March 2018

Inside This Issue
Children and Youth................. 10
Education and Fellowship......... 3
Koinonia..................................3
Ministry Memos.......................5
Our Life Together ....................2
Parish News and Events.............4
Philoptochos..........................6
Stewardship...........................7
Worship Schedule...................3

A Message from Father John Kostas

O Lord and Master of my life,
Take from me the spirit of sloth, despair,
Lust of power and idle talk.
But grant rather the spirit of chastity, humility,
Patience and love to your servant.
Yea, O Lord and King,
Grant me to see my own transgressions,
And not to judge my brother or sister
For you are blessed unto ages of ages. Amen.

Saint Ephraim was a monk who lived in Syria in the fourth century. His Lenten Prayer breathes the very spirit of repentance and longing for reconciliation with God and neighbor. It offers nothing short of a 'check list for our individual Lenten effort,' in the words of Fr. Alexander Schmemann.

First, St. Ephraim begs God to be spared from sloth, one of the seven deadly sins. Sloth drains us of the spiritual energy needed for true self-examination and penitential effort. Another drain on our spiritual energy is despair. Yes, the world can often appear dark and difficult, but Christ is the light of the world. He said: ‘Be of good cheer, I have overcome the world (Jn. 16: 33).

The lust of power promotes idolatry, the placing of our own self-centered achievements and judgments on the throne reserved for God alone. If sloth and despair are spiritual suicide, then lust of power is spiritual murder, as is idle talk, gossip and the like. We make a mockery of God’s gift if we wield our tongue, a weapon to wield lies and other forms of destructive talk.

St. Ephraim prays not only that we be delivered from harmful habits but also may receive the spiritual gifts. Chastity means integrity and purity based on moderation. We must not exploit others or become enslaved ourselves. Without self-control, we cannot enjoy God’s gifts. Chastity, humility, patience, and above all love make us able to know and repent our own sins honestly, without guilt or despair, while leaving to God the judgment of our neighbor.

In short, St. Ephraim is begging God that we be liberated from the negative spiritual attitudes that weigh us down and separate us from God. Instead, he pleads that we may receive the precious virtues that are the fruit of the Holy Spirit -- love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

A Blessed and Fruitful Lenten season to you all.

Daylight Saving Time goes into effect on Sunday, March 11. Set your clocks ahead one hour before retiring Saturday night.
Births

Amalia Antigone
Parent: Elias & Sarah Bazakos
January 20, 2018

Nell
Parents: Paul & Greta Peters
January 22, 2018

Illiana Anne
Parents: John & Priya Backos
January 29, 2018

John Vasilios
Parents: Justin & Kyrsten Theodotou
February 6, 2018

Memorial Prayers

Sunday, March 4
Elaine Kallas (40 days)
George Gogos (1 year)
father of Maria Prassas

Our Life Together

Our Sympathy
We extend our sympathy to George and Lisa Andreadakis on the passing of Lisa’s father, Henry Gallmeyer, of Decatur, Indiana, on February 2.

Share Your Shelf
March’s recipient of Share Your Shelf contributions is FOCUS Minnesota.

Sunday, March 4
Oatmeal or Cream of Wheat

Sunday, March 11
Baby Formula

Sunday, March 18
Hygiene items
(e.g.: toothpaste, soap, shampoo, conditioner)

Sunday, March 25
Canned Meat (e.g.: tuna/chicken)

Please bring only food and hygiene items to St. Mary’s for FOCUS.

If you would like to make a non-food donation (i.e., housing or clothing items), please call Vera Proctor, 651.324.2705, to arrange a time to drop off at FOCUS.

Thank you for your consideration of this request.
Sunday Schedule
Saturday Great Vespers – 5:00 p.m.
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Lenten Schedule
Mondays
6:00 p.m. - Great Compline

Wednesdays
4:00 - Holy Confession
5:45 p.m. - Liturgy of the PreSanctified Gifts
7:00 p.m. - Lenten Dinner
7:30 p.m. - Youth Groups and Activities
7:30 p.m. - Choir Rehearsal

Fridays
4:00 - Holy Confession
6:00 - Salutations to the Theotokos (Akathist Hymn) (March 30: PreSanctified Liturgy)

Koinonia
Edina Koinonia
Thursday, March 22, 7:00 p.m.
Fireside Room, St. Mary’s
952.944.9397 (Joan Calott, contact)

Lake Calhoun Koinonia
No March gathering

Northeast Metro Koinonia
Thursday, March 15, 7:00 p.m.
Costas & Barbara Nichols’ home
763.571.0460

South of the River Koinonia
Thursday, March 22, 6:30 p.m.
Mark & Elizabeth Skoog’s home
612.743.2789

West Metro Koinonia
Thursday, March 22, 7:00 p.m.
Gus & Cristina Nicklow’s home
952.476.7624

MEOCCA Pan-Orthodox Lenten Vespers
Sundays, 4:00 p.m.

