Pastoral Reflection

I am the image of thine ineffable glory though I bear the brands of transgressions. Pity Thy creature, O Master, and purify me by Thy loving kindness. Grant unto me the homeland of my heart's desire, making me again a citizen of Paradise (Troparion from the Panikhida and Burial Service, on the refrain 'Blessed art Thou, O Lord: teach me Thy statutes' - Psalm 118

Orthodox Christians take up the Great Fast this month, and entering into the Lenten season on the eve of Forgiveness Sunday we are confronted with the theme of forgiveness as a necessary first step in striving for spiritual growth and change. We are told that without striving to forgive and to ask forgiveness - from God, from one another - there can be no salvation. The Lord Himself says in our Gospel reading on this day, that divine mercy will be shown only to the merciful and divine forgiveness only to the forgiving.

The experience of being forgiven and forgiving - letting go - is a brief taste of the paradise lost to our first parents and lost to us. Most of us will have experienced at some point in our lives the sweetness of being forgiven. It really is a kind of paradise, a brief taste of heaven. It is a consolation and a joy to be in a right relationship with God and with one another. Especially those with whom we have - have had - a difficult relationship! To clear our conscience, is to regain - if even for a moment - an almost child-like innocence and purity. It is in its own way a return to Paradise.

At Vespers for Forgiveness Sunday, we hear this beautiful verse: O Paradise, garden of delight and beauty, dwelling place made perfect by God, unending gladness and eternal joy, the hope of the prophets and the home of the saints, by the music of your rustling leaves beseech the Creator of all to open to me the gates which my sins have closed, that I may partake of the Tree of Life and Grace which was given to me in the beginning.

Fr. Thomas Hopko writes in The Lenten Spring: People feel unhappy and they don’t know why. They feel that something is wrong, but they can’t put their finger on what. They feel uneasy in the world, confused and frustrated, alienated and estranged, and they can’t explain it. They have everything and yet they want more. And when they get it, they are still left empty and dissatisfied. They want happiness and peace, and nothing seems to bring it. They want fulfillment, and it never seems to come. Everything is fine, and yet everything is wrong. In America this is almost a national disease. It is covered over by frantic activity and endless running around. It is buried in activities and events. It is drowned out by television programs and games. But when the movement stops and the dial is turned off and everything is quiet…then the dread sets in, and the meaninglessness of it all, and the boredom, and the fear. Why is this so? Because, the Church tells us, we are really not at home. We are in exile. We are alienated and estranged from our true country. We are not with God our Father in the land of the living. We are spiritually sick. And some of us are already dead. Our hearts are made for God, St. Augustine has said, and we will be forever restless until we rest in Him. Our lives are made for God, and we will be unfulfilled and dissatisfied and frustrated until we go to Him. All of God’s creatures, as Francis Thompson said in his poem The Hound of Heaven, are His “loyal betrayers.” They do not satisfy His children and cannot bring them peace. He alone can do that, because He alone is our home. And we are His. The Lenten season is the time for our conscious return to our true home. It is the time set aside for us to come to ourselves and to get up and to the divine reality to which we truly belong.

Dear Holy Fathers, sisters, and brothers! May our Lenten journey be marked by such moments - moments when the veil is lifted and the distance that separates us from paradise - from the Lord and from one another - is diminished, moments of recognition and sweetness that point towards the true homeland of our heart’s desire.

- Fr. Andrew
President’s Column

With the COVID-19 pandemic still in our midst, the calendar in our Kindergarten classroom remains at March, 2020. Likewise, the children’s project of March 8th still dresses the table – awaiting the return of those students. Time has seemingly stood still these past 12-months – as we all await some return to normalcy.

This, my 6th year as Church President, has undoubtedly been the most challenging, and in so many ways. We take for granted the ability to see each other’s smiling faces in church on any given Sunday, followed by socializing with a cup of coffee, even talking and planning around church activities. Something as simple as meeting at a restaurant to further conduct planning on behalf of St. Mary’s – was all but halted.

