

# 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 2024 • VOLUME 70 • NUMBER 11



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1701 Fifth Street N.E.  
Minneapolis, Minnesota 55413



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**B**

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1701 Fifth Street NE  
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## Pastoral Reflections

November in the Orthodox Church is a spiritually rich and significant month, filled with opportunities for deepening one's faith and participation in sacred traditions. One of the central practices in November is the Nativity Fast, which begins on November 15. This forty-day fast, also known as the Advent or Christmas Fast, is a period of preparation leading up to the birth of Christ. It is a time of self-discipline, reflection, and spiritual renewal, during which we are called to abstain from certain foods, focus on prayer, and practice acts of charity. By embracing the fast, we prepare our hearts and minds for the joy of Christ's coming into the world.

One of the most important feast days in November is the Entry of the Theotokos into the Temple, celebrated on November 21. This feast commemorates the presentation of the Virgin Mary to the Temple by her parents, Joachim and Anna, where she was consecrated to God's service at a very young age. It is a time to reflect on the purity, dedication, and holiness of the Theotokos, who would one day become the mother of our Savior. This feast reminds us of the importance of offering our own lives to God and the blessings that come from wholehearted devotion.

In addition to these spiritual practices, our community also celebrates an annual Thanksgiving Akathist, a service of praise and gratitude. This beautiful and moving service provides an opportunity to express our thankfulness to God for His many blessings, both seen and unseen. The Thanksgiving Akathist is a joyful expression of our faith, reminding us to cultivate an attitude of gratitude in all aspects of our lives.

As we enter this meaningful month, we warmly welcome everyone to participate in these sacred traditions. Whether through fasting, attending the feast of the Theotokos, or joining us for the Thanksgiving Akathist, November offers countless opportunities for spiritual growth and community. May this season be a time of renewal and blessing for all, as we prepare our hearts for the coming of Christ.

- Fr. Benjamin

## 2024 Georgia Pilgrimage

We had thirteen people on our pilgrimage in Georgia (October 4 - 16): Fr. Andrew and Fr. Paul and Amy Hodge, Nina Stenach, Jim Varian, Olga Grigoriants, Mark and Judy Labine, Bernie and Chris Gulachek, Andrew and Joni Hinton, and Patrick Stewart (from Santa Rosa, CA). We were joined for the first weekend by Simon Liedtke (currently doing graduate work in Sweden) and for the last several days by Joe, Barb and Joanne Neumann.

The first part of the trip headed east to the monastery of St. David Garedja, the beautiful town of Signaghi, the Bodbe monastery to pray at the tomb of St. Nina and Liturgy, St. Elias Monastery on a mountain near Dedoplistskaro, Archangel Michael monastery at Gremi, the extraordinary monastery at Nekresi, Alaverdi Cathedral, Ikalto and the New Shuamta monastery. Returning briefly to Tbilisi overnight, we then headed more or less west to the Poka monastery and the small convent on Saghamo Lake with its newly restored church of St. Jonah, the cave city of Vardzia, and monastery at Upper Vardzia, the very cool cave complex and churches at Samertskhle/Tavtsula, Akhaltsikhe (and a delightful program of youth choirs and traditional dance in the Rabati Castle), Borjomi, ShioGvime monastery, Uplistsikhe, and of course Dzvari, Samtavro and the tomb of St. Gabriel the Fool for Christ, and Mstkhet.

On the 14th we attended the Liturgy for the altar feast of the cathedral - Svetitskhovloba - along with hundreds of others. As well as monasteries and antiquities, we visited several vineyards and wineries, many really fabulous small kitchens and restaurants, renewed and

made new friendships, and enjoyed the gorgeous October weather and amazing landscapes. Everywhere the fruit trees (apples, quince, plums, pomegranate, persimmon, figs) were heavy with fruit even as the last of the grapes were being harvested and crushed.

A Georgian pilgrimage in 2025 is being planned for late May - early June. A preliminary discussion: Oct. 27 in Father Andrew's office, and anyone interested should contact him by Nov. 27.

## President's Column

November is here and we are well into fall and the usual fall activities are back in full swing. The list of activities is long, Church School, Choir, Coffee Hour, Family Camp, the Georgia Pilgrimage, Fr. Andrew making prosphora on some Saturday mornings inviting anyone who's interested to join him, Orthodox Game League Game Night, perohi making, the Icon Workshop, MEOCCA's Intro to Orthodox Christianity Class, Harvest Festival, Wednesday Evening Discussion, Orthodox Guys Night, Rusin Association, Grief & Loss Support Group, FOCUS Dinners, and probably more that I have missed!