Sunday, February 25
St. Mary’s Orthodox Cathedral
1629 Fifth Street NE
Minneapolis, MN 55413

Sunday, March 4
St. George Greek Orthodox Church
1111 Summit Avenue
St. Paul, MN 55105

Sunday, March 11
St. Mary’s Greek Orthodox Church
3450 Irving Avenue South
Minneapolis, MN 55408

Sunday, March 18
St. George Antiochian Orthodox Church
1250 Oakdale Avenue
West St. Paul, MN 55118

Sunday, March 25
St. Panteleimon Russian Orthodox Church
2210 Franklin Avenue SE
Minneapolis, MN 55414

Sunday, April 1
St. Herman’s Orthodox Church
5355 - 38th Avenue South
Minneapolis, MN 55412

~ In the Bookstore ~

Meditations for Holy Week
Archimandrite Vassilios Papavassiliou
Archimandrite Vassilios brings his liturgical and devotional insights and warm, accessible style to bear on the services of Holy Week, helping the reader enter fully into this most rich and intense period of the Christian year.

Archimandrite Vassilios Papavassiliou is a priest of the Greek Orthodox Archdiocese of Thyateira and Great Britain. He holds degrees in pastoral and social theology, classics, and Byzantine music. He is the author of Meditations for Great Lent, Meditations for Advent, and Thirty Steps to Heaven, as well as numerous articles on Christian Orthodox faith and theology.

Great Week and Pascha
Alkiviadis C. Calivas
Tracing the development of the liturgical celebration of the Passion and Resurrection of Christ, Fr. Calivas elegantly describes the theological themes for each day, clarifies the liturgical practices, and provides rubrics for their proper celebration. Through the text the reader can find answers to many questions about Great (Holy) Week as well as insights into meaningful participation in the services.
Guidelines for the Observance of Great Lent
February 19–April 1, 2018 • Holy Week: April 2-7, 2018

The guidelines for the observance of Great Lent, the 40-day period of preparation for Easter, include increased prayer, more intense fasting, and almsgiving to the poor and needy. Preparation for and reception of the Sacrament of Holy Confession is also strongly advised. The rules of the traditional physical fast are:

- Saturday and Sunday we abstain from meat and meat products, dairy products, and fish.
- Monday through Friday we abstain from meat and meat products, dairy products, fish, olive oil, and wine.

As always, the fast is modified or eliminated in the case of young children, pregnant women, the elderly, and infirm. Please feel free to consult a priest about your observance of this period if you have any questions or concerns. The preparation is definitely worthwhile when we willingly enter into it for the glory of God and the benefit of others around us.

St. Mary’s Foundation Fund Presentations

Please join us immediately following Liturgy to learn about the St. Mary’s Foundation Fund on one of the following two dates.

* Sunday, March 4, 2018 immediately following Liturgy
* Sunday, April 29, 2018 immediately following Liturgy

We will be voting on the guiding principles of how the Foundation will fund future requests at our May General Assembly meeting, and want to make sure everyone has an opportunity to learn about it and ask any questions. Please note: This is the same presentation that was given at the January 2018 General Assembly meeting.

The St. Mary’s Cookbook is Taking Shape!

Be a part of this church-wide endeavor! The goal of this cookbook is to celebrate and share our diversity through food and stories passed down through generations. We welcome recipes of Greek origin as well as American, Egyptian, Ethiopian, German, Lebanese, Romanian, Russian, Scandinavian, Scottish, Syrian, or from wherever your family comes.

The St. Mary’s Cookbook will combine your recipes with references to Orthodox traditions and Biblical foods, making it a treasure for our church and community alike.

Submit your recipes online at recipes.stmarysgoc.org, or bring a copy to the Philoptochos table on Sundays through April. All proceeds will be donated to charity.

Archimandrite Nathanael Symeonides
Elected Metropolitan of Chicago

The Holy and Sacred Synod of the Ecumenical Patriarchate elected unanimously today (February 7) the Very Reverend Archimandrite Nathanael Symeonides as Metropolitan of Chicago.