On the flip-side, I was a first-hand witness to the many dedicated committees, staff, and members of St. Mary’s that quickly and successfully forged recovery plans to re-choreograph church services, Sunday School, handling of pledges, as well as maintaining board and finance meetings. While no one predicted this would last into 2021, we discussed (as early as September) the likelihood we would similarly need to re-choreograph the annual meeting. Employing a “hybrid” approach of in-person and video streaming, we conducted this year’s annual meeting in accordance with public health guidance from the State of Minnesota, pastoral guidance from Archbishop Paul, as well as the bylaws of St. Mary’s Orthodox Cathedral. I again wish to thank Mike, Jim and Sarah Varian, Simeon Morbey, Sara Ann Pogorely, Bernie Gulachek and Miriam Julian for their time and effort devoted to creating a safe format for conducting this year’s annual Cathedral business.

Similar to how we conduct the Board meetings, we sent out the agenda, annual reports and finance report a week in advance to allow beforehand questions and answers. In the end, the annual meeting was better attended, and more abbreviated as planned. As previously done in unprecedented circumstance, we may take advantage of what we best learned from this experience, and redress to be used in the future.

I sincerely wish to thank outgoing Board members Mike Varian, Chuck Michalov, Sarah Cusick and Rachel Wesche – as well as welcome new Board members Julia Moricz, Cindy Huber and Malene Ford. I’m excited to be returning to the Board, along with Denise Zurbey as Trustee. A special thank you to Denise for her (4) dedicated years as Treasurer, and to Sandy Tomczyk for her continued Bookkeeping support.

I’m even more excited that Jim Varian will be taking charge as our next Church President. More so in the past 6-months, I’ve spent countless hours working with Jim, including him in many meetings – all to insure the smoothest and most seamless transition as possible in this extraordinary period of time. I’m very grateful to Jim for his dedication (and friendship), now and over the years, and comforted to know St. Mary’s will be in good hands with his leadership.

I also wish to recognize and thank Jim Varian, Sue O’Reilly and Rachel Wesche – each for working their gentle and debonair charm to enlist nominees. Please consider it and honor and privilege to be nominated if approached next year – for it truly is.

Down the road, I look forward to the return of some normalcy, where we can all again return to St. Mary’s, to greet each other in church, and in coffee hour – the day we welcome children back into our Sunday school classrooms – the day we can finally flip the calendar forward again…

God Bless,

Michael Kokosh
President of St. Mary’s Cathedral Board of Trustees

Cathedral Board of Trustees - 2021

President: James Varian
Vice President: Sean Wesche
Treasurer 1: Simeon Morbey
Treasurer 2: Julia Moricz
Financial Secretary 1: Joe Snyder
Financial Secretary 2: Cindy Huber
Recording Secretary: Joel Van Nurden
4 Trustees:
  Malene Ford, Michael Kokosh
  Denise Zurbey, Natalie Tangen

Other Elected Positions for 2021

Cemetery Registrar: William (Bill) Rusinak
Cemetery Auditor: James Rusinak
Auditors: Denise Stanoch, Walt T. Grivna
AAC/Diocesan Delegates:
  James Varian, Todd Pilacinski
AAC/Diocesan Alternate: Karen Kokosh-Doten

Service Attendants - 2021

Bernard Gulachek, Richard Hofstadter,
Adam Rusinak (scheduler), Dan Miller
Steve Tomczyk, Deborah Manzoni,
Al Rusinak, Denise Stanoch, Matt Longen
Andrew Hinton, Kay Wakaruk, Charlie Myre
I hate opening with something like this, for it feels incredibly stock and silly, but I am having a hard time wrapping my head around the fact that Lent begins this month. I suppose it hits especially hard because it was right at the beginning of Lent last year that COVID struck with all its might. It’s been a year since our lives changed so significantly. Sunday, March 15, was our last somewhat normal Sunday at the seminary last year, and if I recall correctly, that was the last relatively normal Sunday here too. March 15th is the day on which we begin the Great Fast this year, but in a way, it doesn’t even feel like Lent, this “fast”, this sojourn through the desert, never really ended. And as much as I am tempted to think, just what I need, another challenge to add to my life, maybe this is exactly what we need - what I need. That renewed focus towards Christ and away from myself. Towards Christ, and away from my complaints of struggle and my self-pity. I pray for that grace, of a fruitful fast and an ascetic spirit, for us all.