It is so wonderful that we have such an active parish community with so many different ways for people to become engaged with others in our parish. If you're not participating in any of them, consider becoming involved in any that might interest you. Either call the office or find me and we'll connect you with the right person.

There are also events that happened this fall that are of special note.

On Sunday, September 8, Bishop Benedict was with us to celebrate the feast of the Nativity of the Theotokos. On behalf of Archbishop Daniel he awarded orarions to Matthew Collodora, Thomas Grey and Patrick Ketz. During the Liturgy the Georgian singing group Zedasche sang some hymns and in the evening presented a beautiful concert of sacred Georgian music.

On September 20th & 21 we held our festival. It was really a wonderful time for us and our surrounding community. Thank you very much to the organizers and workers. It was especially wonderful to see young people helping, especially all of the work they did helping to set up. It was also nice to see people new to our parish participating, all of us working together, enjoying ourselves, meeting, and enjoying the company of our neighbors and others who attended.

At Vespers the evening of September 14, the Feast of the Elevation of the Cross, Archbishop Daniel representing the Holy Synod of Bishops of the Orthodox Church in America awarded Fr. Andrew the right to wear the mitre, in recognition of his many years of dedicated priestly ministry to the people and parishes he has served.

You can view the awarding to Fr. Andrew here: [https://youtu.be/meH\\_i\\_15Gwg?t=1395](https://youtu.be/meH_i_15Gwg?t=1395)

I would like to mention that in his comments, His eminence pointed out that this is the second highest honor a priest can receive. He discussed the historical development of the use of the mitre and stated that "it represents a crown, a crown of glory, the crown of the emperor, but when we look at this mitre we should see another crown as well, we should see the only crown that Christ himself ever wore, and that was a crown of thorns. Because as we know, the life of the priest is a life of suffering with the suffering Lord."

Reflecting on this comment I think it bears remembering that oftentimes, it is our priests that we depend on in the worst times of our lives, but we don't often think of what a burden it can be on them, to pray for and support all of us.

So Fr. Andrew, on behalf of all of us in our parish community, Axios! May God Grant You Many Blessed Years!

- James Varian,  
President, St. Mary's Board of Trustees

## Parish Home Improvement Update

October 21, 2024 Here is an update on the parish home improvement projects. 414 17th Avenue N.E. All of the identified projects have been completed. The only items that will be addressed in the next few months are: the possible installation of a shower unit in the lower level of the home, installation of a sliding door from the dining area to a deck on the south side of the home.

1630 5th Street N.E. General Contractor Jim Curry has begun work on the home. Electrical work is being done, a painting bid will be received, and floor refinishing and plumbing work will be bid and completed. All cabinetry, flooring, and countertops have been ordered and all other necessary renovating items dealing with fixtures, appliances, etc. were ordered in late October. Shades/blinds will be ordered as well. An egress window will be installed in the lower level of the home, creating an appropriate bedroom space. Adding a shower unit in the lower level is also being pursued. We will look for "Black Friday" specials when purchasing a refrigerator, microwave, and dishwasher. The washer and dryer are relatively new and do not need to be replaced. Jim Curry, General Contractor is looking at a completion date of December 20, 2024.

The Parish Home Improvement Team members, Tim Kaseno, John Jurichko, Ray Borchardt, and I thank the Board of Trustees for their support in this project. The treasurer and financial officers have been very flexible providing timely payment to all contracted individuals. As team leader, I request that the Board of Trustees work directly with the Parish Finance Committee to create an updated and new message to parishioners regarding the need for people to donate to the project. We all know that there are numerous needs within our parish and that people do respond when they are asked or gently reminded of needed funds. Submitted by: Alice Woog.

## Choir Notes

"The soul is restored to health by silence. It is therefore necessary to train oneself to silence—and this is a labor that brings sweetness to the heart. It is through silence that a man reaches peace from unwanted thoughts." (St. Isaac the Syrian 7th cent.)

I came across this quote on Facebook, one of the myriad of priests had posted it and it spoke to me. So, I saved it and when I sat down to write for you, there it was! Now, I share it with you.

