# 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

OCTOBER 2024 • VOLUME 70 • NUMBER 10



**ВЕТИВИ SERVICE REQUESTED** 

St. Mary's Orthodox Cathedral 1701 Fifth Street N.E. Minneapolis, Minnesota 55413

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### 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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Deacon Philip Wagner
Deacon Joshua Ford

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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

В

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

### **Pastoral Reflections**

Rejoice, O our Joy, protect us from all evil with Thy most precious veil!

Our parish feast day - or as we say, our altar feast or feast of dedication - is October 1: the Protection of the Mother of God.

This feast commemorates a vision of the Mother God spreading her veil over the city of Constantinople, signifying that it was under her protection. This was very important, even critical, because the city was under siege and its citizens at the point of despair. The elderly man who had received the vision, St Andrew the Fool for Christ, inspired everyone and they persevered Those laying siege decamped. The city was saved.

What this vision meant for the people of Constantinople, and what it means for us, is that believers are united in an unbreakable and unending communion of mutual love and care in the Church, together with the Mother of God and all the saints. Indeed, she stands at the head of this communion of the saints, both as our victorious leader and tender-hearted intercessor. She - and they - are not far away, somewhere 'upstairs' and remote from us. They are close at hand. They pray with us and intercede for us. They are right at our elbow, so to speak. We sense them especially in our churches, this cloud of witnesses. We sense their presence in our iconography and hymnography, in our prayers. In church and at home, wherever we are, we pray: *Through the prayers of the Mother of God and all the saints, Lord Jesus Christ our God, have mercy on us and save us!* 

### Retirement

As noted in my Pastoral Report at the 2024 Annual Meeting back in February, I had asked for and received from the Archbishop the blessing to retire at the end of the year, subject to finding a replacement. The process for finding a replacement has been complicated, and in fact just recently at the end of August an approximate date for my retirement of 'after Pascha' 2025 was determined. God-willing I will remain as cathedral Dean through until the end of April or early May. I concluded my Pastoral Report with 'Man proposes, God disposes' - and this has proved very true!

### **Benefactors**

At the Divine Liturgy, we pray for all those "that love the beauty of Thy house", and also specifically for its founders and benefactors. Don't we all have the hope that we will be remembered in prayer after we depart this life? We could be remembered in prayer - not as founders of course but as benefactors - by leaving something to the Church so that this community we love will continue to grow and nurture both our next generations and all those drawn to Christ's Church. A benefactor is an imitator of Christ, who is always generous and giving. So many of those who went before us gave generously so that we have the St Mary's Cathedral that we have today!

With this new Church Year, please prayerfully consider leaving something to the Church to the Cathedral itself, or to the Cathedral Endowment Fund - in your name, or anonymously. The impact of your gifts, of your estate planning, as benefactors of this Holy House, is priceless!

- Fr. Andrew

### **Choir Notes**

An astute observer may notice we tend to sing a lot. But why, why do we sing? Why do we do anything in the church for that matter? To come closer to God, of course. But God does not need us to sing, or to fast, to cross ourselves, or go to church; He is God, He doesn't need these things. We do. We need to sing, we need to pray, we need to go to church, to make prostrations, to fast, and to do all the things prescribed for us by the Church. We need to do these very physical things because by doing them, we soften our hearts and turn towards Him who made us, who loves us, and who has given us everything. By bowing our body, we bow our soul. By singing praises with our voice, we sing praises with our soul.

I had a conversation with another choir director earlier this church year. We were talking about the saying "those who sing, pray twice," and we were trying to decide how this could be true. There's so much happening in a service, from reading music, shuffling music handouts, and watching the director's wildly erratic gestures that we're sometimes lucky if we pray once, let alone twice! The week after the discussion I had the iov of directing a Vespers service during which everyone simultaneously entered this heightened state of prayerfulness. It was an incredible experience, beyond words. But what to make of it? First, the moment was a gift from God. Such a state is only attained through Him as much as we might like to think otherwise. Second, we were singing things that we could sing in our sleep and the "so much happening" vanished, leaving us with unified, uplifted hearts and voices. Worth stating twice, it was an incredible experience.

