

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

NOVEMBER 2025 • VOLUME 72 • NUMBER 11





**St. Mary's Cathedral
Church Office
612-781-7667**

(24 hour Voicemail System
at the Church Office)

CHURCH OFFICE EMAIL
office@stmarysoca.org

His Beatitude, **Metropolitan Tikhon**
Ruling Archbishop of the
Orthodox Church in America

His Eminence, **Archbishop Daniel**
of Chicago and the Diocese
of the Midwest

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frandrew@stmarysoca.org

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Assistant Priest / Youth Director
612-599-1125
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612-718-2874

Deacon David Kostick 763-434-0048
Deacon Philip Wagner
Deacon Joshua Ford

Attached / Retired Clergy:
Protodeacon Alexei Dupay
Archpriest Richard Flom
Archpriest Gregory Grivna
Archpriest Gregory Krutchek
Archpriest Myron Manzuk

Kirsten Rohmann & Julie Miller
Church School Directors
churchschool@stmarysoca.org

A monthly publication of
St. Mary's Orthodox Cathedral
1701 Fifth Street NE
Minneapolis, MN 55413

Pastoral Reflection

A blessed beginning to November!

The air has turned crisp, the trees have whispered their final hymns of gold, and the year seems to kneel before God in humble silence. We step into this month wrapped in gratitude — for the breath in our lungs, the light in our hearts, and the mercy of God that never ends. The Apostle reminds us, "In everything give thanks, for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:18). Thanksgiving isn't just a holiday on the calendar; it's meant to be a condition of the soul. Every act, every word, every breath can become an altar of praise if offered with love.

On November 15, the Nativity Fast begins — forty days that lead us toward the miracle of Bethlehem. The world will be stringing lights and rushing through stores, but the Church will quietly whisper, "Prepare ye the way of the Lord." The fast isn't about deprivation; it's about reorientation/renewed focus. It's about clearing a little manger space in the cluttered inn of our hearts. We simplify not only as a hard asceticism, but to make room for joy. We eat less so we can remember where food comes from and the lack of it to feed all around the world. We speak less so we can listen for the still, small voice of God who teaches us humility. For guidance and fasting meal ideas, visit the OCA's Advent Fast Resources: <https://www.oca.org/questions/dailylife/why-fast-before-the-nativity>.

Confession during this time is the soul's deep breath. It's the sweeping of the heart before the Guest arrives. When we empty out the dust and clutter of sin, we make room for grace to move in again. Then, when we come to the Holy Chalice, we are ready to receive the truest Thanksgiving — the Eucharist, the Gift above all gifts. Forget the turkey; this is the feast that feeds eternity. The table of the Lord stretches farther than any dining room, and every soul who hungers for life is welcome.

This year, we will pray the Akathist of Thanksgiving, "Glory to God for All Things," every Wednesday evening throughout the month. We need to learn to see gratitude everywhere, like in the laughter of our children, in the tears we shed, in the bread we break, in the silence between hymns. Then, on Thanksgiving morning, we will gather for the Divine Liturgy, the most powerful act of gratitude the human heart can offer. The Eucharist is heaven's table set among us.

During the Liturgy, we hear the priest proclaim, "Thine own of Thine own we offer unto Thee, on behalf of all and for all." Everything we have is already His, including our lives, our time, our talents, our joys, even our sorrows. And yet, in His love, God allows us to offer them back. We lift up His own gifts, and He fills them with Himself. That is the divine exchange, which is the great mystery of thanksgiving. We offer our smallness, and He gives us His infinity. We offer our bread and wine, and He returns them as His Body and Blood. We offer our hearts, and He fills them with light.

So let this November be more than a change in weather. Let it be a change in spirit and a turning of the heart toward Bethlehem, where Love took flesh for us. Offering what we have, where we are, and as we are. For in the words of the Liturgy itself, we give thanks "on behalf of all, and for all," and God, in His mercy and love for mankind, receives it. Blessed Thanksgiving to all!

With love and gratitude in Christ,

Fr. Benjamin Tucci

Choir Notes

Saints Who Sing By Julia Moricz

In many Orthodox jurisdictions in this country, the month of October is dedicated to Church Musicians. I'm not certain of the origin of this celebration – is it designed to align with the start of a new church liturgical year, is it because it's one of the few months that does not have a major feast day, or is it because several saints recognized as hymnographers and musicians are commemorated during the month of October? Whatever the reason, it is important to honor and celebrate those who enhance the beauty of our worship.