Perhaps it's odd for silence to be a topic on a choir notes page, and I hesitate to associate the following reflection with the above quote as there's a high probability that I've missed the point, yet again. Still, singing has an element of silence to it. There are the obvious rests and breaks in music that, when used well, add to the musicality of the music. But the element of silence goes deeper than that. Consider, for a moment, silence as something more than just the absence of sound. Consider silence as stillness, or more specifically, inner stillness, a state mentioned quite a bit by the desert Fathers. Stillness is found when we turn away from the noise and anxieties and energies of the world focusing, instead, on the stillness that lies underneath. When one is able to fully immerse oneself in this stillness, focus, comfort, strength, support, and a realigning of one's thoughts, follows.

But, singing...? Perhaps I've mentioned tension before: we have all sorts of muscles in our neck, head, and shoulders and it is difficult to be aware of them enough to actually release all the tension they hold. Similarly, it can be difficult to be still and the more we practice, the deeper into the stillness we can go. As we try to immerse ourselves into inner stillness, we may find or feel things holding us back; thoughts, emotions, opinions, hard-heartedness, self-consciousness. And, just like when we let go of these things and ease deeper into stillness, releasing muscle-tension layer by layer turns singing into a whole new, joyful experience the further we go.

Stillness finds its way into another aspect of singing. In our common tongue, when someone has to sing a long note, we would say they're, "holding the note." This can be a bit of a misnomer as the word "holding" implies the use of muscles, the application of tension. If one were to apply this concept to that long note, the voice would get choked out and dragged down. Instead, it would be better to apply the concept of stillness. But first, we must understand stillness, in this sense, as being something that is not static (think of a guard standing stiffly at attention). No, we're talking about a dynamic stillness, like a cloud in the sky that has form but is not rigid, it just exists. So, perhaps instead of asking a singer to, "hold this note." It might be better to say, "be still on this note." The result here would be an extended note that sounds like it is

just there, effortlessly floating along to the heavens. Or, in the case of the basses and lower altos, hovering over the waters like an early morning fog.

~

It would be remiss of me, in the month of November, not to mention gratitude. I'm sure Father's column and the President's column will speak to the topic so I will not belabor it, but as painful as it may be to talk about feelings, something should be said. I hesitate to point out that singing in the choir is completely voluntary. Though there are rules and expectations to follow once one decides to sing with the choir, there is no contract. So, everything that the singers have given up to fill the church with music striving to reach the heavens is their gift to the rest of us. But, I suppose you already knew that and I thank you for your patience with me as I slowly figure things out. Thank you, everyone, for your love and support (I'd thank you for your understanding but I don't even understand myself sometimes). To the singers, thank you for your talents that enrich the services of the church. Thank you, for the time you've given up to come to rehearsals, sing at services, read emails, practice music at home, and for humoring me as we try varying exercises that improve vocal technique; it's a process. Though, I am only the director until God sends someone else, I am thankful for the opportunity and the time that He has given me to be with you and this village. It has been a blessing to stop moving from state to state and to lay down some roots. It has been even more of a blessing to lay down those roots here. Thank you, and have a blessed Thanksgiving.

- Mark Wesche

### Choir Events & Dates of Significance

- Sun. November 3 - Choir Banquet at 11:30 a.m.
- Wed., November 6 - Choir Rehearsal - 7:00 p.m.
- Wed., November 13 - Choir Rehearsal - 7:00 p.m.
- Wed., November 20 - Choir Rehearsal - 7:00 p.m.
- Wed., November 27 - Choir Rehearsal - 7:00 p.m.

### November Birthdays - Many Years!

2 - Rdr. David Nelson  
4 - Julie Memorich

18 - Alex Gulachek  
20 - Michael Hofstader

## Youth Folk Dance Canceled

Youth Folk Dance canceled until further notice. Please reach out to Karen Varian or Lara Ciganko for questions and interest.

## Library Help Needed!

Some volunteers are needed to help scan back issues of our Weekly Messenger. No experience needed, just some time and interest in our library! Please contact Karen Varian at kvar121@gmail.com.

## Perohi Update

Our next work dates will be November 4 & 5. 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 (prospora) 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 prospora baking are always welcome to attend and participate!

## Sheep & Shepherds Fall Event

### Learning to Give Thanks!

**WHO:** Youth grades 1 – 5  
Parishioners 60 years & older

**WHEN:** Saturday, November 9  
10:00 a.m. – 11:30 a.m.

**WHERE:** Parish Center

Calling all 1st – 5th grade students and parishioners over 60 to join for a morning of activities and fun as we learn to give thanks to God for our many blessings.