Kontakia, and a Kontakion

It’s that very special time once again when Zach expounds on esoteric liturgical terms!...(and hopefully makes them less esoteric!). I want to speak a little bit about the class of hymn called the “Kontakion”, and I want to set forth excerpts from a specific Kontakion text which is sung at the Matins of Cheesefare Sunday, ushering in the Great Fast with a beautiful, poetic meditation on the liturgical theme of that Sunday, the Expulsion of Adam and Eve from Paradise.

As we know them today, the hymns known as “Kontakia” are sung at Matins (most commonly after the 6th Ode of the Kanon - oh, you’ll be hearing about Kanons eventually - and they can also be inserted after the 3rd Ode) the Divine Liturgy (check your Messengers this Sunday!), and the services of the Hours (normally simply chanted, not sung according to their tone).

So what makes Kontakia special? What distinguishes them (besides their liturgical location) from other types of hymns, like Stichera and Troparia (and Kanons, for that matter). If one is only familiar with the Divine Liturgy, they will only see Kontakia as short texts, and generally without a defining quality. However, Kontakia were originally a much longer poetic form, more akin to a Kanon or Akathist. Made famous (and perfected) by the great hymnographer St. Romanos the Melodist (6th c. AD), Kontakia comprised a Proemium (an introductory text) and about 24 strophes referred to as “ikoi”, all of which were connected internally by a shared final phrase - which, in practice, is treated as a choral refrain. Each Ikos (like when we spoke about automela and prosomia before) shared a meter (and thus, melody). Over time, the liturgical use of Kontakia was greatly reduced, especially as other long-form hymnography (namely the Kanon) supplanted it. For the most part, what remains of the Kontakion liturgically is the Proemium (this is what we mean at this time when we say Kontakion; it is what is sung at liturgy), and the first Ikos, the two of which are sung together at Matins, in the Kanon (see above).

There are a few times a year, however, when the liturgical books offer Kontakia with several ikoi, hearkening back to their original form and majesty. One such time is at the Matins of Cheesefare Sunday (March 14 this year). I offer to you here excerpts of this Kontakion for your edification and meditation as we enter into the Great Fast. These texts are attributed to St. Romanos, and they dwell upon Adam’s lamentation, having been cast out of Paradise; the translation is that of Ephraim Lash.

Kontakion - Tone 6 - On “Adam’s Lament”

Proemium: Guide of wisdom, Giver of prudence, Teacher of the foolish and defender of the poor, establish and give understanding to my heart, O Master. Give me a word, O Word of the Father, for see, I shall not restrain my lips from crying to you: “O merciful One, have mercy on the fallen.”

Ikos 1: Then Adam sat and wept opposite the delight of Paradise, beating his eyes with his hands and saying: “O merciful One, have mercy on the fallen.”

Ikos 4: I breathe the fragrance of your beauty and I melt as I recall how I delighted there from the sweet scent of the flowers: “O merciful One, have mercy on the fallen.”

Ikos 7: How have I fallen? Where have I arrived? From a pedestal to the ground; from a divine admonition to a wretched existence I have been reduced: “O merciful One, have mercy on the fallen.”

Ikos 11: [God speaks to Adam] “Swiftly, O Adam, you have understood, the wish of my compassion; therefore I do not deprive you of this your hope as you cry out: “O merciful One, have mercy on the fallen.”

Ikos 11: I do not wish, nor do I will, the death of the one I fashioned; but having chastened him enough I will glorify eternally the one who cries out: “O merciful One, have mercy on the fallen.”

While I have seen (and sung) longer forms of this text, with more ikoi, I hope this gives you a taste of the Kontakion’s beauty, both of this one in particular, and of the genre.

Blessed Lent to you all!

