

# The Cathedral Monthly Bulletin



St. Mary's Orthodox Cathedral • A parish of the Orthodox Church in America • Diocese of Chicago and the Midwest • Founded in 1887

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## Pastorally Speaking

During Cheesefare Week, we sang the famous Lord I Call verses on Wednesday in anticipation of the start of Lent:

The Lenten spring has come,  
the flower of repentance.

Brethren, let us cleanse ourselves from all evil,  
crying out to the Giver of light: //  
"Glory to Thee, O Lover of man!"

When Lent begins, we can't help but to think about all the things in our life that still remain in darkness. Even if we do nothing about the darkness that is there, we might contemplate our sinfulness. In anticipation of springtime, we should begin to clean the house of our souls. What might remain that is dusty there? Covered over in the winter of sin? The Lenten spring has come. It is time to begin to unravel and untie ourselves from the shackles of sinfulness. Attending the services of Lent as well as coming to confession, so we can begin to feel the warmth of the Light that grows in our hearts. We experience the resurrected Light of Christ. His humble love dwells within us.

We might be distracted by the business of life and things that happen in this world to go deeper into our own repentance. When we think of that word, it seems to haunt us and remind us of something negative. It is interesting that the text above calls it the Lenten spring... as somehow bringing joy and warmth to the heart. How can all the work it requires to lift the dirt of sin be equivalent to something wonderful? The answer is shrouded in mystery. When we turn to Christ... when we cry out to the Giver of light as mentioned above, somehow our entire being understands how to give glory to God and in turn He shares love, light, and goodness with us. God is merciful and loving. He is strong to save and wants us to return. It is hard to imagine why a God so big as our God even cares about us. He does. When we return to God, even the angels in heaven rejoice.

What do we need to turn from? Some of us might feel we do nothing wrong. We go to confession and don't even know what to confess. People who generally keep the commandments and are free of lust, anger, sloth, forgetfulness, vice, and all forms of the "usual" sins, often do not know what to do or where to go from here. Sin can be deceptive. We can in fact attend church every Sunday, fast like we should, and do everything that is required of us by the laws of the Church. It is possible that we are giving and do works of charity. We might have read the bible about 100 times through. Read the lives of the saints. Pray often. See nothing that is lacking in our lives. Let this be the confession. There is no man who lives and does not sin. We have to pray that God shows us a level of darkness that was not otherwise seen. It is there and covered up in the sin of pride and/or vainglory. This type of sin is hard to root out and to understand.

Humility is the key. Sainly people exhibit humility by giving God glory with and through everything that they do. If there is something good that is within them, they recognize that it comes from God and give thanks to Him. They seem to repel anything that would obviously anger or make others sin. They bring goodness even to the face of

*(Continued on page 5)*

## President's Column

*Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion,  
for God loves a cheerful giver. 2 Corinthians 9:7*

Thank you to everyone in attendance at the Annual Meeting. It was a vibrant meeting with excellent participation and very good discussions about many important issues. We were once again blessed to enjoy a pre-meeting meal that was wonderfully prepared by Matushka Lisa Tucci and her incredible crew.

There are now many exciting new projects at St. Mary's that need everyone's continued support. The big project for 2018 is of course the parish center parking lot. The bid from Midwest Asphalt Services for \$225,466.00 was accepted by the Parish. And a motion was passed unanimously to move forward with the project in 2018 (the motion contained a 10% Contingency Fee – so funding was approved for the project in the amount of \$248,100.00).

As of 1/24/18 the Parking Lot Fund Balance was \$131,376.00. The balance due for the project will need to be paid through funds in the General Reserve Account. So our challenge is to make sure that when the project begins later this year, we use as little of the Reserve Account as possible – and that we pay back the Reserve Account as quickly as possible. The Weekly Messenger is providing updates to the fund raising efforts for the parking lot project.

Please prayerfully consider how you can contribute to the Capital Improvement Fund (the red envelopes or through the Automatic Donation program). Once the parish center parking lot project has been paid for and any funds from the reserve account have been paid back, donations to the Capital Improvement Fund will then be used for renovations to the parish center kitchen. The sooner we pay for the parking lot, the sooner we can provide the necessary upgrades to the kitchen!

I sincerely thank the board members that recently finished their Terms in February: Simeon Morbey, Nadia Donchenko and Rita Czapko. It has been truly an honor both working with you all - and learning from you all. Your dedication to our parish is an inspiration. On behalf of our entire parish, thank you all for your dedicated service.