Immediately following the election, His Eminence Archbishop Demetrios of America stated: “I express my wholehearted congratulations on the election of Very Reverend Archimandrite Nathanael Symeonides as Metropolitan of Chicago, wishing the abundant blessing of God on the sacred ministry the Church has entrusted him with. The newly-elected Metropolitan has served as Deacon, Priest and Director of the Department of Inter-Orthodox, Ecumenical and Inter-Religious Relations for a number of years, and I am certain that he shall apply his experience and the gifts God endowed him with for a fruitful ministry in the service of the devout Greek Orthodox flock of the Holy Metropolis of Chicago.”

The Very Reverend Archimandrite Nathanael Symeonides was born in Thessaloniki, Greece (1978), the third child of Irene and Vasilios Symeonides. He is graduate of Hellenic College (BA, 2000) and of Holy Cross Greek Orthodox School of Theology (MDiv, 2003). He earned an STM (2003) and a ThD (2007) in Bioethics from Boston University. Fr. Nathanael has also studied the history and ethics of public health at Columbia University Mailman School of Public Health.

Fr. Nathanael was ordained a Deacon in 2003 and a Presbyter in 2010 by His Eminence Archbishop Demetrios of America. His eclesiastical and pastoral work includes service as the Deacon to Metropolitan Methodios (2003-2006); Deacon to the Archbishop (2006-2010); pastor of the Annunciation Greek Orthodox Church, NY (2010-2013). Fr. Nathanael has also served the pastoral needs of the Holy Resurrection Church of Brookville, NY, and the Saints Constantine and Helen Cathedral of Brooklyn, NY.

In September 2013, he was appointed Director of the Office of Inter-Orthodox, Ecumenical and Interfaith Relations of the Greek Orthodox Archdiocese of America. Fr. Nathanael is a brother of the historic monastic community of St. George Epanosis in Crete, Greece.
March For Life 2018
On a freezing, icy, snowy winter day, 11 brave Orthodox souls gathered together along with hundreds and hundreds more to attend the 44th annual March for Life on January 22 at the State Capitol. We began with a service for the Unborn in the St. Paul Cathedral where we were personally welcomed by Archbishop Bernard Hebda. Following the service, we proceeded to the Capitol with our banner and gathered inside the rotunda for the day’s program and speakers. A main point for the day was introducing MCCL’s efforts for new 2018 legislation to enable abortion-seeking women to see their ultrasounds. Abortion facilities routinely perform ultrasounds prior to abortion (in order to verify the gestational age). At this time they are not mandated to show the patient this ultrasound and studies are showing, that after seeing these ultrasounds, many women have had a change of mind and chosen not to go through with the procedure. For more info on the work of MCCL go to [https://www.mccl.org/current-initiatives](https://www.mccl.org/current-initiatives).

It was very inspiring to see the entire three floors of the Capitol filled with peaceful demonstrators of every age unified for pro-life and the protection of the unborn.

Here is a write-up of this year’s experience by our youngest attendee:

“The March for Life was an incredible experience. After a brief service at the Cathedral. We walked 1 mile to the capitol building. We went inside. A woman named Carla Stream that had an abortion told her story. At the end a man went up on stage to lead us in “God Bless America.” I went two years ago and want to go again next year. I hope that other kids like me will go next year too!”

—Nicodimi A. Dokos, age 10

Healing House Dinner
Saturday, March 17
* Great Family Ministry opportunity!
Help prepare, serve, and share a meal with our Healing House Families. The time commitment is from 5:00-8:00 p.m. or earlier. Dinner is served at 5:30 for all. Following clean up from dinner, the little ones get ready for bed and then go to the playroom for crafts and stories. The mothers go to chapel for a study at 6:30 p.m.
We usually have 25-35 people (including volunteers, children, moms, and one or two staff members). Right now, we have ten children and 17 moms, but subject to change. For more information and to volunteer, contact Sandra at: sandra@stmarysgoc.org

Care Inc. (Care in the Name of Christ) Meals
I want to share this note from one of the recipients of meals we provide:

February 3, 2018
To the Ladies of the Care Inc Meals,
Bob and I want to thank you for your continued support during my ongoing battle against the demon cancer. After my stroke in December I was able to fight my way back to my original strength and energy; I’m back to cooking, folding laundry, practicing walking etc. I’m sure that strength comes from your continued prayers and kindness that keep uplifting me. When I prepare a meal for us from the food you give us, I know that we are not alone in this fight. They say “Beware of Greeks bearing gifts,” but the people that say this never met the ladies of Saint Mary’s.