In his 2018 encyclical *Of What Life Do We Speak?*, His Beatitude Metropolitan Tikhon shares his thoughts regarding Orthodox church musicians in America, stating that liturgical music is “often the first thing which deeply strikes people when they walk into an Orthodox church,” yet it is “a tool that has become sadly blunted in many of our present-day parishes.”

His Beatitude continues by saying, “Unlike other sacred arts, however, music needs constant care and investment in order to come alive. Iconography can be paid for and finished, but the work of musicians in the church is never finished. In this regard, iconography, architecture, furnishings, vestments, all these wonderful arts ultimately serve to show us what the values of a parish were at some point in the past; only music truly reveals what the values of a parish are today.”

While October has already passed, I still want to share some information about two Saints who Sing. October 1st being the Feast Day of our parish, we seldom get to hear the beautiful and instructional texts for the commemorations of St. Romanos the Melodist and St. John (Koukouzelis) the Sweet Singer, both of who share their Feast Day with the Protection of the Theotokos.

St. Romanus was born in the fifth century to Jewish parents. After moving to Constantinople, he became a church sacristan in the temple of Hagia Sophia. He was not a talented reader or singer. Once, on the eve of the Nativity of Christ, he read the kathisma verses so poorly that another reader had to take his place. Even the clergy ridiculed him and did not want him assigned to read in church.

On the day of the Nativity of our Lord, while Romanos was praying before an icon of the Theotokos, the Mother of God herself appeared to him in a vision. She gave him a scroll and commanded him to eat it. Upon eating the scroll, the Saint was given the gift of understanding, composition, and hymnography.

That evening at church, St. Romanus sang, in a wondrous voice, his first kontakion, the same kontakion we sing to this day at Christmas. For his zealous service, Romanus was ordained a

deacon and became a teacher of song. Until his death, around the year 556, the hierodeacon Romanus the Melodist composed nearly a thousand hymns, many of which are still used by Orthodox Christians in our liturgical services.

Saint John Koukouzelis, orphaned as a child, was a native of Bulgaria. Endowed with an excellent voice, he entered the Constantinople court school and became a chief court singer, but the opulence and majesty of the imperial court did not appeal to St. John, and he went to Mount Athos where he became a novice and was eventually tonsured a monk.

Possessing deep humility, St. John did not wish to reveal his talent to the brethren in the monastery and happily tended a flock of goats, traveling high into the hilltops. But eventually his talent became known, and John was appointed to sing in the Cathedral on Sundays and Feast Days. Once, while singing an Akathist to the Mother of God, she appeared to the Saint and encouraged him to continue singing. Like St. Romanos, St. John composed and arranged many church hymns, including numerous troparia and kontakia.

While many people think Koukouzelis is a Greek word for music or even St. John's last name, it simply means “beans and peas” as a reminder of the humility and ascetical discipline of St. John the Sweet Singer.

O Romanus, our father . . . for, composing angelic songs, thou hast shown thy life to be divine.

Entreat Christ God that He may deliver from dangers and tribulations those who sing praises to thee!

November Choir Schedule

- Wednesday, Nov. 5 - Choir Rehearsal at 7:00 p.m.
- Wednesday, Nov. 12 - Choir Rehearsal at 7:00 p.m.
- Wednesday, Nov. 19 - Choir Rehearsal at 7:00 p.m.
- Wednesday, Nov. 26 - NO Choir Rehearsal (Thanksgiving)

Save the Date: Nativity Concert

**Saturday, December 13, at 1:30 p.m.
Concert Reception to follow in the Parish Center.**

November Birthdays - Many Years!

- | | |
|-----------------------|------------------------|
| 2 - Rdr. David Nelson | 18 - Alex Gulachek |
| 4 - Julie Memorich | 20 - Michael Hofstader |

Faith Nights

Join us every Wednesday this fall (through Dec. 17) for Faith Nights. We will begin the evening at 6:30 p.m. with an Akathist prayer service in the Cathedral, followed by 7:00 p.m. fellowship and light refreshments in the Parish Center.

At 7:30 p.m., we will gather in the dining hall for a reflection and discussion on various faith-based topics, concluding around 8:15 p.m.; while catechumens, inquirers, or those new to the Orthodox faith will be invited to participate in a catechism class, held concurrently, in another area of the parish center.

We plan to explore several topics this fall – some weeks will be focused on scripture; other weeks we will discuss what it means to be an Orthodox Christian today; still other weeks will be for reflections on our Christian history and traditions. We will also feature monthly “youth break-out” sessions, where our 6th-12th grade students will have similar, but separate discussions.