Also, welcome to our new board members: Recording Secretary - Joel Van Nurden and

Trustees - Jim Varian and Jesse Morton. Thank you for volunteering to serve the Church on the Board. I look forward to working with you all.

And of course thank you to all of our current and new Service Attendants for volunteering to serve our church. You are the very valued "Stage Hands" that work tirelessly behind the scenes to ensure that the rest of our parishioners can enjoy the church services.

We are now in the middle of Great Lent, and St. Mary's is *abuzz* with a multitude of services and activities and the many other blessings that encompass Great Lent in the Orthodox Church.

I encourage everyone to pay close attention to the church schedule each week during Great Lent. There are many wonderful offerings. Please do your best to find **something extra** to do during your own Lenten Journey. I personally appreciate and enjoy the Friday Services, including the Lenten Dinners and the Lenten Speakers. And the Pan-Orthodox Sunday afternoon Lenten Vespers at the various Twin Cities' Orthodox Churches can also be very inspiring.

But all of these extra offerings don't just magically happen. It takes a lot of hard work by many individuals in our Cathedral. Thank you to everyone in our wonderful parish community that provides the extra efforts needed to offer the multitude of opportunities that allow each of us to **renew and recharge our Faith**: our Clergy, the Choir, the Service Attendants, the Altar Servers and Communion Assistants, the Church School Teachers, the Saints (with their wonderful Friday lenten dinners) and to the multitude of other volunteers.

And of course thank you for your continued support of all of the programs, activities and offerings here at St. Mary's. We could not do it without you!

*A Blessed Lenten Journey to all!*

Yours in Christ,  
Steve Tomczyk  
President of the St. Mary's Board of Trustees

## Choir Notes

by Dn. Gregory Ealy

### **Emphasis: The Language of Music – Music as Language Fr. Sergei Glagolev**

No language is monotonic. The voice of prayer is rhythmic. Words make sense in rhythmic patterns, and thoughts move one to another in rhythmic sequences. Music enfolds from song-speech. Within the rhythm of words, the voice moves forward along various pitches - stressing, elongating, pausing, inflecting. Singing together "with one voice," the worshipping assembly discovers timbre and texture. This "music of language" must never be contradicted by clumsy adaptations of word phrases, melodies, harmonies, etc., that fail to "translate" into the language of the worshipping assembly. Emphases – both rhythmic and melodic - have something to do with thoughts, establishing one thought, then moving to another. Worse than poor translation is the use of emphasis to effect a musical notion rather than express the music of the language.

Within the rhythmic structure of moving pitches, words, phrases and thoughts, both music and language are inclined to use emphases in order to distinguish, clarify, and sometimes to call attention to the relationship of ideas. This is particularly so in English. To simplify, consider three major emphases in music and language.

The first major emphasis is stress, i.e., to "hit" or accent a word or note in one of various ways, thus calling attention to it. Although this is the most often used type of emphasis, it is the least effective. One always runs the risk of knocking the whole sequence of delicate relationships out of commission. Both in music and language - or in the "music of language" as I have been calling it - sacred singing lends itself much more to the elongation of pivotal words or syllables. Of course, here we must obviously take care that these "lengthenings" - e.g., half and whole notes in quarter-note sequences, ties, neumatic phrases and melismatic extensions, sometimes a measure - mark, etc., - make sense when they are translated from one language to another. The second major emphasis is the pause, already discussed at some length. Here most often the difficulty is the arbitrary interpretation of the "bar-line" as denoting the end of a phrase. The third emphasis is inflection. The rising or falling of a pitch inflects the word and distinguishes it. A rising inflection in English most often signals that

something important follows, or that there is more to come. A falling inflection suggests completion of a thought, a mediant, or a cadence. Translators and adaptors have been less than sensitive to these sounds of English.

The inflection of words as they relate to each other naturally must have something to do with the gracious curves of melodic lines and their cadences. Contrary to frequently voiced opinion, English is one of the most expressive languages of all. But the music must make sense in the idiom of its natural sounds. Good English needs very little stress, and the thoughts fall into place logically by rhythm inflection. The mistake is to try to copy melodic ideas that make sense in another language without consideration of the inflected word-tone sequences of English. Idiom makes sense, with the rhythmic and melodic ideas responding to the subtle emphases of elongation, pause and inflection by which English expresses itself.