Karen Kolas

We want to encourage more of our parishioners to take advantage of this ministry. Please let us know if you or a loved one could benefit from a few meals a month to keep on hand for times when cooking/shopping are difficult. Perhaps after surgery, or childbirth or just a parishioner not able to get out and about as much as in the past. For information on preparing or receiving meals, please contact Donna Pshihos at donnapsihos@gmail.com or call 952.920.9561.

Ministry Memos continues on page 9.
During Lent, Philoptochos is focusing on activities related to the season, including almsgiving, Lenten meals, and Holy Week activities. We’re also sponsoring two prosforo workshops, continuing work on the St. Mary’s Cookbook, and wrapping up our member drive. Participate when you can, and join us as a member!

St. Mary’s Hosts 4:00 p.m. MEOCCA Vespers

Sunday, March 11

St. Mary’s is hosting the Pan-Orthodox MEOCCA Vespers, and Philoptochos is serving the meal afterwards. Set-up and meal preparation begins at 2:30. Please stop at our table on Sunday to volunteer for before and/or after the Vesper Service.

Annual Philoptochos Membership Drive

Ends March 18!

Join Philoptochos and support the philanthropic work of St. Mary’s! All Orthodox women ages 18+ are welcome to be members. Orthodox men can join as associates with all privileges except voting and holding office, and provide additional resources for our activities and charities.

Dues are self-determined with the first $21.00 going to Metropolis and National programs and the remaining amount to organizations chosen by our chapter. Join by sending your check, made to Philoptochos with Dues in the memo, to church, or by bringing it to the Philoptochos table in the Great Hall after church.

Two Prosforo Workshops in March

- Evening Session: Tuesday, March 20, 6:00-9:00 p.m.
- Morning Session: Tuesday, March 27, 9:00 a.m.-12:00 p.m.

In these hands-on workshops, you’ll make the bread used for communion and anditheron, the bread that is handed out at the end of Liturgy. Workshops are led by Sacred Baking Chair Toni Bazakos. Register at the Philoptochos table on Sundays or by calling the church office, 612.825.9595.

Holy Week Activities

In addition to the church-organized Lazarus Saturday events and decorating opportunities, Philoptochos is helping with the following activities:

- Thursday, April 5
  Dye eggs red
- Friday, April 6
  Wrap eggs in red bags.

- Saturday, April 7
  Collect koulouria for midnight service, assist with set-up.
  Please stop by the Philoptochos table on Sundays to learn more and to volunteer.

The St. Mary’s Cookbook Is Taking Shape!

Be a part of this church-wide endeavor! Cookbook details can be found on page 4 of this issue.

Coming Up…

- Sunday, March 4
  Pick up your pre-ordered fillo after Church
- Sunday, March 11
  Offer meal following 4:00 p.m. MEOCCA Vespers
- Sunday, March 18
  Board meeting, 11:30 a.m.
- Tuesday, March 20
  Prosforo workshop, 6:00-9:00 p.m.
- Tuesday, March 27
  Prosforo workshop, 9:00 a.m.-12:00 noon
- Saturday, April 28, 3:00-5:00 p.m.
  Pan-Orthodox Women’s Tea in Lecture Room
- Sunday, April 29
  Deadline for recipe submissions
- Tuesday, May 22
  Philoptochos Spring Finale with dinner

Thank You…

To the parish for supporting our Sweet Sunday efforts and raising $850 for Breaking Free, an organization supporting women who were trafficked or bound in prostitution. We are grateful to the dozens of women who donated goodies and to those who worked that morning to make it a success, including Cathy Selin, Stephanie George, Alexandria Kalina, Vangie Karakatsanis, Jayne Klatt, Sofia Johnson, Annette Legeros, Lamona Legeros, Donnarae Louricas, Tina Menter, Barbara Nichols, Photine Saar, Samira Saleh, Andrea Tiggas.

To Toni Bazakos, for leading the Koliva Workshop in February.
Stewardship Committee Report to General Assembly

At the General Assembly on January 28, the Stewardship Committee reported on its 2017 accomplishments and plans for 2018. Here is a synopsis of the report:

On behalf of the Stewardship Committee, thank you for your support of St. Mary’s during 2017 through your gifts of time, talent, and treasure. All of the ministries of the church are possible because of your gifts and participation.