Those who have questions, suggestions, or who might be interested in presenting a topic are encouraged to contact Fr. Jason Ketz at 763-257-2067; frjason@stmarysoca.org. We look forward to seeing you on Wednesday evenings!

CONGRATULATIONS

to our 2025
Borris-Hansen Scholarship recipients

UNDERGRADUATE STUDENTS

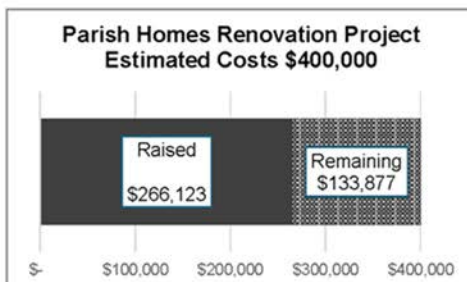
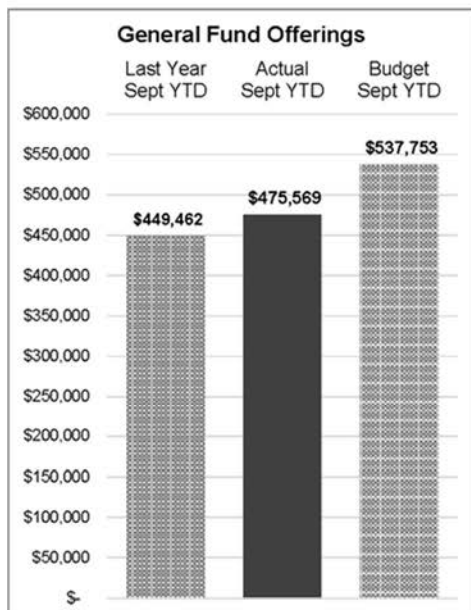
* Loryn Butzler	Winona State
* Dominic Dunn	UW Madison
* Johanna Rohmann	UW – Madison
* Anna Scheglowski	UW – Stevens Point
* Anthony Scheglowski	U of Nebraska - Omaha
* John Taylor	University of Minnesota

GRADUATE STUDENTS

* Alexis MacArthur	University of Minnesota
* Laura Rohmann	Marquette University

We are proud of your accomplishments and dedication to our Orthodox faith!

ST. MARY'S FINANCIAL RECAP AS OF September 30, 2025



NOTE:

To keep parishioners informed on St. Mary's financial status, monthly updates will now be provided for General Fund offerings, as well as donations to the Parish Homes and Cathedral Repair Funds. As a reminder, you can look at the church website for information on ways to donate:

<https://stmarysoca.org>

Thank you so much for your generous donations and support of St. Mary's Orthodox Cathedral!

Venmo QR Code





Dear Friends, What an incredible weekend! Our Festival was a wonderful success, and it wouldn't have been possible without **YOU**.

From those who signed up early, to those who stepped in last-minute, covered extra shifts, or went above and beyond in big and small ways - we are deeply grateful. Your generosity of time, energy, and spirit kept everything running smoothly and created a joyful, welcoming experience for everyone who attended.

Because of your efforts, we were able to welcome hundreds of guests, serve delicious food, host fun activities, and showcase the hospitality of our community. More importantly, you helped make lasting memories for all who came.

On behalf of the Festival Committee, thank you again for your hard work, flexibility, and dedication. We are so blessed by each of you and look forward to celebrating together again next year!

With gratitude, Sarah Varian & the Festival Committee.

Thank You!

If you rolled holubki or pinched perohi, we thank you.

If you baked, served, or sold food, we thank you.

If you donated money or baskets, or bought raffle tickets, we thank you.

If you hauled boxes or emptied garbage, we thank you.

If you took a picture with the Slovakian Sweetie, or shared our posts on Facebook, we thank you.

If you danced, sang, or whooped it up! We thank you.

If you bought food from the food truck, the Slavic Kitchen, or a cold beverage from the Drink Tent, we thank you.

If you put up or took down twinkle lights, tents, tables, or chairs, we thank you.

If you were a personal or business sponsor, we thank you.

For everything else known or unknown, help and support given in any way, the Taste of Northeast Committee thanks you from the bottom of our hearts! We cannot do this alone. This is our parish, and our parish Festival.

Stay tuned for recap details and more to come in 2026!

Congratulations

To our Festival Cash Raffle Winners!

