A Message from Father Anthony

The Invitation to Worship
Reprinted from Saint Mary’s Consecration Album, May 1961

Through the fourth commandment God calls on us to “Remember the Sabbath day to keep it holy.” In a scientific sense, one never forgets anything. Every thought we have is registered forever on our minds, but practically, we can forget almost everything. We forget names and dates; we forget duties and even God. Some things we forget on purpose because the remembrance of them is not pleasant. Other things we forget because our minds are occupied with other matters. To aid our memory, most of us need notes and an assortment of reminders.

From a religious point of view we need something that will not let us forget the biggest thing in our lives — our relationship to God. We hang pictures on the walls of our homes to remind us of Christ. We erect church buildings as reminders. When people build a lovely building and dedicate it to God there are always those with the blindness of Judas, who say: “Why all this waste?” Yet merely the building standing prominently in a community serves to remind people of God, and, in so doing, is worth all that it costs and more.

The first reason God gave us Sunday is that it might keep us reminded of Him. By participating in the beautiful worship services of the church on the Lord’s Day we are called to remember God. Regardless of what some people may think, a person who does not worship God in church on Sunday will soon forget Him.

The second reason God gave us Sunday is that it might serve as a line of communication with Him. When we stay away from church on Sunday, we invariably break one of our main lines of communication with God. A farmer’s son recently slipped and fell forty feet off the roof of a barn. Realizing that his son was seriously hurt, the father rushed to the phone to call the nearest doctor, 20 miles away. To his horror he found that the line was dead. The wild storm of the night before had torn the wires down. He rushed out to the car and headed for the doctor’s home but the delay was fatal. The doctor arrived too late. A broken line had meant the difference between life and death.

Broken lines of communication — how critical they can be in our everyday life, but how much more so in the spiritual sense. Nothing is more certain than death. It will come to all of us; that we know. But when and how? Sorrow will not forever leave us untouched; that we know. But when will it come and how? Will it come when our lines of communication with God are down? If so, we will be overwhelmed and unable to bear the burden. By keeping “the Sabbath holy,” by worshiping God in church on the Lord’s Day we keep open a life-line between God and man.

In addition to serving as a reminder and as a line of communication with God, Sunday was given to us as a day of rest. In creating the world, God

—Continued on page 8.
Baptisms
Vasili (Billy)
Parents: Anthony & Li Nicklow
April 30, 2017
Nikos
Parents: Paul & Marcy Kottas
May 6, 2017
William
Parents: Daniel & Katerena Krmpotich
May 7, 2017

Marriages
Megan Miglautsch to Andrew Twito
April 29, 2017
Assumption Greek Orthodox Church, Madison, Wisconsin

Memorial Prayers
Sunday, June 11
Vasilike (Coula) Canelake (1 year)
John Canelake (1 year)
Nadine Elias (1 year)

Sunday, June 18
Theodora Boosalis (3 years)
Theodore N. Boosalis (47 years)

Congratulations!
Congratulations to all our youth who participated in the Metropolis Oratorical Festival last month. St. Mary’s members who placed are:
Eva Hadjiyanis - First Place, Poetry, Senior Division
Nina Lind - Second Place, Speech, Senior Division
John Santrizos - Third Place, Speech, Junior Division

Thank You
Thank you for donating 291 pounds of food in January. Your support for our community is sincerely appreciated. –Joyce Uptown Foodshelf

Share YourShelf
June’s recipient of Share YourShelf contributions is Simpson Food Pantry.

Sunday, June 4
Canned meals—large cans chili; Pork and Beans

Sunday, June 11
Potatoes boxed, instant, or canned

Sunday, June 18
Cereal hot and/or cold

Sunday, June 25
Hygiene items toothpaste, soap, shampoo, etc.