Thank you to Stewardship Committee members who served in 2017 and those that will be serving on the Committee in 2018. The following members will be serving on the 2018 Stewardship Committee:

- Co-Chairs: Diakonissa Alexandria Kalina and Athena Mihas
- Father George Dokos
- Annette Legeros
- Jimmy Geogleris
- William Hoeft
- Naira Istephanous
- Cristina Nicklow
- Paul Hastings

Our goals for 2017 were:
- To improve in–reach to members and increase engagement of parishioners in the life of the church;
- To provide a welcoming, loving, spiritually rich environment for our parishioners; and
- To attract and retain newcomers and also increase the engagement of our young people.

Here are some of our 2017 accomplishments that reflect progress towards these goals:
- Held two focus group sessions to get feedback and ideas from parishioners on their experience of St. Mary’s and how we can continue to improve;
- Implemented the “Christ is in Our Midst” Gift Bag Exchange – the goal was to help foster fellowship with those in our parish we might not yet know or don’t know well;
- Created the Council of Ministry Heads – started collaborating and coordinating efforts with other committees;
- Provided the “Conversations on Stewardship” discussion table during the Fellowship Hour, giving members an opportunity to ask questions, share perspectives and connect with the Parish Council and Stewardship Committee;
- Reinstated offering envelopes for youth to help them understand the importance of the concept of stewardship;
- Held the second Annual Appreciation Glendi, which was a great success with increased attendance;
- Launched the 2018 stewardship campaign, which included Stewardship Sunday, the Ministry Fair, testimonial speakers, and the Ark of the Covenant program; and
- Communicated spiritual messages, testimonials, time and talent spotlights, education, and offering updates.

Stewardship giving results for 2017 were very successful:
- 2017 Offering Income = $918,806
- 2016 Offering Income = $859,273
- Increase over prior year was $59,623 (a 6.9% increase)

Here are some key stewardship metrics:
- 2017 Average Gift = $1,671
- 2017 Median Gift = $650
- 30% of offering income comes from 3% of donors
- 30% of offering income = $277,045 from 14 donors

Goals and plans for 2018 are not final but here are some things we plan to do this year:
- Continue the theme of “Christ is in our Midst!”
- Continued focus on improving in-reach and increased engagement – bringing people together
- Continue programs/initiatives started last year, including coordinating efforts with other committees
- Ambassador Program for new members
- Monthly brunch for single, adult members
- Young adult monthly brunch
- Young adult Koinonia group
- Appreciation Glendi
- Discussion table during Fellowship Hour every Sunday to offer an easy place for members to meet others if they are new to the community or do not feel connected to others
- Stewardship Sunday and Ministry Fair
If you have any feedback or ideas, please do reach out to us. Thank you!

Update on Ark of the Covenant Stewardship Campaign

Thank you to the 40 members/couples that stepped up
San Miguel Orphanage, Guatemala
By Kelly Price, St. George Antiochian Church Team Member

The flight to Guatemala was long, but not as long as the prior year, because of taking a more direct route thru Houston, as opposed to Atlanta. While there, The “Minnesota Team” spent time in Bible study, socializing with and hosting outings with the children, helping with crafts and hanging lots of icons in the “Minnesota Chapel,” as Madre Ivonne refers to it.

Father Nathan’s bible study led us through the book of Genesis. The lessons were very informative and allowed each participant to feel included.

Unfortunately Madre Ivonne was recovering from an unexpected Gall Bladder surgery upon our arrival. As a result, she needed much rest and sleep, limiting her time with us.

Madre Ivonne asked our Team Leader Doria to take charge and to lead the team in all the activities. Madre Ivonne helped set the agenda for each day and we all humbly obeyed.

We enjoyed three Divine Liturgies celebrated by Fr. Nathan Kroll, Padre Ignasio, and Padre Antonio. Following the Theophany services we blessed San Miguel and Lake Amatitlan, where the boys swam for the cross. At the feast day picnic we had a chance to spend time with both the boys and girls together. Rick Wagner brought spinners for each of them, which they loved! We couldn’t believe how much the kids had grown in the past year.

We were blessed to receive money from various generous donors again this year, which allowed us to treat the children to several fun outings. First we explored an incredible outdoor topographical map of the entire country of Guatemala. The bird’s eye view of the many volcanoes was beautiful. We then treated the boys to a late lunch at Pollo Comparo (Like our Kentucky Fried Chicken, only better!). We later treated the girls to a lovely lunch in Antigua.

Unfortunately, all enjoyable times must have an ending. There were many hugs, goodbyes, and “thank yous,” from this Minnesota Team. The farewells are always heartfelt and, God-willing, the wait until 2019 San Miguel will be short.