Please register here: <https://bit.ly/4h2NH1D>.



## Wednesday Evening Discussion

A new night discussion group, reflecting on the general, broad topic of church life, will be held on Wednesday evenings. 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 ecumenical witness. We will meet at 7:15 p.m., on Wednesday nights, in the Parish Center Dining Room.

## Congratulations to our 2024 Borris-Hansen Scholarship Recipients

We are proud of your accomplishments and dedication to our Orthodox faith! Wishing you a great year at school!

- Dominic Dunn UW – Madison
- Emily Hattling U of M – Duluth
- Alexandra Korba Dunwoody College of Technology
- Samuel Miller University of Minnesota
- Johanna Rohmann UW – Madison
- Laura Rohmann Marquette University
- Anna Scheglowski UW – Stevens Point
- Evan Thornton University of Minnesota

## OCPM at Men's Prison - Lino Lakes

Orthodox Christian Prison Ministry at the Men's Prison at Lino Lakes: Thanks to Barb Leschisin, Kay Wakaruk, Todd Pilacinski, Adam Rusinik, Bill Wilson, JoAnn Lucs, Carol Karos, Annette Miller, Olga Grigoriants, Choir Director Sara Ann Pogorely and Dn. Philip for participating in a wonderful Typica service at the Lino Lakes Medium Security Prison at 8:30 a.m. on Sunday, Sept. 29. Over 70 prisoners signed up a week ahead and attended the service! Special thanks to Sara for Choir Directing and to Dn. Philip for a message on demonstrating our love for God by loving our neighbor and even enemies. You can find out more about this ministry by visiting the web site <http://www.orthodoxprisonministry.org> or contacting Dn. Philip Wagner at either [wagne003@umn.edu](mailto:wagne003@umn.edu) or 651-587-3657.

## Twin Cities YAL: Friendsgiving

Save the date for Thursday, November 14, at 6:30 p.m., for our YAL Friendsgiving event at St. Mary's OCA Cathedral. More details to come.

## Icon Art Studios - Serbia Pilgrimage

The 2025 Icon Art Studios Serbia pilgrimages are being planned for May 1-12 & Sept. 23-Oct. 5 (subject to minor changes). A preliminary meeting will be held in Fr. Andrew's office on Sunday, November 17, following liturgy.

## Mittel European Dinner

St. Herman's Orthodox Church (5355 38th Ave S., Mpls) announces its annual 'Mittel European Dinner' held on Saturday, November 2, starting with Vespers at 5 p.m. and dinner at 6 p.m. Tickets for the dinner can be purchased online at <https://eventix.shop/sb92kdxw>. Tickets are \$15.00 for adults and children aged 10+. Children under 10 are free but still "purchase" a ticket online (there will be no fee), so the chefs know how many total meals to prepare. To-go meal tickets can be purchased through the same link above! A "Feed the Hungry" donation option (separate from the dinner ticket) will go to FOCUS Minnesota.

## Rusin Association

All are welcome to attend Kenwood Symphony Orchestra, which presents a free concert – **Music from Eastern Europe** (conductor Yuri Ivan). The concert includes a Suite of Carpatho-Rusyn Songs and will feature cimbalom artist Gyorgy Lakatos courtesy of the Timo Foundation. Join us on Saturday, November 2, 7:30 p.m., Buetow Auditorium, Concordia College, 300 Hamline Ave., St Paul. For more information visit: [www.kenwoodsymphonyorchestra.org](http://www.kenwoodsymphonyorchestra.org).

**Evolving Carpatho-Rusyn Culture in the 21st Century** – A panel discussion with Maria Silvestri – Timo Foundation; Karen Varian – Rusin Association; and Alexandra Bodnarchuk – Doma Dance Theater. Sunday, November 3, Noon, St. Mary's Orthodox Cathedral Parish Center (1701 5th St NE, Mpls). Join them for a discussion on their work as cultural leaders, experiences traveling throughout the Carpatho Rusyn homeland, and attending the Carpatho Rusyn Summer Institute in Presov, Slovakia, and how their work supports and inspires today's and future generations of Carpatho Rusyn Americans. Q&A to follow. Coffee and homemade desserts provided. Please RSVP at [rusinmn@gmail.com](mailto:rusinmn@gmail.com). For more information visit the Rusin Association website at: [rusinmn.org](http://rusinmn.org).