“I know that the LORD secures justice for the poor and upholds the cause of the needy.” –Psalm 140:12

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

St. Mary’s Church Staff
Priest:
Fr. George Dokos
Associate Priest:
Fr. Jason Houck
Emeriti:
Fr. Anthony Coniaris
Fr. Theodore Filandrinos
Deacon:
Deacon Paul Kalina
Administrator:
Sylvia Kafkas
Administrative Assistant/Communications:
David Mertesdorf
Ministries Coordinator & Office Secretary:
Sandra Anderson
Pastoral Assistant:
Doria Saros
Youth Director:
Jonathan Klein
Music Director:
Thespina Macres
Organist:
Mark Macres

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas

~

A Taste of Greece 2017
September 8-10
mplsgreekfest.org

Chloe’s Fight Family Walk & 5K Toga Run
Friday, September 8
6:30 p.m.
The Descent of the Holy Spirit (Pentecost)
Celebrated on the 50th Day after Pascha

The Icon
The Disciples: tradition relates that they were gathered in the same upper room where they had shared the Last Supper with Christ.

The Book of the Gospels: in the center of the group is the Book of the Gospels. This place of honor, formally occupied by the physical person of Christ is now occupied by the Book of the Gospels which the Holy Spirit has made the spiritual presence of Christ in the world.

The World: the entire cosmos received the outpouring of the Holy Spirit. This is iconographically symbolized by a crowned figure seated in the midst of the Disciples. He holds in a cloth twelve scrolls. This represents the reception by the entire world of the preaching of the twelve disciples.

---

Sunday Schedule
Saturday, June 3
Saturday of Souls
Orthros – 9:00 a.m.
Divine Liturgy – 10:00 a.m.

Sunday, June 4
Holy Pentecost
Vespers – 4:00 p.m.

Monday, June 5
The Holy Spirit
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Wednesday, June 7
Small Blessing of Water – 6:00 p.m.

Saturday, June 24
Nativity of John the Baptist
Orthros – 9:00 a.m.
Divine Liturgy – 10:00 a.m.

Thursday, June 29
Saints Peter and Paul
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Friday, June 30
Synaxis of the Holy Apostles
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

---

Pentecost Vespers
Saint Mary’s will host the MEOC-CA-sponsored Kneeling Vespers of Pentecost on Pentecost Sunday, June 4, 4:00 p.m. Everyone is welcome to attend. A reception will follow Vespers.
A Taste of Greece 2017 Kick Off
Sunday, June 25
Here’s What’s needed...

* Volunteer to bake
  Sign up is underway.
* Volunteer to work at the Festival
  Sign up begins Sunday, June 25 – don’t miss out!
* Promote the Festival
  Pick up a lawn sign or two (make sure you don’t place them on public property without permission).
  Post some flyers and posters.
* Chloe’s Fight
  Sign up to run/walk in the Festival Friday event.
* Advertise your business
  Ad forms go in the mail soon.
  Deadline for submission is July 31.
* Be an individual sponsor
  Sponsor letter will also be mailed soon!

A Taste of Greece 2017 ~ September 8-10

Summer Giving
If you are out of town during the summer, or planning to be away, don’t forget to send in your financial commitment or go to the Church’s website and set up your giving via a charge/debit card or set up your giving through your bank. Our bills and other financial commitments don’t go on vacation! Thank you for keeping St. Mary’s in mind.

Shut in or Hospitalized?
Please tell us if you or someone you know in the congregation will be hospitalized as we are not routinely notified by local hospitals when members are admitted. Kindly call the Church Office, 612.825.9595, to inform us. We also want to keep up on our shut in visits. If you are a shut in or know of someone who is, please contact the Church Office.

Nick Dovolis Memorial Golf Tournament
The Ninth Annual Nick Dovolis Memorial Golf Tournament will take place Monday, July 24, 2017, at Bent Creek Golf Club in Eden Prairie. The event includes an 18-hole scramble followed by dinner. All proceeds from the golf tournament go to the Nicholas J. Dovolis Endowed Scholarship at St. Thomas. For more information, contact Mr. Joseph Loftus, joseph.loftus@ubs.com.