Much of sacred singing is not purely syllabic. There are groups of notes sung on a syllable, extensions more in the nature of inflection than elongation. In English we could call this inflection "circumflex," i.e., the curving, the bending, the wavering, the rising and falling of pitch on the same syllable. The inflected circumflex translated neumatically into music suggests a complexity of thought, an implication, or an expression of "so much more" than what is found in the simple progression of words. It is best to avoid the confusion of the worshipping assembly when the melodic neumes of the sacred song do not correspond to the sense of the English language. When neumes are sung on vocatives like "O," on articles like "the," on conjunctions like "and," or prepositions like "with" and "of," very little sense is made of the sacred text. When such words are extended into melismas, there is a caricature of the original intent, as in "Bless the Lord, O, ho-ho, ho, ho, wo-wo wo my soul. . ."

What thoughts most need to be emphasized? The structure and phrase division of the sacred song must complement both horizontally and vertically the progression of thoughts. In English, we emphasize new thoughts as they appear, and contrasts as they develop." The "shifting" of emphasis on a word or group of words in a phrase

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will alter the thought progression. Two examples come to mind: "Mary, full of grace," - and the progression: "the Lord is with you." "God is the Lord," - and the progression: "and has revealed Himself. . ." Think it through. I've heard all the arguments about how it doesn't make any difference. If you look for the logic, you may change your mind. Another example: in the "Our Father", the phrases, "and lead us not. . ." and "but deliver us . . ." Are they contrasting phrases, or complementary thoughts? Where should the emphasis fall?

I am convinced that the music of language is meant to bring out the best understanding of words in their relationship one to another. Sacred singing can be nothing less than the heightened expression of the Word who wills to be described in the voiced images of utterance.

**March Birthdays:**

March 26: Todd Pilacinski

**Choir Events in March:**

- March 7: Rehearsal 7 PM
- March 14: Rehearsal 7 PM
- March 21: Rehearsal 7 PM
- March 24: Annunciation Vigil 5 PM
- March 25: Annunciation Liturgy 9 AM
- March 28: Rehearsal 7 PM

Thank you from the 'O' Club's,  
St. Nicholas Seminarian Family:



*From the Youth Office...*

**March Youth News**

- \* **This month** the students will be focusing on the sacrament of ordination.
- \* **Youth Choir**, on the third Saturday of the month in the Cathedral at 4:00 p.m. (i.e. March 17) before Great Vespers.
- \* **Saints sponsored** Lenten Dinners Fridays, during Great Lent following Presanctified Liturgy
- \* **2nd Graders First Confession** will be on Lazarus Saturday, March 31, before Divine Liturgy, followed by a pancake breakfast for the students and their families.
- \* **Palm Sunday Procession.** There will be a children's procession during the 9:00 AM Divine Liturgy on Palm Sunday, April 1.

*(Pastorally Speaking continued from page 2)*

evil. Knowing when to engage in spiritual warfare or when to ignore it. They are compassionate and understanding for people that most others hate or can't stand to be near. They say: "Evil exists in the world because I am still a sinner," and know that Godly change in the world can only happen if they repent and root out evil from their hearts. If we all did this, imagine the world we would live in.

May God bring this Lenten spring to us in a real way, enlightening us with the joy of repentance so that we can participate fully in the death and

Matie  
Katherine  
Michael

you are such a blessing to us! Love in Christ andia

Joseph  
Michael  
Thanks

Don't, Marie, I wish we had really cared about the many gifts she shared with us on Christmas. Thank you for your love and generosity. May God bless you and your family in Christ. Katherine

Dear St. Mary's O Club Chapter 94, Therophy 2018

Thank you so much for your amazing generosity to us this Christmas! We are so grateful for all your thoughtful gifts, notes, cards, gift cards, and love...to very thoughtful you!

The children were thrilled to open the many presents, and Katherine and I already put some of the gift cards to work. (We bought Sophia a new bed, for one.) Thank you, too, for your prayers, and please know you remain in our! God bless you!