\$250.00 – Sandy Tomczyk \$150.00 – Rhea Grafft

\$100.00 – Pam Schwartz

Congratulations

To our Festival Raffle Winners!

Discover Strength Exercise
Minneapolis Cider Co.
Bath & Body Works
Game Day Basket
Handmade Quilt
Hamilton Beach Coffee Maker
Mixed Basket & GC
Lug Overnight Bag
Unicorn Bedding
Rustic Roots Winery
Stuffed Lama
Circular Saw
Barbie Bicycle
Woody's Liquor/Stanley's GC
Gaming Headset
Hormel Swag
Honey Products Basket
Cryptid Hair Salon
Mixed Basket
Gopher Football Tickets
Earl Giles GC
Hippy Feet

Regine Wolyniec
Alicia Grufft
Anna Jannokos
Michelle Gregoire
Dylan Holder
Dan Mruz
Jeanne Paradise
Sophia Kaseno
Dan
Lynn Snyder
Kaisa Wandrick
Peggy Mlinar
Krystal Kuntz
Katie Sailor
Marie Stockman
Dan
Jeanne Paradise
Kerry Mruz
Diana Schleisman
Alayna Bombard
Barb
Mariam Slayhi

Game Day Basket & GC
Spring Street Tavern GC
Astronaut Bedding
Debra Korluka/Icon Art Studio
Pizza Night & Punch Pizza GC
General Mills Swag
JBL Flip 4 Speaker
JBL Flip 5 Speaker
Skyy Vodka Infusions
Pique-Nique Francais
Fall Door Wreath
Theater Latte' Da Tickets
MN United Tickets & Swag
Coach Purse/Wine
MN Orchestra Tickets
Total Wine Experience
Sociable Cider Werks
Todd English Cookware
Dollhouse Dance/Exercise
Keurig Coffee Maker
Reader's Basket
Power Table Desk
Carbon Market GC
Locket Sisters GC
Minnesota Integrated Health GC
Schwinn Bicycle
Kids' Backpack
Embrace North GC
Hot Works Yoga

Laurie Kermes
Adam Bartall
Theresa S
Susie Cyronek
Joanie Balach
Emile
Neeka Barnes
Ryley Miller
Denise Zurbey
Dan
Phyllis Zurbey
Brandan Suzea
Kelly Mruz
Darlene Erickson
Doug Adelman
Katie Mruz
Brianna Adelman
Anne Klimek
Sharday Grew
Andria Straun
Danielle Radulovich
Mary Thell
Jake Ballot
Ryley Miller
Pam Schwartz
Theresa Lee
Joel Reiss
Andrew Berg
Becky Jagiela

November/December Youth & Family Events

NOVEMBER 2025		
NOV 2	11:00	STORY TIME! Children under age 3 with an adult.
	11:00-11:45	<i>Saints</i> Meeting, (Grade 6+)
NOV 5	7:00 pm	Faith Night: <i>Disagreeing in a spirit of Christian Love</i>
NOV 8	Synaxis of the Archangel Michael and All the Bodiless Powers, Vespers	
	TBD	<i>Saints</i> Blankets for FOCUS & Pizza Party, (Grade 6+)
NOV 12	7:00 pm	Faith Night: Orthodox Organizations
NOV 14-16	Parish Youth Ministry Network Gathering in Dallas, Texas, Fr. Ben & Team	
NOV 15	NATIVITY FAST BEGINS	
NOV 19	7:00 pm	Faith Night (with youth breakout): Fasting, vigil, and prayer
NOV 21	<u>ENTRANCE OF THE THEOTOKOS</u> Matins: 7:45AM; Liturgy: 9:00 AM	
NOV 22	7:00am-4:00 pm	Women's Club: Holiday Bread Baking
NOV 23	Coffee Hour	Women's Club: Holiday Bread Bake Sale
NOV 27	THANKSGIVING DAY Divine Liturgy at 9:00 a.m.	
NOV 30	No Church School -Thanksgiving Break	