Welcome, Jonathan Klein, Youth Director
We welcome to St. Mary’s Jonathan Klein, our new Youth Director. Jon is originally from Pella, Iowa, where he attended St. Nicholas Orthodox Church. He recently received his Masters Degree from the University of Northern Iowa studying Leisure, Youth, and Human Services. He has been a summer camp counselor abroad in Taiwan and completed his internship as a day camp director in the Netherlands. Jon has been involved with St. Mary’s Summer Camp Program for 16 years (11 years as a camper and five as a counselor) and a counselor at St. Mary’s Family Camp for 4 years. Jon is excited about the opportunity to work with the youth and families at St. Mary’s Church and help them grow closer to Christ.

Congratulations, Seniors!
Congratulations to our young members who are graduating from high school this spring:
Andreas Andrews • Teresa Bair
Sophia Demou • Nicholas Doukas
Elizabeth Dovolis • Zoe Gabor
Thomas George • Stella Hadjiyanis
Tommy Katsiyiannis • Nina Lind
Austin Meimaridis • Demas Murdakes
Christian Rieck • Evaggelos Sidiropoulos
Daria Snidarich • George Tortorelis

An Update on One of Our Seminary Graduates
This past year has been eventful for Dean Tiggas. In May of 2016, he graduated with his Master of Divinity from Holy Cross Greek Orthodox School of Theology, then left immediately to study Leisure, Youth, and Human Services. He has been a summer camp counselor abroad in Taiwan and completed his internship as a day camp director in the Netherlands. Jon has been involved with St. Mary’s Summer Camp Program for 16 years (11 years as a camper and five as a counselor) and a counselor at St. Mary’s Family Camp for 4 years. Jon is excited about the opportunity to work with the youth and families at St. Mary’s Church and help them grow closer to Christ.

Congratulations, Seniors!
Congratulations to our young members who are graduating from high school this spring:
Andreas Andrews • Teresa Bair
Sophia Demou • Nicholas Doukas
Elizabeth Dovolis • Zoe Gabor
Thomas George • Stella Hadjiyanis
Tommy Katsiyiannis • Nina Lind
Austin Meimaridis • Demas Murdakes
Christian Rieck • Evaggelos Sidiropoulos
Daria Snidarich • George Tortorelis

An Update on One of Our Seminary Graduates
This past year has been eventful for Dean Tiggas. In May of 2016, he graduated with his Master of Divinity from Holy Cross Greek Orthodox School of Theology, then left immediately to study Leisure, Youth, and Human Services. He has been a summer camp counselor abroad in Taiwan and completed his internship as a day camp director in the Netherlands. Jon has been involved with St. Mary’s Summer Camp Program for 16 years (11 years as a camper and five as a counselor) and a counselor at St. Mary’s Family Camp for 4 years. Jon is excited about the opportunity to work with the youth and families at St. Mary’s Church and help them grow closer to Christ.

Congratulations, Seniors!
Congratulations to our young members who are graduating from high school this spring:
Andreas Andrews • Teresa Bair
Sophia Demou • Nicholas Doukas
Elizabeth Dovolis • Zoe Gabor
Thomas George • Stella Hadjiyanis
Tommy Katsiyiannis • Nina Lind
Austin Meimaridis • Demas Murdakes
Christian Rieck • Evaggelos Sidiropoulos
Daria Snidarich • George Tortorelis

An Update on One of Our Seminary Graduates
This past year has been eventful for Dean Tiggas. In May of 2016, he graduated with his Master of Divinity from Holy Cross Greek Orthodox School of Theology, then left immediately to study Leisure, Youth, and Human Services. He has been a summer camp counselor abroad in Taiwan and completed his internship as a day camp director in the Netherlands. Jon has been involved with St. Mary’s Summer Camp Program for 16 years (11 years as a camper and five as a counselor) and a counselor at St. Mary’s Family Camp for 4 years. Jon is excited about the opportunity to work with the youth and families at St. Mary’s Church and help them grow closer to Christ.
Families Moving Forward

Just what is “Families Moving Forward”? How does it work? What do we do? Who does it? How can I help?