With love, Katherine, Michael, Joseph, Andrea, Marie, Sophia, St. Theodoros

## CHURCH BOARD OF TRUSTEES FOR 2018

**President:** *Steve Tomczyk*  
**Vice President:** *Michael Kokosh*  
**Treasurer 1:** *Sandy Tomczyk*  
**Treasurer 2:** *Denise Zurbey*  
**Financial Secretary 1:** *Michael Dmowski*  
**Financial Secretary 2:** *Chuck Michalov*  
**Recording Secretary:** *Joel Van Nurden*  
**4 Trustees:**  
*Sara Cusick, Michael Varian*  
*James Varian, Jesse Morton*

### OTHER ELECTED POSITIONS FOR 2018:

**Cemetery Auditor:** *William (Bill) Rusinak*  
**Cemetery Auditor:** *James Rusinak*  
**Auditors:** *Cindy Huber, Nicholas Fitzgerald*  
**AAC/Diocesan Delegates:**  
*Rick Wagner, Lynn Barnes*  
**AAC/Diocesan Alternate:** *Karen Kokosh-Doten*

## SERVICE ATTENDANTS FOR 2018

*Alexander Golubev, Bernard Gulachek,*  
*Richard Hofstadter, Deborah Manzoni,*  
*Michael Memorich, Steve Memorich, Dan Miller,*  
*Doug Moll (scheduler), Charles Myre,*  
*Adam Rusinak, Al Rusinak, Denise Stanoch,*  
*Ron Sterzinger, Richard Troska*



### MANY YEARS!

**A VERY HAPPY BIRTHDAY** to all who celebrate their birthdays in March, especially to: Helen Kalina, celebrating her 94th birthday on March 1; Vivian Ketz, celebrating her 90th birthday on March 13; Helen Josul, celebrating her 91st birthday on March 25; Nick Ketz, celebrating his 91st birthday on March 26; Anne Miller, celebrating her 93rd birthday on March 29. May God grant you many years!

## WHO/WHAT ARE THE CARETAKERS?

Our parish is served by a group of dedicated Caretakers, whose role is often misunderstood. We supervise access to and usage of the Parish Center and help with amenities for scheduled events during non-office hours, we aren't on duty everyday after the office has closed. For this reason, if an event is to be canceled, please let the office know by 4:30 p.m., if possible, to save the caretakers time and the parish money.

We work from shortly before the event begins until shortly after the event ends including any necessary clean-up.

We do not have access to the parish offices or the copy room but only the custodial areas and the areas usable by the parishioners and guests, in accordance with standing instructions and/or rental agreements.

Our current caretakers are Daniel Manzuk, Liz Korba, Nikolas Fredrikson, Melissa Grant and Lucas Rosessler Caram.

We hope this clears things up. Thank you.

## ANNUAL CATHEDRAL & GROUNDS CLEANUP



**We Need You! THIS SATURDAY!** Come to Divine Liturgy on Lazarus Saturday, March 31. Starting after Liturgy (or as soon as you can get here), we will be cleaning the Cathedral and parish grounds for Pascha. Bring along a change of clothes, your shovels, rakes and work gloves. We'll provide other supplies as well as refreshments. *Bring the kids along, they can help too! See you there!*

## NEW MEMBER APPLICANTS

In accordance with the Bylaws, Article IV, Section 3: Notice of the new member application shall be published in the next monthly *Bulletin*. The following individuals have submitted an application for membership to St. Mary's: Julia A. Moricz, Julie Nelson. If you have any comment pertaining to any applicant, please submit it to any Board member during this 45-day period, which began with the publication of this *Bulletin*.

## The 'Holy Fire' and Other "Proofs" in Proper Perspective

by Rdr. Daniel Manzuk

Last year our parish, along with others, was graced by the presence of the 'Holy Fire' – which miraculously emanates from Christ's true Tomb every Orthodox Holy Saturday at the invocation of the Orthodox Patriarch of Jerusalem – late in the Paschal Season. What is concerning is the development in recent years, of a focus on the 'Holy Fire' as "proof" that Orthodoxy is the True Faith – which the 'Holy Fire' is not. While it is unmistakably a grace-filled sign which points toward the veracity of our claim to be the True Faith; basing that veracity squarely on it is as misplaced as saying that the use of a specific language liturgically or a certain calendar is proof that one is truly Orthodox.

Christ downplayed reliance on signs and proofs to begin with: *"Then some of the scribes and Pharisees answered, saying, 'Teacher, we want to see a sign from Thee.' But He answered and said to them, 'An evil and adulterous generation seeks after a sign, and no sign will be given to it except the sign of the prophet Jonah. For as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth,'" (Matt.12:38-42).* He Himself routinely asked the recipients and witnesses of His miracles not to tell anyone because He wanted the people to focus on His teachings not His wonders (Matt.8:4; Mk.7:36, 8:26; Lk.8:56). St. Paul expounded on this: *"For Jews request a sign, and Greeks seek after wisdom; but we preach Christ crucified, to the Jews a stumbling block and to the Greeks foolishness, but to those who are called, both Jews and Greeks, Christ the Power of God and the Wisdom of God."* (1Cor.1:22-24)