DECEMBER 2025		
DEC 3	7:00 pm	Faith Night: Focus on FOCUS
DEC 5	6:15 pm	Feast of St. Nicholas Great Vespers
DEC 6	9:00 am	Feast of St. Nicholas Divine Liturgy at 9:00 AM Sheep & Shepherd after liturgy
DEC 7	11:00-11:45	<i>Saints</i> Meeting, (Grade 6+)
	11:45	🌲🌲 YOLKA 🌲🌲
DEC 10	7:00 pm	Faith Night: Origins of Nativity Celebrations
DEC 18	7:00 pm	Prefeast Vespers
DEC 17	7:00 pm	Faith Night: Youth Breakout
DEC 19	7:00 pm	Prefeast Vespers
DEC 20	7:00 pm	Prefeast Vespers
DEC 21	TBD	Family & Parish Event Christmas Caroling at Catholic Eldercare
DEC 22	7:00 pm	Prefeast Vespers
DEC 23	7:00 pm	Royal Hours
DEC 24	3:15 pm	Christmas Caroling
	4:00 pm	CHRISTMAS EVE FESTAL VESPERS Youth Procession with Candles
	8:00 pm	Compline & Festal Matins
DEC 25	<u>NATIVITY OF CHRIST</u> Divine Liturgy: 10:00 AM	
DEC 26	9:00 am	<u>Synaxis of the Theotokos</u> Divine Liturgy: 9:00 AM
DEC 28	No Church School - Christmas Break	

EVERY WEDNESDAY

6:30 PM
AKATHIST

7:00 PM
SOCIAL

7:30 PM
ACTIVITIES

FAITH NIGHTS

AT ST MARY'S CATHEDRAL

UPCOMING EVENTS

- 29 October: Why did Paul write 1 Thessalonians?
- 05 November: Disagreeing in a spirit of love
- 12 November: Participating in Church organizations
- 19 November: Faith and Fasting in Orthodoxy

YOUTH BREAKOUT EVENT
NOVEMBER 19

Orthodox Story time

Parents/guardians
and their children
under age 3 are
invited

Come enjoy faith-filled
stories and Orthodox songs
inspired by nursery rhymes.

Where? Play area!

FIRST SUNDAY OF
EACH MONTH

11:00 AM

Questions? Reach out to
Megan Monko, Marian
Gorgy, or Church School
email@
churchschool@stmarysoca.org



TICKETS

adults (12+) \$15
children 5-11 \$8
4 & under free



czech beef goulash, noodles,
sauerkraut, salad
& homemade desserts
takeout meals available

annual fundraiser

MITTEL EUROPEAN DINNER

st. herman's orthodox church
5355 38th ave south, minneapolis

SATURDAY, NOV 1ST
5 PM VESPERS
DINNER TO FOLLOW



In western Georgia, IOCC helps small farmers improve production and increase the value of their products by providing greenhouses and solar dryers to prepare herbs and other produce for a year-round market.

JOIN US FOR A Reception with IOCC

Thursday, November 13, 2025 ~ 6:00 pm

Please join us at St. Mary's Greek Orthodox Church for an evening of fellowship, pizza, wine, and desserts. Hear from IOCC's Gift Officer, Nick Kasemeotes, about his recent visit to witness IOCC's programs in Greece and the Republic of Georgia.

SAINT MARY'S GREEK ORTHODOX CHURCH
3450 Irving Avenue South, Minneapolis, MN

Attendance is free, but
donations are always welcome!
ioccc.org/minneapolis



INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES

News & Information from St. Mary's

Tuesday Online Bible Studies

If you would like to participate in the Tuesday online Bible studies (two sessions - 2:00 p.m. & 7:00 p.m.) with Fr. Andrew, please email Fr. Andrew at frandrew@stmarysoca.org.

Georgia Pilgrimage - 2026

Fr. Andrew Morbey is arranging for a pilgrimage or two to Georgia in 2026. The main one will likely be October 3 - 15 and be based in Kutaisi, with travel into Guria and up into Svaneti, including a visit to the tomb of St. Maximus the Confessor. Also, if there is sufficient interest, we will continue our usual pilgrimage program in eastern Georgia, with likely dates of May 3 - 15. Our pilgrimage groups are limited to 12 persons. Information meeting on Sunday, November 30, in the parish center.

Building Attendant

St. Mary's Orthodox Cathedral in NE Minneapolis is currently taking applications for Building Attendants. Responsibilities include opening and closing the building, monitoring entry/departure of visitors, event set-up & tear-down, trash disposal, and occasional light cleaning & maintenance duties (spills, restocking bathrooms, sidewalk salting).

Requires reliability to be on time; ability to follow instructions and procedures; CRP certification or ability to complete training; lifting ability of 30 lbs. The hourly rate is \$15.97. Hours are part-time and vary. Primary hours needed are evenings, Saturdays, and Sundays. The number of hours a month can vary from 5 to 20, depending on scheduled activities.