I was a first timer for the pilgrimage to St. Paisius Monastery in Safford, Arizona, I wasn’t quite certain what to expect. I went with some trepidation, but was immediately put at ease by women who had previously gone. I was awed by the spiritual renewal and the social interaction. The trip in one word was amazing. The monastery itself is beautiful and the sisters at the monastery were welcoming, kind and helpful. They asked us if we would like to string beads for prayer ropes for them and we were delighted to do so and sang liturgical songs as we were doing so.

The thought of getting up at 4:00 a.m. to get to church by 5:15 seemed daunting before we got there, but seemed so natural once we were there. The Znamenny Chant the sisters sang in church was beautiful, seemed as if the angels themselves were singing. The abbess was gracious, humorous and quite down to earth. We were fortunate to have had time with her. We also had the privilege of hearing a talk the abbess had given which another sister read for us.

To think that a group of women can be together for a meal and not talk, but rather listen to a sister reading the church fathers might seem difficult, but it was respectful and reverent. In addition, we had plenty of time to talk about our experiences.

We found the bookstore well stocked and the sister was quite helpful. Some of us purchased so many books that they had to be divided up so that we could all put some in our suitcases!

Our goodbye was poignant and I heard someone say the sister asked if she should put us down for next year... YES!

We visited St. Anthony Monastery in Florence, Arizona, for our last night. We had a rather shaky start, but walked around the beautiful grounds and took a walk up to the chapel of St Elijah, which is perched on the top of a hill. I believe there are seven chapels on the grounds, each lovely and filled with beautiful and precious icons. The bookstore was well stocked too and had some tasty baked goods there as well. When we were leaving on Saturday morning, we saw bins of lemons for patrons to take with them, a nice way to end our visit.
to serve as captains and to help us with this new initiative. Many of the captains have completed delivering stewardship packets to parishioners and some have been mailed. A few captains are still finishing up the process. We will report on results once the process is completed, and we have received more of the completed forms.

Adult Singles Monthly Brunch Following Liturgy
Third Sunday of Each Month
We have started a monthly brunch gathering for single, middle-aged adults to gather for fellowship following the Liturgy. The brunch is scheduled for the third Sunday of each month and will take place at a nearby restaurant. The location may change each month. The Singles Brunch event for March will take place on Sunday, March 18, 2018, 11:45 to whenever we are done. Meet outside of Great Hall at 11:30, following Liturgy and caravan to the restaurant. Restaurant location to be determined. Look for details each month in Sunday bulletins, email communications, and on the calendar of events posted on the church website. If you have questions, please contact Athena Mihas, 612.387.3890, or athenamihas@gmail.com.

Stewardship Offering Update
- January Year-to-Date: $98,157
- Last Year January Year-to-Date: $64,504
- Goal for 2018: $920,756
- Additional needed to reach goal: $822,599

Thanks to the generosity of our parishioners, offering income year-to-date exceeds offering income last year at this time by $33,653.

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.

Stewardship article concluded.

Ministry Memos concluded.

Saturday of Lazarus Family Service Day
Please join us for our St. Mary’s Family Service Day on Saturday, March 31, and help clean and decorate the church for Palm Sunday and Holy Week. As we all know, many hands make work easier and more fun! Please prayerfully consider making this a special day for you and those you consider family to ensure we are prepared for our most precious celebration of the Resurrection. There are age-appropriate opportunities for all!

We begin immediately after the 9:30 a.m. Liturgy with a light snack and lunch will be served around 11:45 a.m. We need a team for serving lunch, cleaning up, and of course, cleaning the narthex, nave, and solem as well. Beth Megas will be in the narthex with the large bulletin board listing all the chores along with cleaning supplies ready to go. Decorating will be led by Andrea Tiggas and Margie Makredes. We ask that you bring a vacuum cleaner, especially hand held if possible. We also have a team in the Terrace Room plaiting the palms and stripping the bay leaves. We usually are done by 2:00 p.m.
Children and Youth

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.

What’s Happening?