Treating the 'Holy Fire', Weeping Icons, the reversal of the Jordan current when it is blessed on Theophany by the Orthodox, and other miracles as chief "selling points" for outsiders and potential converts is tantamount to the conduct of the Scribes and Pharisees which Christ condemns: *"Woe to you, blind guides, who say, 'If any one swears by the temple, it is nothing; but if any one swears by the gold of the temple, he is bound by his oath.' You blind fools! For which is greater, the gold or the temple that has made the gold sacred? And you say, 'If any one swears by the altar, it is nothing; but if any one swears by the gift that is on the altar, he is bound by his oath.' You blind men! For which is greater, the gift or the altar that makes the gift sacred? So he who swears by the altar, swears by it and by everything on it; and he who swears by the temple, swears by it and by Him Who dwells in it; and he who swears by Heaven, swears by the throne of God and by Him Who sits upon it," (Matt.23:16-22).* These miracles are graces which grow out of our True Faith, but it is our preservation, observance and proclamation of Christ's True Faith which makes these wonders possible... the Faith is the focal point, not the external signs.

The "proof" that we are the true faith, is our theology

and spirituality... the Faith itself, the Apostolic teachings and traditions revealed by Christ to the Apostles – Holy Tradition (which includes the Bible, which began as oral tradition [Lk.1:1-4]); which has been passed down through the Holy Fathers, the other Saints and all our pious fore-bearers down to our time, having changed *"not an iota, not a dot"* (Matt.5:18) of it (1Cor.1:12, 2Thess.2:15, 36). No one else has this in its unaltered form except the Orthodox.

The fact that we have managed to do this despite persecutions by: pagans, infidels, demonic atheists, pseudo-religious extremists and anti-faith secularists; as well as the meddling of heretic emperors, kings and sacrilegious tsars; in addition to our own fallen human nature and its desire for a made-to-order deity (2Tim.4:3-4); is likewise a sign of the veracity of our claim, a manifestation of the grace of the Holy Spirit at work in the Church; but again, it is merely an explanation of what we've gone through to maintain the Faith. The Faith is still central.

Christ was pleased that the Apostle Thomas finally "believed" because he gained personal, empirical proof (so he had *knowledge not belief*) that He had risen, but it was/is those who believed and would believe based on the Apostles' word alone, without need of proof, that He called/calls "blessed" (Jn.20:24-29; 17:20-21). In the same way, one should only convert or seek to convert others based on the Gospel, the proper interpretation of which we alone have maintained unmodified, as St. Paul said: *"For I decided to know nothing among you except Jesus Christ and Him crucified," (1Cor.2:2). Preach the word\*... not the signs (\*2Tim.4:2).*

All these signs are ornaments on a Christmas tree or as the raiment which adorns Christ's Bride – the Church; but it is the Church – the assembly/body of those who adhere to and live the Faith – *Itself* that is the treasure (Ps.44/45:10-17).

As we prepare to celebrate the voluntary sacrifice, actual death (contrary to the belief of some who believe that, being God, He couldn't die) and Resurrection of Christ; let us focus on what our Church teaches about Who He is and how great a condescension His incarnation and Passion are; and how this is manifest in all aspects of Holy Tradition (Scripture, liturgics, canons, patristic writings, doctrines, spirituality & morality, ascetical & devotional practices, etc...) that we may preach Him in word and deed and bring all peoples to Him (Matt.28:19-20; 1Tim.2:3-6). And if they get a feeling of humble pride when the Holy Fire jets up again this year, so be it; just so they and we keep it in proper perspective... *"This is the Faith of the Apostles! This is the Faith of the Fathers! This is the Faith of the Orthodox! This is the Faith which has established the universe!"*

### FRIDAYS IN GREAT LENT

The St. Mary's Saints are again hosting delicious Lenten Dinners following the Presanctified Liturgies on Friday evenings during Great Lent **Beginning February 23, 2018.**

Would you like to HOST A MEAL? SOUP or LENT FRIENDLY IDEAS? or DONATE a DESSERT? This would help defer cost for our Saints group.

A sign-up sheet is on the bulletin board by the Church School office in the Parish Center. Contact Karen Korba at [612-760-2148](tel:612-760-2148) or [kkorba@esns.org](mailto:kkorba@esns.org) for more information.

