Change places, so that what was the proof of your sickness may now give testimony to your soundness. Your bed of pain becomes the sign of healing, its very weight the measure of the strength that has been restored to you.”

— Saint Peter Chrysologus



Prayer Ministry

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

The family of Nicholas Everhart; 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, Santana, Tia, Margaret, Kathie, Owen, Missy, Anthony, Julie, Ann, Jim, Maria, Joan, Jason, Janet (Dimitra), Andrew and Mari, Constantine James, Lauren, Anna, Kathleen Wendland and Julie Alvin, Gabriel, Linda, John and Johnny, Anastasia, Diane, Nicki, Dino, George, Billie, Nino, Kate, Elena, Mechelle, Elaine, Vonda, Andrew, Susan, Elias, Imogene, Becky, Elizabeth, Yvonne, Fran, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, Sylvia, Pete, Steve A., Athena, Betty, Mark, Kostantinos & Georgia, Andreas, Jonathan, Jeanette, Mary, Marilyn, Donna, Dawn, Don, Nancy, Brad, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Michael, Jaclyn Jereczek, Dena, Chris, Nick, John, Eugenia, Ron, Matt, Laura, Constance, Marina, Annali, Sofia, Juan Cruz & family, Charlie, Helena, Jennifer, John S., Becky, Noel, Stephen, Ray, Christina, Joanne, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Efstratia, Jordan, David, Nino, Joe, Donnarae, Mary K., Monte, Bethany, Mark, Estelle, Justine, Melissa, Megan, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Irene Maria, Olivia, Lincoln, Carole, Patty, Karrisa, Corina, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Lynn, Sue & Jim, Steve, Sue, Jane, Pat, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Presvytera Janis, Sandra, Rick, Nancy, Alex, Eryn, Vicki, Diana, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, R.J., Allie, Vickie, Petra, Bob, Joseph, Christopher, Elizabeth, Judi, Bodil, Ole, and others known to you.

Food Shelf Needs for March 15



Peanut Butter

March's recipient is FOCUS Minnesota

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

Calendar of the Week

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*

Monday, March 9: Holy Forty Martyrs of Sebaste

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

Tuesday, March 10

6:15 p.m. – Parish Council Meeting, *Fireside Room*

Wednesday, March 11

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 in support of Coptic Orphans, *Terrace Room*

7:00 p.m. – Senior GOYA Volleyball, *Great Hall*

HOPE/JOY Mini Meeting (Bags of Blessing making)

Grades 4-5 Confession

Choir Rehearsal, *Nave*

Thursday, March 12

7:00 p.m. – Women's Book Club, *Fireside Room (please enter at north door)*

Friday, March 13

4:00 p.m. – Holy Confession (no appointments taken)

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

Saturday, March 14

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

10:00 a.m. – FAITH Playgroup, *Great Hall*

Sunday, March 15: Sunday of the Holy Cross

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

5:00 p.m. – Pan-Orthodox Lenten Vespers,

Saint George Antiochian 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



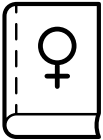
Philoptochos Membership Drive

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



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 Fireside Room. We'll be discussing the second half of *Time and Despondency* by Nicole Roccas which you can find in the bookstore.



Philoptochos Hosting Lenten Meal after Presanctified Liturgy: March 18

Philoptochos will host the Lenten meal on Wednesday, March 18. We need your help! Please visit our table during coffee hour on Sundays for the next two weeks to sign up to help with setup, serving, and cleanup afterwards, or volunteer on SignUpGenius by scanning the QR code. Thank you!



Healing House Help Needed: Saturday, March 21

Metro Hope Ministries' Healing House is a beautiful ministry that offers long-term residence and a Christ-centered recovery program for women and mothers with children overcoming addiction. St Mary's Philoptochos has the honor of supporting Healing House six times throughout the year by providing a home-cooked meal and sharing in Bible study. Our next meal will be Saturday, March 21, from 5:00-7:30 p.m. We are in need of six adult volunteers to provide and serve the meal on site. Volunteer slots can be found on SignUpGenius by scanning the QR code. Thank you!

Let's Bring Hope to Our Neighbors, This Lenten Season



WEEK 1:

Almsgiving in **3** WAYS

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

BRING

School Supplies for **Bancroft School**

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



CONNECT

Reconnect with parishioners
you haven't seen in awhile.



SUPPORT

Shop or donate to our ethnic stores.
Your neighborhood store, **Bill's Imported Foods** ▶



SCAN TO
SUPPORT ▼



PRAYER,



FASTING,



AND ALMSGIVING.

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 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



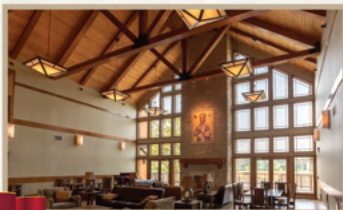
JOIN US FOR THE

2026

Men's
Weekend
Retreat

FRIDAY, MARCH 20 - SUNDAY, MARCH 22

Please help welcome featured speaker Very Rev. Fr. Theodore Petrides.
TWO SPECIAL SPEAKING ENGAGEMENTS ON SATURDAY, FOLLOWED BY SMALL LITURGY ON SUNDAY.