Many years ago, back in Fr. Harry’s time, Hope and Bob Kennedy were telling us (the Mission and Outreach Committee) about how we should participate in this wonderful Interfaith ministry called “Families Moving Forward.” The purpose was to provide emergency shelter to homeless families and affordable housing to formerly homeless families.

This meant that these families would come and live at the church for a week. As we all know, change is not always easy and thinking outside the box was not always how we did things here, so…the answer to the Kennedys was…NO WAY!

God, of course, had a different answer and the faithful Kennedys kept bringing it up at our MOC meetings until finally, a couple of Parish Council members took the leap of faith and went to one of the 65 churches hosting the Families Moving Forward clients to see how this actually worked.

Scary part over, the vision became reality and in 2003 we hosted our first week. It was such a success that we have been hosting two weeks once a year ever since.

How does it work?

The homeless families sign up with FMF for help. FMF has a center that provides social workers, use of computers for job searches, a Post Office box so they have an address (you can’t get help if you don’t have an address), transportation to and from the center to the host parishes. They also have lockers and showers (can’t get a job if you don’t take showers), and laundry vouchers.

We never have more than 16 people at a time. What FMF does not have is a place for the families to sleep while waiting for housing.

What do we do?

We work in tandem with FMF to arrange space for the families to come to us. We use our downstairs classrooms as their ‘home’ for the two weeks. We (our youth) first did a fundraiser to get blow up beds, sheets, light blankets, pillows, small side tables, and lamps. We now have toys, games, videos, diapers, and dental supplies (thank you, Telly Pappas!) as well.

We provide a continental breakfast, supplies for the moms to make lunches for their families, and of course a hot meal every evening. On the Saturdays, we offer a big hot breakfast! Connie Kouzes had been the star of that show for many years offering pancakes, breakfast casseroles, fruit, sausages (their favorite), and more.

We also have children activities such as crafts and sports for the kids in the evening and fellowship time for the parents. There are evening hosts making sure all is going well with the meal and activities as well as overnight hosts to ensure all goes well during the night.

Who does it?

We are so blessed to have so many of our ministries, families, parishioners, and our pan-Orthodox brothers and sisters join us in this ministry. The working parts are meal providers, hosts, children’s activities, and overnight hosts. We invite our ministries to own a night by preparing and serving a meal, providing hosts for the meal and overnight, and provide children’s activities. So far we have St. Mary’s Cathedral, St. George Greek Orthodox, and St. George Antiochian each taking one night. This lifts the burden for St. Mary’s and is very welcomed. You don’t have to take a whole night, you can do one portion of the evening. There is enough work for all of us.

How can I help?

By the time this article appears it is our prayer that all our slots are filled for 2017. As you all know, things happen and sometimes we get a volunteer cancellation. So…if you think you can help and want to know if there is an opening don’t hesitate to contact Carol Karos, cmkaros@gmail.com or 952.475.0686, or Donna Psihos, DonnaPsihos@gmail.com or 612.801.0606.

As with any ministry, monetary donations are always welcome. Many times the families have unexpected needs, or a child with a birthday, while they are here. With the extra funds, we can have a party for them with cake and even a present or two. The needs change with each group of families. In-kind donations of paper products, toiletries, laundry supplies, and other consumables are always on the list.

Think on this: These families are our guests and we try very hard to make them feel we are an extension of their home and our volunteers an extension of their family. For two weeks, these parents know where their children will sleep and wake up without worry. Please pray for these families, the workers at Families Moving Forward. We also welcome special prayers for the property owners in the Twin Cities to show mercy and generosity in offering decent affordable housing for the least of them.
As we enter June with a new board, Philoptochos shifts to a more relaxed pace and activities in which the entire parish is invited: Festival baking all summer, Dormition events in August, even a 5K for social justice in June. Join us!

Stop the Traffick(ing) 5K Walk/Run for Justice  
**Saturday, June 10, 8:30 a.m.**

Support anti-trafficking organizations in the Twin Cities and enjoy a morning 5K walk at Purgatory Creek Park in Eden Prairie! Join chapter president Paulette Hastings on Saturday, June 10. Please register on your own at www.StopTheTraffickingRun.org, and let Paulette know you did so we can meet at the event.