*Dinner talks following Presanctified Liturgy*

- Friday, February 23 - Dean Theophilos and Leigh Ann Des Roches: Addiction, Recovery, Spirituality
- Friday, March 2 - Anna Dapper: Understanding Hospice and Palliative Care
- Friday, March 9 - Alex Langley: Our Thoughts Determine Our Lives
- Friday, March 16 - Deacon Jason Ketz: TBD
- Friday, March 23 - Amy and / or Elias Hodge: TBD
- Friday, March 30 - Guatemala Mission Team

### SUNDAYS IN GREAT LENT

With our wonderful complement of clergy, and the anticipated increase in attendance during Great Lent, we've again scheduled an additional, second liturgy at the Cathedral for the Sundays of Great Lent (March 4, 11, 18, 25, April 1), starting at 11:00 AM. The Sunday Slavonic service continues at the Annunciation Chapel at our cemetery at 9:00 AM. This means that there are three Sunday Service options during Great Lent, and we hope that this will provide you with blessings in the Lenten season.

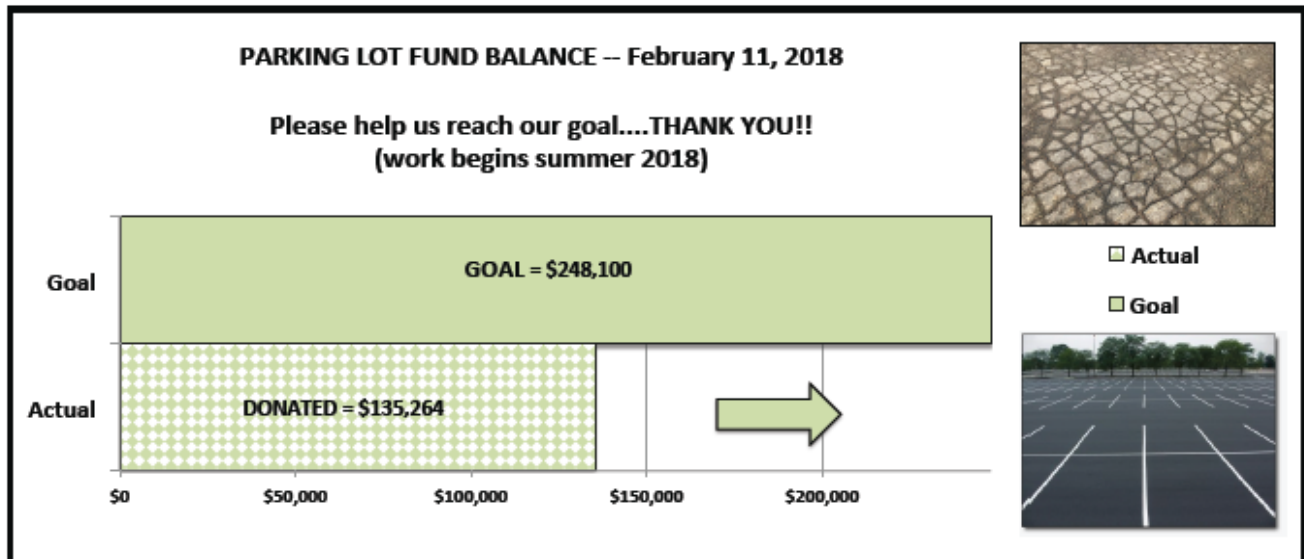
### FROM ICONOGRAPHY AND INTERIOR COMMITTEE (IIC):

Anyone interested in joining this new committee, please contact Steve Tomczyk for consideration. Members will be appointed by the Church Board president and report to the Church Board. IIC will be responsible for planning and implementing an iconography program (that will also include other decorative elements) for the interior of the cathedral.

### A NOTE FROM THE TREASURERS:

At the Annual Meeting, we voted to accept the parking lot bid from Midwest Asphalt for \$225,446. The total amount approved by the Parish for the project was \$248,100, which includes a contingency fee. If the project ends up costing less, any remaining donations will be carried forward and applied to the Kitchen Project.

**HERE'S OUR CHALLENGE:** Let's pay off the parking lot by the time the work is completed. It's an aggressive goal, but one we can reach if we all work together. During this Lenten season, please prayerfully consider how you can contribute. We need everyone's help! ..... **WE CAN DO THIS!!**





## MEOCCA 2018 LENTEN VESPERS SCHEDULE

Services begin at 4:00 PM. Hospitality follows.