## FOCUS Minnesota

**Food Shelf Donations:** Our food shelf continues to experience high traffic and with your help have been able to meet increased demand; pasta sauce, soup, meals in a can (chili, spaghetti-o's),

canned meat (tuna, chicken breast, SPAM) would be particularly helpful at this time. Also- now through Nov. 15 we are collecting donations of frozen turkeys and instant mashed potatoes and gravy (packet or jarred). Bring shelf-stable items to your church collection site, stop by the center Monday-Thursday, or call (651) 222-0712 to arrange a delivery.

**Clothing Closet:** FOCUS has opened the coat room and is accepting kids, women's, men's jackets and warmer winter wear. Donations can be left at the dedicated bin or brought by the center Monday-Thursday. Also, to help us keep up with our current rate of distribution, we have added a second weekly sorting shift. We now sort and fold clothing donations at these times: Sundays from 4 - 6:30 p.m. & Tuesdays from 9:30 a.m. - 12 p.m. Can you help us for either a one-time or recurring commitment? Email [focustwincities@gmail.com](mailto:focustwincities@gmail.com) for questions or to volunteer.

**Thanksgiving Meal:** Every year we turn our regularly scheduled meal the Sunday before Thanksgiving into a holiday meal. We will serve a full Turkey Dinner on Sunday, November 24, and need your help to make it a success. Please visit: <https://bit.ly/3YiG12z> to sign-up and join us in preparing a memorable meal for our neighbors.

**Blanket Drive Now-December 20:** The fall temperatures are unseasonably warm, but we know the cold is coming! Please consider purchasing a twin-size or larger blanket or get crafty with a fleece-tied or quilted style and help our guests feel comfort and joy in the coming months.

## *The Eighteenth Twin Cities Pan-Orthodox Tea*

**Saturday, November 2nd, 2024 at 2:30pm-4:30pm,**

**Vespers at 5pm**

**Hosted by St. George Antiochian Orthodox Church**

**- 1250 Oakdale Avenue, West Saint Paul, MN 55118**



**Come together for fellowship and share ideas toward our common goals to learn from each other, share ideas from our parishes and to serve to be Christ-like. A service project grew out of our fellowship to serve those in need.**

**Please bring an appetizer or dessert to share as well as your favorite recipes if able.**

**For any questions, contact Sue Perry at 651-895-6291**



# St. Nicholas Wish List & Spaghetti Dinner Grab & Go Fundraiser

**Date:** November 10, 2024

**Time:** 10:30am-12:30pm

**Place:** St. Mary's Parish Center

**Adult meal:** \$14.00

**Youth (6-12):** \$8.00

**Child 5 & Under--\$2--**These meals will have a small container of noodles and sauce in addition to the bread/salad/dessert.

**Qt. of sauce & 3 Meatballs:** \$21

**Additional Meatball:** \$3.50

**Place your order at:** <https://stmaryswclub.square.site/>

**Prefer to order by cash or check, contact** Alice Woog at 612-237-6706.

Please be generous in support of this Fundraiser as you enjoy delicious food and provide heartfelt connections and giving back to those in need.

Each order form will allow people to make a contribution to the St. Nicholas Wish List. Proceeds will be used to purchase gift cards that are sent for distribution by the National FOCA to seminarian families at St. Tikhon's & St. Vladimir's Seminaries.

**Order deadline- 6pm, Wed November 6. Pre-orders only.**

## November - Youth & Families Calendar

November offers many opportunities for our youth and families to come together both socially and in prayer. The Nativity Fast begins November 15, and one way to prepare for the Birth of Christ is to attend weekday services. Vespers on Wednesdays and Saturdays are beautiful services that help guide us to the Christmas Feast.

Thanksgiving is traditionally a secular holiday, but the nature of the holiday reminds us to always give thanks. We are blessed at St. Mary's to have the opportunity to attend liturgy and the Akathist, *Glory to God for All Things*.