March Birthdays

1 - John Davis  26, Todd Pilacinski
Church School - Faith and Fellowship in March 2021

Church School Families with children in grades 2 – 12 are invited to join us for Sunday morning Church School class gatherings during March.

MARCH
- 7th – Grades 2-5 class only (starting at 10:30 am)
- 14th – High School Typika/class
- 21st – Middle School Typika/class
- 28th – High School Typika/class

Mark your calendar! Detailed information will go out by email in the week prior to each event.

HIGH SCHOOL (grades 9-12) and MIDDLE SCHOOL (grades 6-8)

High School and Middle School students and their families are invited to a Typika service with communion* at 10 am in the gym. Following the service, students stay in the gym for Connected in Christ – a time for fellowship led by adult facilitators. Parents and other family members will also have an opportunity to share in fellowship during this time.

ELEMENTARY (grades 2-5)

We are excited to continue our Connected in Christ for Grades 2-5 in the gym. This is a time for learning and fellowship led by adult facilitators. This group will be divided into two groups by grade. Parents and other family members also have an opportunity to share in fellowship during this time.

All students must be registered with St. Mary’s Church School to attend. Please contact churchschool@stmarysoca.org if you are interested in attending and have not yet registered this year.

*Typika is a service that is appointed on those days when not everyone can attend Liturgy. It follows the Ninth Hour and includes the Typical Psalms (Psalms 102 and 145) and the Beatitudes. We will be participating in a Typika with a priest, so communion that has been previously consecrated will be offered. As communicants, we follow the same protocols as for Liturgy by fasting and being spiritually prepared. The service lasts about 30 minutes.

Weekly Lessons

Watch your email for weekly lessons sent for home use each Friday. These include links to:
- A Lesson for the coming Sunday
- A parent overview
- Study guides by grade (K-2, 3-5, 6-8, 9-12)

If you have not been receiving these lessons and would like to do so, please send an email to churchschool@stmarysoca.org and we will add you to our mailing list.
A MESSAGE FROM THE DIRECTOR

A new year has begun for FOCUS House and we are happy to be looking ahead. Though the threat of COVID-19 is still with us, this past year pushed us to be more flexible and more creative than ever. We were present throughout the past 12 months, and ready to help and welcome people, even if only at our front door. We are grateful to you all for sustaining our work throughout 2020, and for the volunteers who were able to come, in limited numbers, to serve the community.

In August, we began seeing people in the Clothes Closet by appointment only, as a way to continue the ministry but minimize exposure to each other by limiting the number of people in the building. This has turned out to be an excellent way to serve our neighbors as it allows the volunteer to really concentrate on the immediate needs of the person or family at hand. All of this during a time when neighbors and friends were extremely cautious but needy nonetheless, and by our steady presence we planted the seeds of sincerity, so that people would know that we’re here for them. You were there with us, every day, and we thank you for your prayers and support!

Vera Proctor, Director FOCUS Minnesota

TUESDAY EVENING SERIES: THE BEATITUDES

During Great Lent, we are hosting a short series on The Beatitudes. In the Orthodox Church these blessings of discipleship, taught by Christ at the Sermon on the Mount, are heard at each and every regular Divine Liturgy, so their meaning and importance for us is central to our worship. We are offering a simple and accessible 5-part series of reflections on the Tuesdays in March (March 2-March 30), via Zoom from 7p.m. - 8 p.m. No materials are needed other than a bible, and we will be using the version from the Gospel of Mark 5:1-12. This can be a time for mutual encouragement and peaceful reflection as we make our way towards Pascha! If you would like to participate, please send an email to focustwincities@gmail.com.

NEW GROCERY DELIVERY PILOT PROGRAM

We are looking for 2-3 people interested in driving groceries to a small group of households who are experiencing extreme hardship - physical, financial, or social - and cannot easily get to outside resources for their food. This is a good opportunity for anyone who would like to volunteer but needs to have a more individualized schedule.