Following up on the second point, somehow, I don't think "just showing up and singing," or "just showing up and praying," will bring us to that state again. We have to put in effort and work to get to the point of being able to sing things in our sleep. Isn't there another saying about how "work is prayer?" How lucky for us that an opportunity to work is already in place! Every Wednesday evening after Vespers, we have choir rehearsal. And yes, it may sound like we're just horsing around up there, but we are also, in fact, working. A lot.

In the loft we primarily work on how we sound, rather than on prayerfulness. Why? Firstly, I can't help you sing prayerfully; that's inner spiritual work stuff between you and the priest and God and your Guardian Angel and the Theotokos and you get the point. Secondly, it's the same reason we do prostrations and other physical things. We work on physically singing together so that we can pray with uplifted hearts and voices as one.

I'm reminded of a time when someone asked me, "why do we keep going flat?" Given that we were in the middle of a service, I was unable to quickly answer the question in a language the inquirer would understand, and I'm not talking about Italian. But I also wasn't prepared with a quick answer because there are so many reasons why. I've since realized that they all fall under the umbrella, "we sing inefficiently." We use extra muscles that we think we need, but we don't. We take big breaths with our pectorals rather than our diaphragm, we sing high notes by stretching and flexing our neck and tongue up, we sing low notes by pushing the same muscles down, we breathe with our soft pallet low and in the way, and several other things. Said in another way, we have piled onto our voice so many little extras that we think we need, that it struggles, pitches, and falls flat like an overburdened camel, which I've never actually seen... That, amongst other things, is what we are working on at choir rehearsal.

There is a connection here to day-to-day life that an astute observer may notice. How many things have we piled onto our lives, thinking they're important? They must be important, or we wouldn't have piled them on in the first place!...right? Here too, we find another reason to go to church: If we don't, when will we ever find the time to physically and spiritually draw closer to God? How will we stop ourselves from just. drifting. off. into the storm and raging waters of this life?

On that uplifting note, Brothers and Sisters in Christ, please keep me and the family in your prayers; Halloween and the Great Sugar Rush is right around the corner. It is always good to see you, even if we don't speak.

- Mark Wesche

#### **Choir Events & Dates of Significance**

- Wed., October 2 Choir Rehearsal 7:00 p.m.
- Wed., October 9 Choir Annual Meeting 7:00 p.m.
- Wed., October 16 Choir Rehearsal 7:00 p.m.
- Wed., October 23 Choir Rehearsal 7:00 p.m.
- Wed., October 30 Choir Rehearsal 7:00 p.m.

### October Birthdays - Many Years!

5 - Paula Manzuk

25 - Rdr. Alex Langley

20 - Alice Woog

### **Olive Shoot Update**

We welcome you back! It's been an exciting time for all of us getting the shop ready for another church year. We've been busy adding many new things to make us interesting, inspirational and a good resource for all. Come see our new styles of crosses, hanging vigil lamps, icons, and books. For those interested in learning about the Orthodox faith, we have put together a Catechumen Set that includes eight essential books to get you started. Come check us out and say hello to our new staff members Mary Ignatowicz and Joan Jurichko!

### **Perohi Update**

Thank you to all the volunteers who came and made quick work of our task on September 9 and 10. Due to Iconography workshop on October 7 & 8, our next work dates will be October 21 & 22. Set-up and food prep on Monday begins at 7:30 a.m. forming the filling at 9:00 a.m. Set-up and dough making on Tuesday begins at 7:30 a.m., rolling, cutting, filling, pinching, cooking and packaging begins at 9:00 a.m. Contact Janice Strauss at jmbstrauss@gmail.com or 612-965-1775.