Serve Meal for Families Moving Forward  
**Sunday, June 11**

Philoptochos is hosting the first meal at St. Mary’s for our Families Moving Forward guests. We need a handful of people to coordinate the meal, then set up and serve from 5:30-7:30 p.m. on Sunday, June 11. Please contact Paulette if you’re interested, MplsPhilo@gmail.com or 952.564.8388.

Festival Bake Sale Preparations Begin!

Summer is the time we welcome everyone in the parish to pitch in and mix, shape, bake, and store thousands of Greek pastries for the September 8-10, 2017, Taste of Greece Festival!

Plans for the Bake Sale are underway, thanks to our chair, Debbie Theros. Our schedule begins with baklava, which is being coordinated by Elena Gabor. The baklava schedule is:

- **Tuesday, June 13, 12:00-4:00 p.m.:** Assembly
- **Monday, June 19, 4:00-8:00 p.m.:** Assembly
- **Tuesday, June 20, 10:00 a.m.-1:00 p.m.:** Cut and Clove

Please volunteer to help by contacting Elena at 952.898.4132, or elenagabor14@gmail.com. And, watch your email inbox for the Sign-Up Genius invitation with all the baking dates, or see the full schedule in “The Messenger” and weekly bulletins.

Thank You...  
To the team of women who planned our May Spring Finale: Jennifer Coin, Jayne Klatt, Connie Kouzes, Mary Pappas, Popie Rakes, and Mary Kay Twito.

To the women who are stepping off of the board after faithfully serving for the past term (or longer!): Glenna Alevizos, Donnarae Louricas, Tia Muchulas, Barbara Nichols, Mary Pappas, Maria Paradise, Popie Rakes, and Mary Kay Twito.

To the 2017-2019 Board: Diane Achterling, Sandra Anderson, Jennifer Coin, Paulette Hastings, Sofia Johnson, Donna Psihos, Alexandria Kalina, Jayne Klatt, Connie Kouzes, Lamona Legeros, Linda Hodge, Tina Menter, Stephanie Panos, Carol Smith, Andrea Tiggas, and Dena Tortorelis. We are grateful for your leadership service to Philoptochos!

On Behalf of Tandem Mamas and Little Ones, Thank You!

The Lenten Baby Bottles fundraiser officially ended Palm Sunday with donations of $631.81. Thanks to a matching donor this amount was doubled to $1,263.62 for Tandem! Thank you to everyone who filled Baby Bottle Banks full of coins and bills. Checks were also written for this most worthy charity. If you still have a BBB at home, please return it to the basket in the church office. Further donations continue to come into the office. As of Sunday, April 30, our total is $1,438.59. This special alms giving will provide much needed support to this “life on life” ministry. Find out more about this dynamic, unique Tandem Resource Center at: www.wearetandem.org.

Thank you again, and watch for the fifth Baby Bottle Banks (BBB) Lenten Drive next year! —Linda Hodge
Dear Parishioners,

Thank you for your generous gifts of time, talent and treasure. Know that your contributions make a difference every day to the St. Mary’s community.

“It is true that the Church of God flourishes when its members are giving generously and cheerfully of their time, talents, and resources. In this sense, the Church needs what we have to offer. It is equally true that we need to offer these gifts to God in thanksgiving for the many blessings He has bestowed upon us. The Church does not need our offering as much as we need to make this offering a part of the cycle of our spiritual lives. Just as we attend Liturgy, say our prayers regularly, and participate in the Sacramental Mysteries of the Church, we need to give in a manner consistent with God’s teachings and expectations.”

—Father George Dokos

What Do St. Mary’s and My Orthodox Faith Mean to Me?