**March 4:** St. Gregory Palamas; St. George GOA Church; 651-222-6220; 1111 Summit Ave, St. Paul

**March 11:** Veneration of the Holy Cross; St. Mary's Greek; 612-825-9595, 3450 Irving Ave S, Minneapolis

**March 18:** St. John Climacus; St. George Antiochian; 651-457-0854; 1250 Oakdale Ave, West St Paul

**March 25:** St. Mary of Egypt; St. Panteleimon ROCOR, 612-379-7335, 2210 Franklin Ave SE, Minneapolis

**April 1:** Triumphal Entry into Jerusalem; (Bridegroom Matins) St. Herman OCA Church; 612-722-2506; 5355 38th Ave S, Minneapolis

## Sunday March 11 is LOMCP Sunday

A fundraiser coffee hour will be hosted by the Lyn Olson Medical Crisis Program on March 11.

The Medical Crisis Program was founded by Orthodox Christians to assist local parish members going through medical crisis. With so many similar situations all across the Twin Cities, the organization has grown to provide grants for all people regardless of religion or creed. Any person or family going through financial & medical crisis is able to apply for a grant to help lessen financial burdens from rising medical costs. Grants are applied towards past due mortgages, utility bills and medical costs excluded by insurance.



**Save the Date**  
**St. Mary's Charity**  
**Golf Tournament**  
**Sunday, July 29, 2018**

## FOCUS 40 Days of Lent: Mindfulness for the Poor

For Christians around the world, the 40 days of Lent provides an opportunity for prayer, fasting and almsgiving. This month as Lent begins (with Forgiveness Sunday Vespers on February 18), try to have a greater awareness of the poor.

- ◆ Was the child warm on the bus to school?
- ◆ Did the veteran have a meal today?
- ◆ Did the worker have enough money to get to work?
- ◆ Could the mother wash her family's clothes this week?

We encourage you to implement a giving plan throughout Lent. Write **FOCUS: 40 DAYS OF LENT** on an envelope and place it in a visible spot. Starting on the first day of Lent, slip \$1 or more inside and say a short prayer for the poor in our community. When Lent is over, count up the money, write a check for that amount to FOCUS Minnesota, and mail it to FOCUS Minnesota, 1600 East Lake St, Minneapolis 55407.

**Will it make a difference? YES!** Here's what \$40 can do:

- ◆ Serve **100** cups of hot coffee to our guests at a Sunday night dinner.
- ◆ Buy shampoo for **40** families.
- ◆ Purchase **20** mini meals for homeless youth. Each night in the Twin Cities, more than 5000 youth are homeless.
- ◆ Provide **3** laundry vouchers through the Lighten Your Load program, a partnership between Chicago Lake Coin Laundry and St. Stephen's Human Services.
- ◆ One week's worth of staple items for a family of four: rice, peanut butter, tomato sauce, milk, bread, etc.

## FOCUS UPDATE

The building FOCUS-Minnesota (the Pan-Orthodox charitable organization) has been sold and FOCUS has to move by the end of this month!

They have no place to put additional items so *please do not* bring donations until further notice!

If anyone knows of a single-level space that they can use (room for food service and storage of donations needed) - preferably in a depressed/low-income area - please let Karen Schwebach, Gloria Olsen or Mat. Vera Proctor (vproctor@focusna.org) know.

Thank you for your continued support. God bless!

## Special Contributions

### CHURCH DONATIONS / MEMORIALS

In honor of Helen Stroinski's generosity  
 From Nancy Borgstrom  
 In honor of Peter Homzik's 100th birthday  
 From Nancy Borgstrom  
 In honor of Irene Helseth's 90th birthday  
 From Nancy Borgstrom  
 In honor of Irene Helseth's 90th birthday  
 From Barbara Van Vreede  
 From Anonymous, \$500  
 From the Olive Shoot Gift Shop, \$3,000  
 From The Taste of North East Festival, \$10,000  
 From The Endowment Fund, \$87,000

### SR. FELLOWSHIP/VISITATION FUND

From Anonymous, \$250

### MISSIONS

From Anonymous, \$250

### YOUTH

For Church School  
 From Anonymous, \$250  
 For Summer Camp  
 From Anonymous, \$250

## PASCHA GREETING

Looking for a way to send your best wishes for a glorious Pascha to your friends and family at St. Mary's Orthodox Cathedral? Look no further.