### **Church Bread Baking**

Starting in September, Fr. Andrew will be baking church bread (prosphora) in the parish center kitchen on Saturday mornings at 8:30 a.m. following this tentative schedule: October 26; November 2, 9, 23; December 14, 21. 28. Those interested in learning about prosphora baking are always welcome to attend and participate!

### 2025 Georgia Pilgrimage

The 2025 Georgia pilgrimage with Fr Andrew is being planned for May 24 - June 4 (subject to minor changes). This pilgrimage is limited to no more than 12 participants. A preliminary meeting is planned, following the return of the 2024 Pilgrimage, in Fr. Andrew's office on Sunday, October 27 following coffee hour.

### **Frozen Goodies for Sale**

Last chance to get delicious Taste of NE goodies! Items will be on sale on Sunday, October 6, during coffee hour!

- Holubki (2 pack) \$10.00
- Holubki (6 pack) \$30.00
- Polish Sausage (5 pack) \$10.00
- Potato/Cheese Perohi (6 pack) \$6.00

### **Thank You!**

On the behalf of the Festival Committee, thank you to all of the volunteers who helped and attended the Taste of NE Festival, without all of you we could not have made it happen. This was our 9th annual festival, going forward it would be great to have a 10th festival.

#### Committee members:

Barb Dupay-Chair

Deb Sterzinger- Volunteer Manager

Cindy Huber- Treasurer

Dan & Sue Imhoff- Market Place Chair

Joanne Korluka- Business Sponsor Leader, Raffle Chair, and

many secretarial tasks

Scott Boris- Permits

Andrew Hinton- Food/Beverage Chair

Joe Dmowski- Food trucks, plus volunteer recruitment

Betsy Langlais - Bingo chair Simon Dupay- Sign Manager Maria Zivkovich- Kid Games Chair Kathy Jurichko- Entertainment

Thank you to John Jurichko for organizing the book sale and a special thank you to Tim Kaseno for a great job for set up and take down as well as electrical, coordination with Holy Cross.

### **Iconography Workshop & Lunches**

As St. Mary's Cathedral once again sponsors the iconography workshop, Oct. 6-12, you are encouraged to participate as students. A 10% tuition discount is given to parishioners. If you are unable to participate as a student, consider joining another family and providing one of the Monday-Friday weekday nonmeat lunches for this dedicated, hard-working, and very appreciative group of about 30 people--coming from various parts of the world. St. Mary's Cathedral is known for its hospitality. Please consider serving in this way. Contact Marilyn Johnson at mjohnson@umn.edu for details.

### **Wednesday Evening Discussion**

Starting Wednesday, October 23, a new night discussion group begins, reflecting on the general, broad topic of church life. The discussion will be structured on the sacraments: Holy Orders, the Eucharist, Baptism, Chrismation, the reception of converts, Confession, Monasticism, Marriage, Holy Unction, the 'liturgy of death', and possibly ecuemnical witness. We will meet at 7:15 p.m., on Wednesday nights, in the Parish Center Dining Room.

### **FOCUS Minnesota**

We are very low on gently used men's clothing and winter jackets. Also needed are Youth clothes sizes 6-16. Please check your closets for any of these items that you no longer need or that no longer fit. Thanks, our FOCUS clients can certainly use them! Please save the date - October 13 - which will be our next turn to serve a Sunday FOCUS meal.

### Icon Art Studios - Serbia Pilgrimage

The 2025 Icon Art Studios Serbia pilgrimages are being planned for May 1-12 & Sept. 21-Oct. 25 (subject to minor changes). A preliminary meeting will be held in Fr. Andrew's office on

### **Safety Committee Update**

The staff and St. Mary's Cathedral Board Members wish to create a level of security awareness within our Cathedral properties and neighborhood. Recent criminal incidents include graffiti on the Cathedral building, a daytime car theft from the Parish Center parking lot, and a male, non-parishioner has been seen lurking in the basement hallway and women's bathroom at the Cathedral.