In November 2016, I was diagnosed with Multiple Myeloma, otherwise known as cancer of the blood. To say the least, I was totally shocked, as was my wife and the entire family. With all the deaths I’ve experienced since I was a youngster up to now, I asked, “Why me?” Was it time to test my faith? My doctors, my wife, Susan, my daughter, Jodi, family and friends have been a tremendous help to me by having a positive attitude and, most importantly, with prayer.

After a week of being told about my blood disease, my attitude completely changed. I think more positively and pray every time I have the opportunity. One night I was praying to our almighty God, repenting my sins and asked him to guide me through a recovery. That night I felt a shiver go through my body knowing God was touching me and was going to walk me through the healing process. Since November 2016, I have gone through three therapy sessions. I just started my fourth treatment on February 21.

In between November and this date, I’ve been to the Mayo Clinic several times and to my oncologist in Edina several times as well. The doctors have been great and are very positive. When I started all the tests, most of my blood levels were below normal. I was also facing 5-6 fractures in my back. As of today, the majority of my blood levels are normal. Back fractures are something I’ll deal with later.

Earlier this year, the doctors at the Mayo Clinic and my oncologist in Edina gave me the approval to have a stem cell transplant on March 21 at the Mayo Clinic. The positive point with this procedure is I used my stem cells. I believe in miracles, and with prayer and the hands of God touching me, I’m positive he will guide me through this illness.

I missed going to church up to three weeks ago because, in my mind I didn’t look good, especially after losing 20 pounds. When I went to church, friends welcomed me back. To be honest, I broke down a few times. All of us should know that Jesus will help us if we just ask him. Each day I read the Daily Promises which are e-mailed to me by 7:00 a.m., Greek Orthodox Prayers from the internet, and scriptures. I want to say I live by three points: “FAITH, HEALTH, and HOPE.”

Thanks to Jesus.

—Nick Brown, March 2017

Stewardship Financial Update

Offering Income Total:
- April Year-to-Date: $250,611
- Last Year April Year-to-Date: $240,699
- Goal for 2017: $937,335
- Additional needed to reach goal: $686,724

Thanks to the generosity of our parishioners, offering income so far this year exceeds the offering total last year at this time by $9,912. This demonstrates the faith and commitment of our parishioners. We are so blessed!

Thank you for your love and support of St. Mary’s.
“Our Church Costs Too Much!”

A certain Christian once said to a friend, “Our church costs too much. They are always asking for money.”

“Some time ago a little boy was born in our home,” replied her friend. “He cost me a lot of money from the very beginning: he had a big appetite, he needed clothes, medicine, toys, and even a puppy. Then he went to school, and that cost a lot more; later he went to college, then he began dating, and that cost a small fortune! But in his senior year at college he died, and since the funeral he hasn’t cost me a penny. Now which situation do you think I would rather have?”

After a significant pause she continued, “As long as this church lives it will cost. When it dies for want of support, it won’t cost us anything. A living church has the most vital message for all the world today, therefore I am going to give and pray with everything I have to keep our church alive.”


—Father Anthony’s column, continued from page 1.

worked six days and rested on the seventh as an example to us. Every man needs to be re-created. Just as a battery can run down and needs to be re-charged, so can a person. A noted psychologist reported that over half of the mental disorders in America are caused by the alarm clock and the calendar. A constant rush to meet deadlines makes more people mentally ill than the fear of atom bombs or the lack of proper diet. Fatigue is a great breeder of illness. The God who created us — and who ought to know — tells us that we need one day of rest in seven. If we disregard this rule, we do so to our own detriment.

Most people do rest on Sunday. Come Sunday morning they take off early for the lake, the golf course, or the picnic grounds. We cannot criticize them for this. After all, Sunday is a day of rest. But it is more than a day of rest for the body; it is a day of rest for the soul. Man is more than an animal. He is even more than a highly intelligent animal. He is an immortal soul. Sunday is intended to minister to the needs of the whole man, to those that are physical and temporal, and also to those that are spiritual and eternal. Our most important task here on earth is the salvation of our souls. We must give a certain amount of time and attention to that most important task, just as we give time to eating and sleeping. To use Sunday as a day of rest for the body only — and to disregard the soul — is to misuse it.