To participate you must have a current drivers license, no outstanding moving violations, proof of insurance for your vehicle, and a willingness to team up with another person to ride with you. This program is very new and small, and a flexible spirit would be very helpful! Contact Vera Proctor for more information, 651-222-0712 or vsproctor@gmail.com.
Transitions

Marriage:
Lucas Labine & Sarah Rose, 2-20-2021

Memory Eternal:
Elizabeth Varichak (Hafich), 2-21-2021
Walter Leba, 2-21-2021
Carol Kocur (Quigley), 2-22-2021

Many Years!

A VERY HAPPY BIRTHDAY to all who celebrate their birthdays in March and especially to George Skrbich, who is celebrating his 91st birthday on March 12th; Vivian Ketz, who is celebrating her 93rd birthday on March 13th; Helen Josul, who is celebrating her 94th birthday on March 25th; Nick Ketz, who celebrates his 94th on March 26; Anne Miller, who celebrates her 96th birthday on March 29th.

May God grant you many years!

Great Lent

FORGIVENESS VESPERS: We will be serving Forgiveness Vespers at the Cathedral at 6:15 p.m., Sunday, March 14, and it will be live-streamed. Attendance is restricted, however, using our reservation system. We will be modifying the rite of forgiveness in light of the protocols concerning social distancing still in place.

SUNDAY OF ORTHODOXY: The MEOCCA clergy have determined to have Vespers served for the Sunday of Orthodoxy at the Cathedral, and on the Sundays of the Great Fast in various parishes. We will be live-streaming these services, but the services are not open to the public. Here at the Cathedral we will have limited attendance for our own parishioners, using our reservation platform.

PRESANCTIFIED LITURGIES: We will serve the Presanctified Liturgy through Lent on Wednesday mornings, and on Friday both morning and evening, with some exceptions. Morning services are at 9 a.m. On Friday evening the Presanctified is preceded by the 9th Hour starting at 6 p.m. We are often asked about fasting. Most communicants are expected to have fasted for about six hours.

CONFESSION: We have been hearing Confessions by appointment for almost 10 months now, and will continue to do so through Lent. We will also be hearing confessions before the Presanctified liturgies, but we absolutely must avoid long line-ups and crowds! Better to make an appointment for some other time. There will also be General Confession on Saturday, March 13, and Lazarus Saturday (April 24) at 4:45 pm, before Vigil.

Paschal 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? 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 Sunday, April 18, and your listing will appear in both the Pascha Messenger and the May 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.

2021 Pascha Greeting Listing

Name_____________________________
________________________________

Amount Enclosed:
_____cash    _____check

May God grant you many years!

Special Contributions

GENERAL FUND

In memory of Bill Stenach
From: Angelina & Valentin Scheglowski

In memory of Bill Stenach
From: Phillip & Myra Toconita

CATHEDRAL REPAIR FUND

In memory of Bill Stenach
From: Michael & JoAnne Korluka

In memory of Bill Stenach
From: Michael Voytovich

CAPITAL IMPROVEMENT FUND (Kitchen)

In memory of George & Helen Jarosak
From: Irene Mikkelson

Article deadline for the April 2021 Cathedral Monthly Bulletin
is Monday, March 15.
## OUR JOURNEY TO PASCHA! 2021