We are reporting these to our parish community in hopes that this helps us create an atmosphere of awareness and for all our safety. Considering this, your Cathedral Board has formed a committee to make recommendations for a safer and more transparent environment. Please be aware of your own situational safety, and if you see something, say something. Report any concerns to a clergy member, a service attendant, a building caretaker, or a Safety Committee Member. Please put best practices into place when it comes to your personal property and overall safety.

### Examples of property safety include:

- Keep all valuables out of your car or leave them at home.
- Keep in mind that we are a public space as we invite the public to worship with us.
- Stay focused on external safety, always aware of your surroundings, avoid looking at a cell phone.

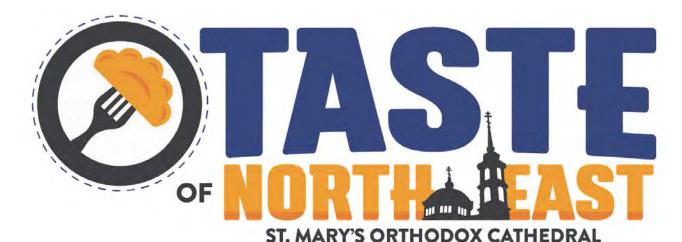
### Examples of personal safety include:

- Mind children and vulnerable adults while in the buildings and out. Know where they are, at all times.
- Use a buddy system. There is safety in numbers.

We ask that you pray for our neighborhood and neighbors, the civil authorities; and for suspects and perpetrators so that they may have a change of hearts and minds.

We will continue to attend worship together and attend events here as usual but want everyone in our community to learn about crime prevention and personal safety skills development. Expect to see more information coming from the Board via the good work of the committee.

(Committee members: Scott and Susan Boris, Liz Korba, Fr. Ben, & Chair Tim Kasino)



# Thank you everyone for making the Festival a success!

### Thank you to our 2024 St. Mary's Taste of the Northeast Sponsors!

### **Personal Sponsors:**

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### Orthodox Adult Game League



**NEXT GAME NIGHT** 



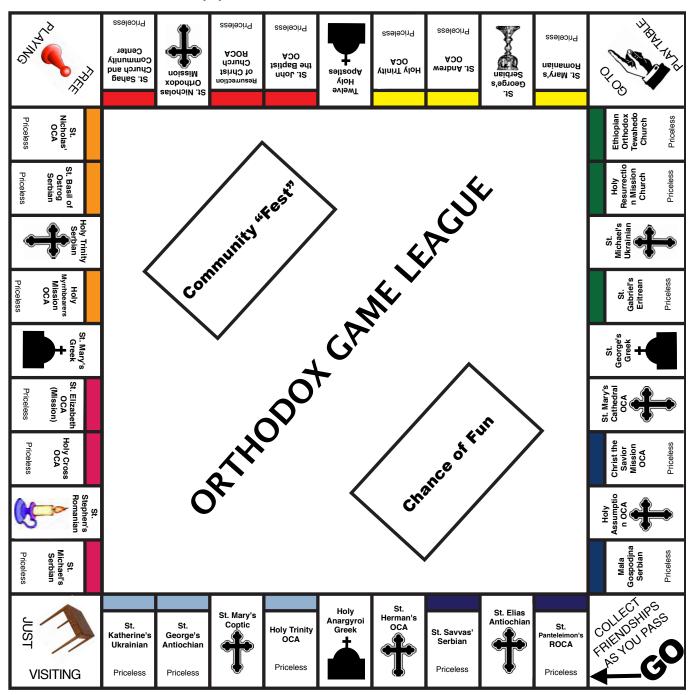
Saturday, Oct 12th @ 6:00 pm

### St. Mary's Greek Orthodox Church

3450 Irving Avenue South, Minneapolis, MN 55408

\* Enter door in SOUTH parking lot BY FLAGPOLE \*
Bring a munchie or dessert to share!