You and your family can be part of a Pascha Greeting page in our Pascha Messenger and the April 2018 Monthly Bulletin. Just print your family listing on the form below and submit it with a \$20 payment to St. Mary's Orthodox Cathedral, 1701 Fifth Street N.E., Minneapolis, MN 55413, by March 15, and your listing will appear in both the Pascha Messenger and the April Monthly Bulletin.

Sample listings would read: *The Thomas Smith Family*, or *Mr. & Mrs. John Doe*, or *Jane Doe*, or *Jim and Jane Doe*. Proceeds from this Pascha Greeting Page will be placed in the General Fund of our Cathedral.

### 2018 Pascha Greeting Listing

Name \_\_\_\_\_

Amount Enclosed:  
 \_\_\_\_\_ cash \_\_\_\_\_ check

## CATHEDRAL INFORMATION...

- ✚ *Fr. Andrew's Scheduled Office Hours* for pastoral appointments: Tuesdays & Thursdays: 7-9 PM; Tuesdays & Wednesdays: 11-3 PM; Fridays: 10-1:30 PM. Other times by appointment-please call the office at 612-781-7667.
- ✚ *Fr. Benjamin's Scheduled Office Hours* are: Tuesdays: 11-1 PM and 7-9 PM; Thursdays: 9:30-11:30 AM.
- ✚ *Organizations looking for new members: the Choir, Men's Club, 'O' Club, Women's Club, The Perohi Group, The Veterans Association* - call the Church Office for meeting information (612-781-7667).
- ✚ *The Visitation Ministry* is continually updating its list of parishioners who are homebound or in nursing homes and would like to be on our Visitation List. If you or a loved one is a member of St. Mary's and physically unable to attend church and church activities and would enjoy a visit or telephone call from a member of our Visitation Committee, please notify the Church Office (612-781-7667).
- ✚ *Moving?* Please contact the Church Office with your new address and phone number (office@stmarysoca.org or 612-781-7667).
- ✚ *Church Envelopes* Please contact the Church Office if you want to: (a) receive envelopes weekly or monthly; (b) stop envelopes; (c) combine envelopes (e.g., to receive only one set per household); (d) correct information on the envelope (including the title, e.g., from Mrs. to Mr. & Mrs.).
- ✚ *Automatic Donations* Forms are available in the rack outside the Church Office or contact one of our treasurers.

## TRANSITIONS:

Deceased:  
 Peter Kocur, 2/13/2018



Article deadline for the  
**April 2018**  
Cathedral Monthly Bulletin  
 is **March 12**

# Kozlak-Radulovich Funeral Chapel

1918 University Ave NE  
 Minneapolis, MN 55413  
 (612) 789-8869



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 <p>"Taste of Northeast Festival Sponsor"</p>	<p><b>O'REILLY Creative LLC</b></p> <p>Copywriting/Communications                  Graphic Design/Book Marketing                  Susan O'Reilly 612.599.3637  <a href="mailto:info@oreillycreative.com">info@oreillycreative.com</a>  <a href="http://www.oreillycreative.com">www.oreillycreative.com</a></p>	<p><b>COLDWELL                  BANKER</b></p> <p><b>BURNET</b></p> <p><b>TODD WALKER</b>                  Realtor</p> <p><a href="mailto:tlwalker@cbburnet.com">tlwalker@cbburnet.com</a>  <b>O 952-949-4773</b>  <b>C 612-860-0374</b></p> <p>Thinking about...                  Buying or Selling?                  I'd like to help you...                  It's what I do.</p>	<p>Northeast Chapel                  29th and Johnson St. NE                  (612)781-6828</p> <p><i>Washburn McReavy</i>                  FUNERAL CHAPELS &amp; CREMATION SERVICES</p> <p>Southeast Chapel                  2nd and Central Ave. SE                  (612)379-2368</p>
<p><b>ICONS</b></p> <p><b>David Johnson</b>                  759 NE Pierce Street                  Minneapolis, MN 55413                  612-378-0606</p>	 <p><a href="http://northeastbank.com">northeastbank.com</a></p> <p>"Taste of Northeast Festival Sponsor"</p>	 <p><a href="http://www.giscogeo.com">www.giscogeo.com</a></p> <p>"Taste of Northeast Festival Sponsor"</p>	<p>You may rent                  ad space here!</p>
 <p><a href="http://www.press-sure-print.com">www.press-sure-print.com</a>                  "Taste of Northeast Festival Sponsor"</p>	<p>You may rent                  ad space here!</p>		<p>You may rent                  ad space here!</p>