Fr. Theodore Petrides

JOIN US FOR MEN'S FELLOWSHIP, WITH OVERNIGHT ACCOMODATIONS & LENTEN DINING!

FOR MORE INFORMATION CONTACT **MATTHEW MIGLAUTSCH** AT
STS.CH.ORTHODOXMENFELLOWSHIP@GMAIL.COM

RSVP NOW!



GREEK ORTHODOX METROPOLIS OF CHICAGO
ST. IAKOVOS RETREAT CENTER

A place of faith, a place of fellowship • 920 224TH AVE, KANSASVILLE, WISCONSIN



Coffee Hour Hosts Needed

Would you like to host coffee hour? Sunday, March 29, is available to host. Please contact the Church Office if you would like to host.



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 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.

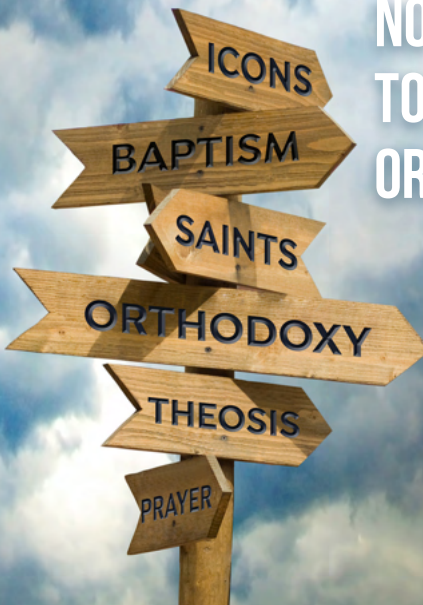


Greek Independence Day Celebration Sunday, March 22

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—*Building a Prayer Life*—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

REGISTRATION IS OPEN!

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 TODAY:

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

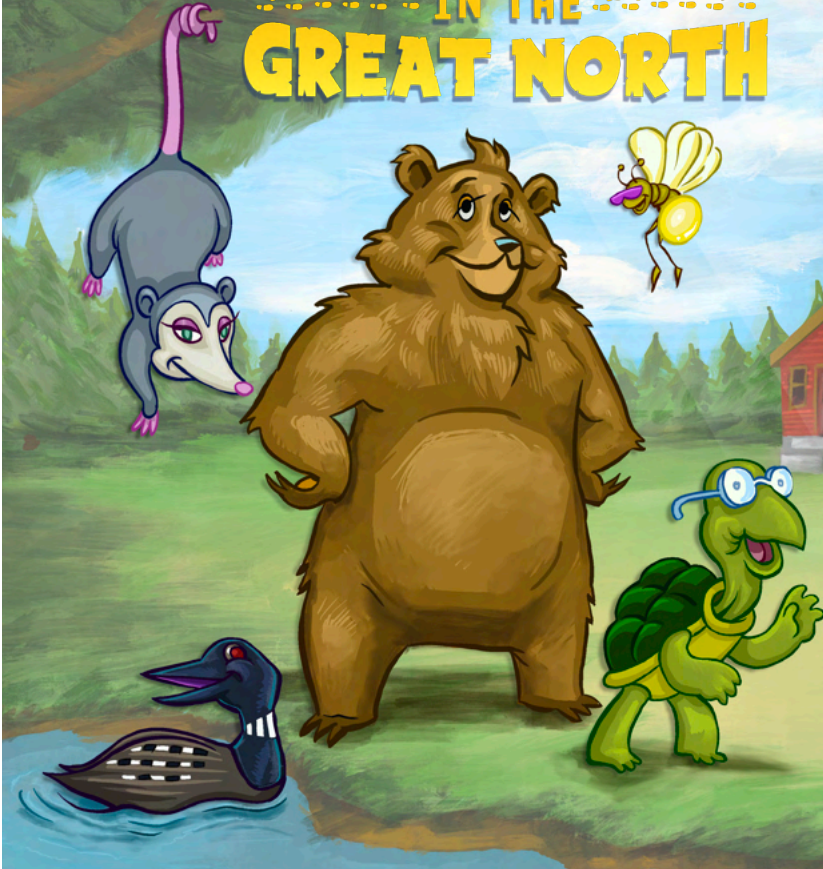


ST. MARY'S
GREEK ORTHODOX CHURCH

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 9: Holy Forty Martyrs of Sebaste

Hebrews 12:1-10 • Matthew 20:1-16

Tuesday, March 10

Genesis 7:1-5 • Proverbs 8:32-9:11

Wednesday, March 11

Genesis 7:6-9 • Proverbs 9:12-18

Thursday, March 12

Genesis 7:11-8:3 • Proverbs 10:1-22

Friday, March 13

Genesis 8:4-21 • Proverbs 10:31-11:12

Saturday, March 14

Hebrews 10:32-38 • Mark 2:14-17

Sunday, March 15: Sunday of the Holy Cross

Hebrews 4:14-16; 5:1-6 • Mark 8:34-38; 9:1



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