Any questions ... call Fiona Lotti @ 651.470.8994



### **October - Youth & Families News**



OCTOBER 2024							
OCTOBER 1	PROTECTION OF THE THEOTOKOS, Parish Altar Feast Day Vespers Monday night, Matins: 7:45AM; Liturgy: 9:00 AM						
OCTOBER 6	10:30-11:00	Saints Meeting, (Grade 6+) Stage					
	11:45 -12:30	Youth Folk Dance, Ages 5-10, PreK Room					
OCTOBER 4-6	Weekend	Family Camp, Families, Maple Lake, MN					
OCTOBER 12	TBD	Saints - ValleyScare, Shakopee, MN (Grade 6+)					
OCTOBER 27	11:00 am	Classroom Choir, Pre-2nd, Classrooms					
S S 2 S 2 2 2 2 2 ,	11:45-1:30	Fall Festival, Families, Gym					

NOVEMBER 2024						
November 2	8:30 am	Church bread (prosphora) baking, Fr. Andrew				
NOVEMBER 3	10:30-11:00	Saints Meeting, (Grade 6+) Stage				
	11:45 -12:30	Youth Folk Dance, Ages 5-10, PreK Room. Performance opportunity Nov 24.				
NOVEMBER 8	Synaxis of the Archangel Michael and All the Bodiless Powers					
	8:30 am	Church bread (prosphora) baking, Fr. Andrew				
NOVEMBER 9	10:00-11:30 am	In Thanksgiving for All, Sheep & Shepherds (Grades 1-5) & Seniors (55+), Dining Room				
NOVEMBER 9 & 10	TBD	Saints to FOCUS, (Grade 6+)				
November 14-16	Parish Youth Ministry Network Gathering in Dallas, Texas, Fr Ben and others					
NOVEMBER 15	NATIVITY FAST BEGINS (40 days until Christmas!)					
NOVEMBER 16	7:00 am-4:00 pm	Women's Club: BREAD BAKING				
NOVEMBER 17	Coffee Hour	Women's Club: BAKE SALE				
NOVEMBER 21	ENTRANCE OF THE THEOTOKOS  Matins: 7:45AM; Liturgy: 9:00 AM					
NOVEMBER 23	8:30 am	Church bread (prosphora) baking, Fr. Andrew				
NOVEMBER 24	11:00 am	Classroom Choir, Pre-2nd, Classrooms				
NOVEMBER 24	11:45 -12:15	Youth Leadership Meeting, dates for spring, Board Room				
NOVEMBER 28	THANKSGIVING DAY  Akathist 'Glory to God for All Things' Service					

### **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: *Joseph Dmowski*. 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*.

### **Visitation Ministry**

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).

### **Grief & Loss Support Group**

### WHO IS THIS GROUP FOR?

- Anyone who has experienced loss and is looking for grief support with other Orthodox Christians.
- Loss and grief including: death of a loved one, sudden death, traumatic loss, Alzheimer's, dementia, miscarriage, sudden illness, etc.

### **Monthly Group**

This group is geared for those who would like to meet on a monthly basis. It will include discussion time and different topics.

Meeting Dates: The last Wednesday of the month 7-8 p.m. (after vespers). Note: You may attend both groups if you wish.

For questions e-mail Joni at: stmarysgriefgroup@gmail.com. All communication for group updates will be by e-mail.

#### **About Us**

Matushka Jenny Schroedel & Joni Snidarich began a new grief exploration/support group in the fall of 2023. We will be offering 2 new groups in the fall of 2024.

Matushka Jenny Schroedel is a hospice chaplain, specializing in grief support.

Joni Snidarich is an RN with a certification in grief education.