A group of American explorers once went to Africa. They employed native guides. The first day they rushed, as they did also on the second, third, and every day. On the seventh day they noticed the guides sitting under a tree. They refused to move. Their chief explained: “We cannot move until our souls catch up with our bodies.” That is one of the reasons why God tells us, “Remember the Sabbath to keep it holy” as a day of rest for body and soul. Unless we allow our souls to catch up with our bodies, we falter in the race of life.

The highest use of Sunday then, and by far the most rewarding, is to make it a day of worship and rest. We need a day of worship for, as Dostoevski reminds us, “A man who bows down to nothing can never bear the burden of himself.” Many of our fears, worries, and nervous tensions would be saved if we remembered to unburden our hearts to God on the Sabbath. We need a day of rest to keep us calm, relaxed, and mentally alert. Lack of rest causes inefficiency and produces physical disorders. We need a day when we can hear God’s voice. A day when we can give the Highest a hearing. Just as men build telescopes to gain a clearer view of the stars, so almost since the dawn of civilization, men have built churches and set aside a day to worship, in order to gain a clearer view of God and the high purposes of life. When we forget this day, we are on the way to forgetting God. So keep the line of communication with God open. “Remember the Sabbath day to keep it holy.”

A stranger passing a large mine in Pennsylvania asked a little boy why the field was full of mules. “These mules are worked in the mine during the week,” replied the boy, “and are brought up into the light on Sunday to keep them from going blind.”

Do you “come up” on Sunday — up from the worries, the struggles, and the confusion of the week to let the light of God’s Word shine in your heart? Or do you spend your Sundays “Down in the mine,” where you spend your Saturdays, your Mondays, and your Tuesdays?

After a week of stumbling and groping, there is nothing more reassuring than an hour spent in the company of Him who said: “I am the Light of the World. He that followeth Me shall not walk in darkness, but shall have the light of life.”

Saturday has no sorrow which Sunday cannot heal — if Sunday is a day of worship, prayer, and praise.
Our Youth and Young Adult Ministry Vision

To provide an Orthodox Christian example, reinforcing the efforts of our parents, inspiring in our youth agape love and the spiritual desire to pursue Christ, his holy Church, and the truest sense of his holy Orthodox Community.

Our Youth and Young Adult Ministry Goals

To offer programs that foster spiritual growth in Christ. • To offer religious education that applies to daily living.
To offer service to God and his holy creation. • To offer fellowship that connects youth to Christ, his Church, and the greater Orthodox community.

What's Happening?

Launch into Liturgy Exploration

Saint Mary’s Vacation Church School 2017
June 12-16
This year we will explore and learn about Divine Liturgy in a fun, easy to understand way with a NASA/space theme to help us relate to what it all means.
Register on-line: www.stmarysgoc.org
> Youth; > Vacation Church School

Vacation Church School
June 12-16
9:00 a.m.-12:00 noon

Looking Ahead...
Summer Camp Departure
Saturday, July 1
Check-in: 1:30 p.m. in the Great Hall

Summer Camp Return
Friday, July 7, between 4:00 and 4:30 p.m.
South Parking Lot
• Please, no parking in the south lot on either day.

Junior GOYA
Wednesday, June 7, 6:15 p.m.
Regular meeting at St. Mary’s

Thursday, June 8, 6:15-8:00 p.m.
Richardson’s Backyard, 16432 Griffon Lane, Lakeville
Backyard Party - Come and thank our leaders and enjoy the Richardson’s pool and backyard. One-piece swimsuit required. Please RSVP: https://beta.doodle.com/poll/m4pc8swuy9ennwvm

We would like to thank our adult leaders (Fr. Jason, Kyrsen and Justin Theodotou, Kristen and Daniel Lyrek) for their time and talents for making this a great year.

We would like to thank our Senior GOYA leaders for their guidance, kindness and time for this year’s Sr. Goya events: Stella Hadjiyanis, President; Anna Karos, Communication; Zoe Gabor, Service; Georgie Tortorellis, social for first session.