If interested, contact the Cathedral Office at office@stmarysoca.org for an application, or send your resume with three references to the Cathedral Office by email office@stmarysoca.org, or by mail: 1701 Fifth St. NE, Minneapolis, MN 55413.

Ministry Updates @ St. Mary's

Join Our Greeter Ministry!

Joni Hinton is excited to announce the relaunch of St. Mary's Greeter Ministry. Greeters play a special role in our parish by welcoming everyone to Sunday Liturgy and handing out the weekly Messenger. If you are interested in participating and joining Joni, Anna, Lowell, Serie, and Wally in this ministry, please reach out to Joni at jdvnu@gmail.com or the church office at (612) 781-7667. Your presence can make a big difference in someone's day!

Missions Committee Update

We have continued supporting places requesting our assistance. At our October meeting, we donated \$250 to Ancient Faith Radio for their continuing work of spreading the

Orthodox faith online with podcasts and videos. We also donated \$250 to support the Orthodox Christian Prison Ministry to help bring the faith to incarcerated men and women by providing Orthodox Study Bibles and other Orthodox materials.

We also donated \$500 to our own Lynn Barnes, who is traveling to Guatemala with an Orthodox Christian Medical Team to help those in need in a remote village. Way to go, Lynn!

Thank you to everyone who generously supports us in our efforts of working for Christ in the world, by using their 'Purple Mission Envelope' or designating 'Mission Fund' on their checks to the Cathedral.

Organization Updates @ St. Mary's

From the Olive Shoot Cathedral Gift Shop

If you haven't yet had a chance to visit the Olive Shoot, November is an excellent time! As we lean into the cool weather and the coming of the Advent season, pick up a book and maybe a new scent of incense or a warm candle. The days are getting shorter, and things are finally slowing down. It's also the perfect time to reflect on our gratitude for the many blessings we continue to receive.

Women's Club Meeting

We would like to invite all women of our Parish to join us for our monthly meeting on Thursday, November 6, at 6:30 p.m. Food, beverages, fellowship & fun will be provided.

Perohi Update

We will be making perohi on **November 2 & 3, and 17 & 18**. Please consider helping when you can on Mondays and Tuesdays. We especially need volunteers on Mondays. Set-up and dough-making begins at 7:30 a.m. and cooking, filling, pinching, and bagging at 9:00 a.m. Please contact Janice Strauss (jmbstrauss@gmail.com) with questions.

Save the Date

Taste of Northeast - Sept. 25-27, 2026

Now that this year's festival is all wrapped up, it's time to plan for next year! We are tentatively planning on the weekend of September 25, 2026. Please plan on being there, we need your support, so we highly urge you to not take any vacations during this time! This is your festival after all. Thank you for your support!

Holiday Bread Baking & Bake Sale

St. Mary's Women's Club is hosting a bread-baking day on Saturday, November 22. ALL are welcome to help! Skilled bakers, novice bakers, or no baking experience at all, men, women, young, old - PLEASE come join in the fun!

We set up assembly line style, and we learn from those who have been baking forever! We generally work from 8:00 a.m.

until 2:00 p.m. or so. Dough prep, filling prep, rolling, braiding, baking, cooling, packaging, pricing, presentation, dishes, lunch, and laughter! Come for the whole time or come for a few hours!

Our bread sale will be held the following morning on Sunday, November 23, during Coffee Hour. Thank You! Questions? Please call or text Chris Gulachek at 612-889-2079 (Cell).

Educational Opportunities

Philip Mamalakis Presentation

St. George Antiochian Orthodox Church in West St. Paul is excited to welcome you to a rare and exciting opportunity to hear Philip Mamalakis, author of *Parenting to the Kingdom* and *Journey of Marriage*, on Friday and Saturday, November 14 and 15. Mamalakis is the associate professor of Pastoral Care at Holy Cross Seminary, and a marriage and family therapist. Dr. Mamalakis brings the best of Orthodox wisdom to real-life parenting and marriage issues.

This event is open to all single adults, married couples, parents, and people interested in learning how to make connections between the spiritual life as we understand it in the Orthodox Church and the ongoing challenges of living single, being married, & raising children.

News for Families

Saints Service Project Night Blankets for FOCUS & Pizza Party

Calling all Saints members (students in grades 6-12)! Please join us for a fun-filled night of fellowship and service making tie-blankets for FOCUS House.