**St. Mary's Orthodox Cathedral's Monthly Bulletin**

**SUNDAYS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Theme / Gospel Reading</th>
<th>How to Participate</th>
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<tr>
<td><strong>FEBRUARY 21st</strong></td>
<td><strong>TRIODOIN WEEKS</strong>&lt;br&gt;Publican and the Pharisee&lt;br&gt;Epistle: 2 Timothy 3:10-15, Gospel: Luke 18:10-14</td>
<td>Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.</td>
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<td><strong>MARCH 7th</strong></td>
<td><strong>Meatfare</strong>&lt;br&gt;The Last Judgement&lt;br&gt;Epistle: 1 Corinthians 8:8,9:2, Gospel: Matthew 25:31-46</td>
<td>Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeeze dairy this week.</td>
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<td><strong>MARCH 14th</strong></td>
<td><strong>Cheesefare</strong>&lt;br&gt;Adam and Eve are cast from Paradise!&lt;br&gt;FORGIVENESS SUNDAY&lt;br&gt;Epistle: Romans 13:11-14:4, Gospel: Matthew 6:14-21</td>
<td>Ask each other for forgiveness each evening this week before bed. Bring an icon to church for a procession.</td>
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<td><strong>MARCH 21st</strong></td>
<td><strong>1st Sunday of Lent</strong>&lt;br&gt;SUNDAY of ORTHODOXY&lt;br&gt;Epistle: Hebrews 11:24-26, 32-12:2, Gospel: John 1:43-51</td>
<td>Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.</td>
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<td><strong>MARCH 28th</strong></td>
<td><strong>2nd Sunday of Lent</strong>&lt;br&gt;ST GREGORY PALAMAS&lt;br&gt;Epistle: Hebrews 1:10 2:3, Gospel: Mark 2:1-12</td>
<td>Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.</td>
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<td><strong>MARCH 28th</strong></td>
<td><strong>3rd Sunday of Lent</strong>&lt;br&gt;VENERATION OF THE HOLY CROSS&lt;br&gt;HALF WAY TO PASCHA!&lt;br&gt;Epistle: Hebrews 4:14-5:6, Gospel: Mark 8:34-9:1</td>
<td>Wear your cross to church and kiss the cross each morning with a bow! Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!</td>
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<td><strong>APRIL 4th</strong></td>
<td><strong>4th Sunday of Lent</strong>&lt;br&gt;ST JOHN of the LADDER&lt;br&gt;Epistle: Hebrews 6:13-20, Gospel: Mark 9:17-31</td>
<td>Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!</td>
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<td><strong>APRIL 11th</strong></td>
<td><strong>5th Sunday of Lent</strong>&lt;br&gt;ST MARY of EGYPT&lt;br&gt;Epistle: Hebrews 9:11-14, Gospel: Mark 10:32-45</td>
<td>Ask the Theotokos to offer you and the world pure thoughts and ideas this week.</td>
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<td><strong>APRIL 18th</strong></td>
<td><strong>FLOWERY (PALM) SUNDAY</strong>&lt;br&gt;ENTRY OF OUR LORD INTO JERUSALEM&lt;br&gt;Epistle: Philippians 4:4-9, Gospel: John 12:1-18</td>
<td>Place your palm branches and pussywillows behind an icon at home and in your car!</td>
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<td><strong>APRIL 25th</strong></td>
<td><strong>GREAT WEEK BEGINS</strong>&lt;br&gt;GREAT AND HOLY FRIDAY&lt;br&gt;JESUS DIES ON THE CROSS&lt;br&gt;CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE</td>
<td>Refrain from TV, Internet &amp; Phones to honor Christ’s Death. Greet everyone with “CHRIST IS RISEN!” &amp; say it before good morning and goodnight!</td>
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| **MAY 2nd**        | **NO FASTING!**<br>HOLY PASCHA! (CHRIST IS RISEN!)<br>Epistle: Acts 1:1-8, Gospel: John 1:1-17 | }
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**Sunday of the Last Judgement**
- 8:00 am Divine Liturgy (Cemetery Chapel)
- 9:00 am Divine Liturgy (Cathedral)
- 10:30 am Church School: 2nd-5th Graders
- 12:00 pm Wedding

**Sunday of Cheesefare**
- 8:00 am Divine Liturgy (Cemetery Chapel)
- 9:00 am Divine Liturgy (Cathedral)
- 10:00 am Typika & Church School: High School
- 6:15 am Forgiveness Vespers

**Sunday of Orthodoxy**
- 8:00 am Divine Liturgy (Cemetery Chapel)
- 9:00 am Divine Liturgy (Cathedral)
- 10:00 am Typika & Church School: Middle School
- 4:00 pm Sunday of Orthodox Vespers

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- 10:00 am Typika & Church School: Middle School
- 4:00 pm Sunday of Orthodox Vespers

**St. Innocent of Alaska**
- 9:00 am Presanctified Liturgy