Youth Events for March

Faith
Wednesday, March 7: 9:30-11:00 a.m.
Playgroup in Great Hall
Wednesday, March 21: 9:30-11:00 a.m.
Playgroup in Great Hall

HOPE/JOY
Saturday, March 10: 12:00 noon-2:00 p.m.
Elevation of the Cross Activity in Lecture Room
Friday and Saturday, March 16-17: 6:00 p.m.-9:00 a.m.
JOY (Grades 3-5) ONLY – Lock-in

Junior GOYA
Wednesday, March 7
Mini-meeting following Liturgy of Presanctified Gifts
Wednesday, March 21
Mini-meeting following Liturgy of Presanctified Gifts
Friday and Saturday, March 23-24: 6:00 p.m.-9:00 a.m.
Junior GOYA Lock-in at Church

Senior GOYA
Wednesday, March 14
Mini-meeting following Liturgy of Presanctified Gifts
Wednesday, March 21
Serving the Lenten Meal - Fundraiser for Junior Olympics
Wednesday, March 28
Mini-meeting following Liturgy of Presanctified Gifts

Church School Confession Schedule
Grades 7 and 8 – Wednesday, February 28
Grades 9 and 10 – Wednesday, March 7
Grade 2 – Wednesday, March 14
Grades 3 and 4 – Wednesday, March 21
Grades 5 and 6 – Wednesday, March 28

We will also offer two additional times for Confession after Liturgy on Sundays, March 11 and 18.

Greek Dance
March 4: 12:30-2:30 p.m. in the Great Hall
March 11: 12:30-2:30 p.m. in the Great Hall
March 18: 12:30-2:30 p.m. in the Great Hall
March 24: 9:00-11:00 in Great Hall
Final practice and set-up
March 25: 12:00 noon
Greek Dance Program for Greek Independence Day in the Great Hall

First Annual St. Mary’s Elementary Oratorical Festival
Our children in grades kindergarten-6 will present their Oratorical Festival projects immediately following Church School (about 11:30 a.m.) on Sunday, March 11, in the Lecture Room. Everyone is invited to attend. This is a new opportunity to encourage further growth in our students’ spiritual life and to participate in the Oratorical Festival at a younger age so that the program continues to be a part of their faith walk during their church school years.

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Saint George Greek Orthodox Church
St. Gregory Palamas Festival of Light Lenten Retreat
March 2-4, 2018
Film and Orthodox Christianity
Why Watch? How to Watch? What to Watch?
Guest Speaker: Mr. Bobby Maddex

Friday, March 2
6:00 p.m. – Salutations; 7:30 p.m. – Lenten Meal; 8:00 p.m. – Presentation: Why Watch?
Why are the reasons you watch movies? Out of habit or to be entertained? Should Orthodox Christians even watch movies? Is it a good idea to ingest art emanating from outside the Church? What about sex and violence? To what degree do we subject ourselves to these things? Come and hear Bobby talk about these questions and his personal journey to Orthodoxy.

Saturday, March 3
10:00 a.m. – Coffee and Fellowship; 10:30 a.m. – How to Watch
Assuming I have convinced you to watch movies, here are some suggestions for how to do it. What do you look for in a film? What are the most important elements to look for in a film? Let’s look at the elements that comprise a movie and how they contribute to meaning.
12:00 p.m. – Lenten Potluck Luncheon; 1:00 p.m. – What to Watch
There’s a lot out there, so how do you select content that will edify and strengthen your Orthodox faith? What are the films to start with, and what are the advance markers that indicate a film might be worthy of your time? When should you leave a film? These are the questions we will answer in the final lecture.
3:00 p.m. – Great Vespers Service
4:00 p.m.
Please join Bobby for a viewing of one of his favorite films “Lars and the Real Girl.” At the conclusion, Bobby will share a few of his thoughts about the movie and then open the floor to questions. “Lars and the Real Girl” is a story about a sweet, though socially inept, man whose non-sexual friendship with a life-size doll draws him into a community that ultimately heals him and his troubled past.

Parents: This movie is acceptable for teenage children but please research and decide on your own.

Sunday, March 4
4:00 p.m. – Pan Orthodox Lenten Vespers

Bobby Maddex is a Senior Editor of Salvo Magazine, Station Manager of Ancient Faith Radio (www.ancientfaith.com), host of the AFR podcast “The Orthodox Moviegoer,” and a freelance writer and speaker on topics related to faith and culture. Bobby graduated from Wheaton College in 1994 with a degree in Political Science. After spending five years as senior editor of Gadfly, a national arts-and-culture publication out of Charlottesville, Virginia, and serving a one-year stint as the marketing director of Touchstone Magazine in Chicago, he earned a Masters Degree in British Literature from DePaul University in 2002. He and his wife Paige live in Chesterton, Indiana, with their three daughters and son.
Lord, as good and compassionate, enable us, through the prayers of the divine Apostles, to carry out the time of the fast in an attitude of contrition, that being saved we may all glorify you.