On Saturday, November 8, we will meet at 5:00 p.m. for Vespers. Following Vespers, we will enjoy pizza and refreshments for dinner, tie blankets for FOCUS, and then enjoy gym time. Questions: Contact Chris Gulachek at crsg418@gmail.com or 612-889-2079.

Sheep & Shepherds Advent Adventures



An Intergenerational Event!

Who: SHEEP...Students in Grades 1-5
SHEPHERDS...Adults aged 60 and over

When: Saturday, December 6, 10:00 a.m. – 11:30 a.m.

Join us for Liturgy at 9:00 a.m. for the Feast of St. Nicholas.

What: Pancake Breakfast, Learn about St. Nick, Crafts, & More!

Register Today! <https://bit.ly/adventadventures>

Twin Cities Orthodox News

FOCUS Minnesota - Cold Weather Needs

Our Coat Room in the clothes closet is open now that more seasonable, chilly weather has arrived. While we have a small backstock of women's and children's jackets, we have hung every single men's coat that we have on hand. Please consider donating a gently used but still wearable winter coat, particularly Men's, to help a neighbor through the harsh Minnesota winters. We also accept warm gloves, hand &/or feet warmers, and lip balm to share this season.

Additional FOCUS Needs

- New men's underwear (S/M/L)
- Pasta sauce, deodorant, hand and body lotion
- We also take coffee mugs, ties, water bottles, plastic shopping bags, paper grocery bags with handles.
- We are well stocked with women's clothes at this time.

You can bring donations to our donation bin by the accessibility entrance of the Cathedral or drop them off at FOCUS MN (550 Rice St., St. Paul). Thank you for your generosity and support!

El Tonto Por Cristo – Film Screening

When: Thursday, November 13

Where: Heights Theater (3951 Central Ave NE Columbia Heights)

Tickets: \$25.27 VIP - \$60.18 (early reservation encouraged)

Purchase here: <https://bit.ly/41RGFXE>

Set along the windswept Texas Gulf, 'El Tonto Por Cristo' follows a brotherhood of monks inching toward sainthood, struggling with the burden of their own condition. Told in luminous black-and-white vignettes, the film offers a quiet unfolding of repentance, inviting viewers to participate in body, mind, and spirit.

Orthodox Attorney Fall Retreat

"Law, Calling, & Renewal of the Soul"

November 21-23, at St. Iakovos Retreat Center, Kansasville, WI. Join fellow Orthodox attorneys for a weekend of rest, renewal, and fellowship! Come reflect on our calling as attorneys and servants of Christ, and (re)discover peace and joy in your career.

Limited single rooms, double rooms, and day passes available. All attorneys, active and retired, and law students welcome. More information & registration: www.tinyurl.com/OCANretreat. Questions? Contact: Info@orthodoxattorneys.org.

Icon Art Studios Presents

Montenegro/Serbia Sea Resort/Pilgrimage Meeting

An informational meeting will take place on Sunday, December 7, at 11:15 a.m. (St. Mary's Parish Center - room TBA). Please contact Deb Korluka (612-889-5868 or akorluka@aol.com) or Jim Varian (jvarian@gmail.com) for any inquiries.



Article deadline for the
December 2025
Cathedral Monthly Bulletin
is **Friday, November 14.**

Update Contact Information

Moving or have a change of phone number or email? Please contact the Church Office with your new address contact information (office@stmarysoca.org or 612-781-7667).

Financial Stewardship

To make a donation, visit our donation page: <https://stmarysoca.org/donate>, scan the Venmo QR code below, or mail your donation to the Cathedral Office, attention Financial Secretary. Thank you for your generous support of our parish!



Make a check payable to
"St. Mary's Orthodox Cathedral"
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St. Mary's Orthodox Cathedral
1701 5th Street NE,
Minneapolis, MN 55413

Fr. Andrew Daily Reflection

If you would like to receive the daily reflection emails from Fr. Andrew please notify the Cathedral Office at (612) 781-7667 or office@stmarysoca.org.

Cathedral Office Hours Update

St. Mary's Cathedral Office is open Tuesday, Thursday, & Friday from 9 a.m.-12:00 p.m. and 12:30-4:30 p.m. On Wednesdays, the Office is open from 9 a.m.-12:00 p.m., and 12:30-4:00 p.m. Please note the Office is closed for lunch from 12-12:30 p.m.

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 individual(s) have submitted an application for membership to St. Mary's: *Anna Scheglowski*. 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*.

Transitions

Wedding:

Matthew Klein & Deanna Kolas, 10-25-2025

Many Years!