Spiritual Support: Fr. Benjamin Tucci and Fr. Timothy Sas

### Many Years!

To all who celebrate their birthdays in September and especially to **Mary Ann Tich** (94) on September 1, and **Dorothy Podany** (93) on September 12. **May God grant you many years!** 

### **Transitions**

### Baptism:

David Trakhtenberg: 9-11-2024

### Weddings:

Alexandra Taracido & Eric Cooley: 9-15-2024



Article deadline for the November 2024

<u>Cathedral Monthly Bulletin</u>
is Thursday, November 14.

### Flower Chart 2024

The 2024 flower chart to sign-up for Sunday flowers is available online at: https://bit.ly/flowersignup. When signing up, enter your contact information (name & email), and for whom or what the occasion is (ex. in memory of). You may order flowers from your favorite florist and have them delivered (before 3 p.m.) on the Friday before to St. Mary's Parish Center (1701 5th St NE), or you may bring the flowers to the Cathedral before Saturday Vespers or before Sunday Liturgy.

### **Special Contributions**

#### **GENERAL FUND**

In memory of Diane Stenach From: Bill & Jan Varhol

From: Anonymous

#### **PARISH HOMES**

\$520.00

From: Former St. Mary's 'O' Club

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

### October 2024

y	Mary 8 Orthough Catheurar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Protection of the Theotokos 7:45 am Festal Matins 9:00 am Festal Liturgy	2 6:15 pm Vespers 7:00 pm Choir Rehearsal	<ul> <li>3 HM Dionysius</li> <li>9:00 am Divine Liturgy</li> <li>6:30 pm Women's Club Meeting</li> <li>7:30 pm Adult Bible Study (via Zoom)</li> </ul>		5 10:30 am Rusin Association Meeting 5:00 pm Great Vespers mp Oct. 4-6	
6 Transfiguration of our Lord 7:45 am Matins 9:00 am Divine Liturgy 10:30 am Saints Meeting 11:00 am Church School 11:00 am Coffee Hour 11:45 am Youth Folk Dance	7	8	9 6:15 pm Vespers 7:00 pm Choir Annual Meeting	Akathist Icon of the Mother of God  9:00 am Divine Liturgy 6:00 pm Orthodox Guys' Night 7:30 pm Adult Bible Study (via Zoom)	11	8:45 am Iconography Workshop  TBD Saints Event 5:00 pm Great Vespers	
7:00 pm Iconography Workshop		Iconography Workshop 8:45 am – 9:00 pm					
13 16th Sunday after Pentecost	14	15	16	17 Martyr Susanna	18	19	
7:45 am Matins 9:00 am Divine Liturgy 11:00 am Church School 11:00 am Coffee Hour	7:00 pm Board Meeting		6:15 pm Vespers 7:00 pm Choir Rehearsal	9:00 am Divine Liturgy 7:30 pm Adult Bible Study (via Zoom)		4:00 pm Chrismation 5:00 pm Great Vespers	
20 17th Sunday after Pentecost Parastas Sunday  7:45 am Matins 9:00 am Divine Liturgy 11:00 am Church School 11:00 am Coffee Hour	7:30 am Perohi Making 7:00 pm Board Meeting	7:30 am Perohi Making	23 6:15 pm Vespers 7:00 pm Choir Rehearsal 7:15 pm Discussion Group	24 Joy of All Who Sorrow Icon  9:00 am Divine Liturgy  7:30 pm Adult Bible Study (via Zoom)	25	26 8:30 am Prosphora Baking 5:00 pm Great Vespers	
27 18th Sunday after Pentecost  7:45 am Matins 9:00 am Divine Liturgy 11:00 am Church School/ Classroom Choir  11:00 am Coffee Hour 11:45 am Fall Festival 11:45 am Pilgrimage Meeting	28	29	30 6:15 pm Vespers 7:00 pm Choir Rehearsal 7:00 pm Grief Group	31 Cincture of the Theotokos 9:00 am Divine Liturgy 7:30 pm Adult Bible Study (via Zoom)	Please check th	oject to change. e Messenger or arysoca.org	

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# **ICONS**

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