—Stichera Prosomoia, Liturgy of the Presanctified Gifts, Week 2
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<th>Sunday</th>
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|        | Saint Gregory Palamas
“The Messenger” Deadline
Oratorical Festival
8:30am-Orthros
9:30am-Divine Liturgy
after Liturgy-Foundation Fund Presentation
12:30pm-Greek Dance Practice
4:00pm-Lenten Vespers | 6:00pm-Great Compline | 9:30am-Faith Group
10:30am-Intercessory Prayer
11:00am-Women’s Bible Study
4:00pm-Holy Confession
5:45pm-PreSanctified Liturgy
7:00pm-Dinner
Youth Activities
Jr. GOYA Mini-Meeting
Open Gym
7:30pm-Choir Rehearsal | 6:00pm-Icon Class | 4:00pm-Holy Confession
6:00pm-Salutations | 9:00am-Bible Study
5:00pm-Great Vespers |
|        |        | 11      | 12        | 13       | 14     | 15       |
|        | Sunday of the Holy Cross
8:30am-Orthros
9:30am-Divine Liturgy
11:30am-Oratorical Festival Presentations
11:30am-Camp Q&A
11:45am-Mission/Outreach
12:30pm-Greek Dance Practice
4:00pm-Lenten Vespers
St. Mary’s hosts | 6:00pm-Great Compline | 6:15pm-Parish Council | 4:00pm-Holy Confession
5:45pm-PreSanctified Liturgy
7:00pm-Dinner
Youth Activities
Sr. GOYA Mini-Meeting
Open Gym
7:30pm-Choir Rehearsal | 6:00pm-Icon Class | 9:00am-Bible Study
5:00pm-Great Vespers | 10:00am-Bible Study
5:00pm-Great Vespers
5:00pm-Healing House Dinner |
|        |        | 18      | 19        | 20       | 21     | 22       |
|        | Saint John Climacus
8:30am-Orthros
9:30am-Divine Liturgy
after Liturgy-Maids of Athena Cupcakes & Tea
11:45am-Singles’ Brunch
11:30am-Philoptochos Board
12:30pm-Greek Dance Practice
4:00pm-Lenten Vespers | 6:00pm-Great Compline | 6:00pm-Prosforo Workshop | 9:00am-“The Messenger” Mailing
10:30am-Intercessory Prayer
11:00am-Women’s Bible Study
4:00pm-Holy Confession
5:45pm-PreSanctified Liturgy
7:00pm-Dinner
Youth Activities
Jr. GOYA Mini-Meeting
Open Gym
7:30pm-Choir Rehearsal | 6:00pm-Icon Class | 4:00pm-Holy Confession
6:00pm-Salutations | 9:00am-Bible Study
5:00pm-Great Vespers
9:00am-Greek Dance Practice
5:00pm-Great Vespers |
|        |        | 25      | 26        | 27       | 28     | 29       |
|        | The Annunciation
8:30am-Orthros
9:30am-Divine Liturgy
after Liturgy-Independence Day Luncheon
4:00pm-Lenten Vespers | 6:00pm-Great Compline | 9:00am-Prosforo Workshop | 4:00pm-Holy Confession
5:45pm-PreSanctified Liturgy
7:00pm-Dinner
Youth Activities
Sr. GOYA Mini-Meeting
Open Gym
7:30pm-Choir Rehearsal | 4:00pm-Holy Confession
6:00pm-PreSanctified Liturgy | 9:00am-Bible Study
5:00pm-Great Vespers |
|        |        |        | 30        | 31       |        |          |
|        |        |        | 4:00pm-Holy Confession
6:00pm-PreSanctified Liturgy | 4:00pm-Holy Confession
6:00pm-Great Vespers | 8:30am-Orthros
9:30am-Divine Liturgy
Lazarus Saturday Family Day
5:00pm-Great Vespers | 11:00am-Bible Study
5:00pm-Great Vespers
12noon-HOPE/JOY Activity
5:00pm-Great Vespers
9:00am-Greek Dance Practice
5:00pm-Great Vespers |

Retreat at St. George GOC. See page 11 for details.

JOY (Grades 3-5) Lock-in, 6:00pm-9:00am

Junior GOYA Lock-in, 6:00pm-9:00am

Lazarus Saturday Family Day
5:00pm-Great Vespers

Saints Gregory Palamas
“The Messenger” Deadline
Oratorical Festival
8:30am-Orthros
9:30am-Divine Liturgy
after Liturgy-Foundation Fund Presentation
12:30pm-Greek Dance Practice
4:00pm-Lenten Vespers