Happy Birthday to all who celebrate their birthdays in November, and especially to Jack Novak, who is celebrating his 91st birthday on November 23, and John Dennis, who is celebrating his 94th birthday on November 24. ***May God grant you many years!***

Coffee Hour: Hosts Needed

To sign-up to host Coffee Hour visit: <https://bit.ly/coffee-hour-signup>. Please visit the sign-up and see if there is a Sunday you can volunteer to host. In the event that no one signs up for a given Sunday, we will still have a Coffee Hour, but only have coffee available. For more information about Coffee Hour and volunteering/hosting, contact our new Coffee Hour Coordinator, Liz Korba (coffeeshour@stmarysoca.org). Thank you!

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.).

Special Contributions

GENERAL FUND

In honor of John & Deb Crowley's 50th Anniversary
From: John & Deb Crowley

In honor of John & Deb Crowley's 50th Anniversary
From: Nicholas & Pamela Boosalis

In honor of Taste of NE Festival
From: Anonymous

PARISH HOMES IMPROVEMENT

From: George and Delores Manzuk Trust

* If you would like a donation or memorial you've made to be published, please be sure to write "to be published" or "publish" on the donation. In the event that a memorial or donation that you requested to be published has not been published, please contact the Cathedral Office.

St. Mary’s Orthodox Cathedral

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 3:30 pm Baptism 5:00 pm Vespers
2 21st Sunday after Pentecost 7:45 am Matins 9:00 am Divine Liturgy 11:00 am Saints Meeting 11:00 am Church School 11:00 am Orthodox Story Time	3 7:30 am Perohi Set-Up 9:00 am Perohi Making	4 7:30 am Perohi Set-Up 9:00 am Perohi Making 2:00 pm Online Bible Study 7:00 pm Online Bible Study	5 6:30 pm Akathist 7:00 pm Choir Rehearsal 7:00 pm Fellowship 7:30 pm Catechism & Ed. Talk	6 St. Paul the Confessor 9:00 am Divine Liturgy 6:30 pm Women's Club Meeting 7:00 pm Board Meeting 7:30 pm Adult Bible Study (Zoom) w/ Dn.Philip	7 6:15 pm Vespers w/ Litiya	8 Archangel Michael & All the Bodiless Hosts 9:00 am Divine Liturgy 3:30 pm Reception of Catechumens 5:00 pm Vespers 6:00 pm Saints Service Project
9 Martyrs Onesiphorus & Porphyrius of Ephesus 7:45 am Matins 9:00 am Divine Liturgy 11:00 am Church School 12:00 pm Youth Leadership Meeting	10	11 2:00 pm Online Bible Study 7:00 pm Online Bible Study	12 6:30 pm Akathist 7:00 pm Choir Rehearsal 7:00 pm Fellowship 7:30 pm Catechism & Ed. Talk	13 St. John Chrysostom 9:00 am Divine Liturgy 6:00 pm Orthodox Guys' Night 7:30 pm Adult Bible Study (Zoom) w/ Dn.Philip	14	15 Nativity Fast Begins 5:00 pm Vespers
16 Holy Apostle Matthew Parastas Sunday 7:45 am Matins 9:00 am Divine Liturgy 11:00 am Church School	17 7:30 am Perohi Set-Up 9:00 am Perohi Making	18 7:30 am Perohi Set-Up 9:00 am Perohi Making 2:00 pm Online Bible Study 7:00 pm Online Bible Study	19 6:30 pm Akathist 7:00 pm Choir Rehearsal 7:00 pm Fellowship 7:30 pm Catechism & Ed. Talk	20 6:15 pm Festal Vespers	21 Entry of the Theotokos Into the Temple 7:45 am Festal Matins 9:00 am Festal Liturgy TBD MN Homeschool Association	22 8:00 am Holiday Bread Baking 11:00 am Baptism 5:00 pm Vespers
23 St. Alexander Nevsky 7:45 am Matins 9:00 am Divine Liturgy 10:45 am Holiday Bake Sale 11:00 am Church School	24	25	26 6:15 pm Vespers	27 Thanksgiving Greatmartyr James the Persian 9:00 am Divine Liturgy	28	29 3:00 pm Baptism 5:00 pm Vespers
30 Holy Apostle Andrew 7:45 am Matins 9:00 am Divine Liturgy 11:00 am NO Church School 11:00 am Georgia Pilgrimage Info. Meeting		Schedule is subject to change. Please check the Messenger or www.stmarysoca.org				

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