Greek School Pre-Registration for Fall 2017
Plans are underway to restart the Greek School program in the Fall of 2017. We are still in the process of securing teachers and a volunteer base.

To help gauge the level of interest and identify the demographics of interested students (class level, ages, etc.), we are asking for potential students to pre-register for the month of June. We are currently planning for both youth and adult classes. Classes are expected to be on Sunday after church and costs are still being determined. No payment will be due at this time.

Look for a table to be in the Great Hall after liturgy during the month of June with pre-registration information and forms. We will also be sending out electronic pre-registration information soon.
The Messenger is published monthly by St. Mary’s Greek Orthodox Church, 3450 Irving Avenue South, Minneapolis, MN 55408
June, 2017

Telephone: 612.825.9595
Fax: 612.825.9283
Email: stmarysgoc@stmarysgoc.org
Website: www.stmarysgoc.org

Publication Deadlines
The Messenger—First Sunday of each month.
Sunday Bulletin—Preceding Thursday, 12:00 Noon

All Saints Sunday, June 11
(commemorated on the Sunday after Pentecost)

Hymn of All Saints
Throughout the world your Church is adorned with the blood of the martyrs as with royal purple and fine linen. Through them she cries out to you, Christ our God: Grant your lasting peace to all the world and bestow on our souls your great mercy. —Fourth Tone
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6:00pm-Camp Training</td>
<td>7:00am-Men’s Fellowship 10:00am-Seniors’ Cardio Class</td>
<td>Saturday of Souls 9:00am-Bible Study 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers</td>
</tr>
<tr>
<td>4 Holy Pentecost</td>
<td>5 The Holy Spirit</td>
<td>6</td>
<td></td>
<td>1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>“The Messenger” Deadline 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Blood Pressure Screening 4:00pm-Kneeling Vespers</td>
<td>8:30am-Orthros 9:30am-Divine Liturgy 6:00pm-Greek Dance Practice 6:30pm-Festival Committee</td>
<td>1:00pm-Adult Seniors’ Bible Study</td>
<td>6:00pm-Small Blessing of Water 6:15pm-Junior GOYA</td>
<td>6:15pm-Senior GOYA Party</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 All Saints</td>
<td>12 Fast of the Apostles Begins</td>
<td>13</td>
<td></td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>8:30am-Orthros 9:30am-Divine Liturgy</td>
<td>Vacation Church School 8:45am-12noon</td>
<td>Vacation Church School 8:45am-12noon 12:00noon-Senior Citizens 12:00noon-Baklava Project 6:00pm-Parish Council</td>
<td>Vacation Church School 8:45am-12noon</td>
<td>9:00am-Bible Study 10:00am-Seniors’ Cardio Class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 Second Sunday of Matthew</td>
<td>19</td>
<td>20</td>
<td></td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>8:30am-Orthros 9:30am-Divine Liturgy</td>
<td>4:00pm-Baklava Project</td>
<td>10:00am-Baklava Project 1:00pm-Adult Seniors’ Bible Study Simpson House Dinner</td>
<td>9:00am-“The Messenger” Mailing 6:30pm-Men’s Fellowship</td>
<td>10:00am-Junior GOYA Outing 6:30pm-South of the River Koinonia 7:00pm-Edina Koinonia 7:00pm-West Metro Koinonia</td>
<td>10:00am-Seniors’ Cardio Class</td>
<td></td>
</tr>
<tr>
<td>25 Third Sunday of Matthew</td>
<td>26</td>
<td>27</td>
<td></td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>8:30am-Orthros 9:30am-Divine Liturgy</td>
<td>6:00pm-Greek Dance Practice</td>
<td></td>
<td></td>
<td>Saints Peter and Paul 8:30am-Orthros 9:30am-Divine Liturgy</td>
<td>Synaxis of the Holy Apostles 8:30am-Orthros 9:30am-Divine Liturgy 10:00am-Seniors’ Cardio Class</td>
<td></td>
</tr>
</tbody>
</table>