NOVEMBER 2024		
November 2	8:30 am	Church bread (prospora) baking, Fr. Andrew
NOVEMBER 3	10:30-11:00	<i>Saints</i> Meeting, (Grade 6+) Stage
NOVEMBER 8	Synaxis of the Archangel Michael and All the Bodiless Powers	
NOVEMBER 9	8:30 am	Church bread (prospora) baking, Fr. Andrew
	10:00-11:30 am	In Thanksgiving for All, Sheep & Shepherds (Grades 1-5) & Seniors (60+), Dining Room Please register here: <a href="https://bit.ly/4h2NH1D">https://bit.ly/4h2NH1D</a>
NOVEMBER 9 & 10	TBD	<i>Saints</i> to FOCUS, (Grade 6+)
November 14-16	Parish Youth Ministry Network Gathering in Dallas, Texas, Fr Ben and others	
NOVEMBER 15	<b>NATIVITY FAST BEGINS</b> (40 days until Christmas!)	
NOVEMBER 16	8:00 am-2:00 pm	Women's Club: BREAD BAKING
NOVEMBER 17	Coffee Hour	Women's Club: BAKE SALE
NOVEMBER 21	<b>ENTRANCE OF THE THEOTOKOS</b> Matins: 7:45AM; Liturgy: 9:00 AM	
NOVEMBER 23	8:30 am	Church bread (prospora) 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	<b>THANKSGIVING DAY</b> Akathist Service <i>Glory to God for All Things</i>	





# Winter Camp 2025

For 6th—12th graders

Jan 17 –20@ Friends at Camp Courage  
Maple Lake, MN

## Made in the Image and Likeness

Seeking to understand our true self in Jesus Christ.

**Cost: \$270**

**To register visit:** <https://bit.ly/registerwintercamp>

**Deadline to register is Dec. 30th. \$30 late payment fee.**

**Cost: \$270 Payment info:** <https://bit.ly/paywintercamp>

**Or send a check to St. Mary's**

**c/o Lisa Tucci**

**414 17th Ave**

**Minneapolis, MN 55413**

**Contact:** Matushka Lisa Tucci

[lisatucci71@gmail.com](mailto:lisatucci71@gmail.com)

612-599-0814

Venmo



## Transitions

### Fuenral:

Mary Ellen 'Loss' Griggs: 10-11-2024

### Wedding:

Jake Jorgenson & Kelly Martichuski: 9-28-2024

### Chrismation

Lucas Bodell: 10-19-2024

## 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](mailto: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!

Happy Birthday to all who celebrate their birthdays in November, and especially to Jack Novak, who is celebrating his 90th birthday on November 23, and John Dennis, who is celebrating his 93rd birthday on November 24. **May God grant you many years!**



Article deadline for the  
**December 2024**  
Cathedral Monthly Bulletin  
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 Mary Ellen Griggs  
From: Joe & Lynn Snyder

In memory of Rosemary Leba  
From: Bill & Jan Varhol

In memory of Mary Ellen Griggs  
From: Michael Fredrikson

In memory of Mary Ellen Griggs  
From: Philip & Myra Toconita

In memory of Mary Ellen Griggs  
From: Robert & Helen Feiker

In memory of Mary Ellen Griggs  
From: Susan Reshetar

Donation  
From: John Sabol

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# St. Mary's Orthodox Cathedral

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> 8:30 am Prosphora Baking 3:30 pm Baptism 5:00 pm Great Vespers
<b>3</b> 19 <sup>th</sup> Sunday after Pentecost 7:45 am Matins 9:00 am Divine Liturgy 10:30 am Saints Meeting 11:00 am Church School 11:00 am Coffee Hour 11:30 am Choir Banquet 12:00 pm Rusin Association	<b>4</b> 7:30 am Perohi Making	<b>5</b> 7:30 am Perohi Making	<b>6</b> 6:15 pm Vespers 6:30 pm Festival Meeting 7:00 pm Choir Rehearsal 7:15 pm Discussion Group	<b>7</b> 33 Martyrs of Melitene 9:00 am Divine Liturgy 6:30 pm Women's Club Meeting 6:15 pm Vespers & Litiya	<b>8</b> Archangel Michael 9:00 am Divine Liturgy	<b>9</b> 8:30 am Prosphora Baking 10:00 am Sheep & Shepherds Event 5:00 pm Great Vespers
<b>10</b> 20 <sup>th</sup> Sunday after Pentecost 7:45 am Matins 9:00 am Divine Liturgy 10:30 am 40 Day Parastas: Mary Ellen Griggs 10:30 am Grab & Go Spaghetti Dinner 11:00 am Church School 11:00 am Coffee Hour	<b>11</b> 7:00 pm Board Meeting	<b>12</b>	<b>13</b> 6:15 pm Vespers 7:00 pm Choir Rehearsal 7:15 pm Discussion Group	<b>14</b> Apostle Philip 9:00 am Divine Liturgy 6:00 pm Orthodox Guys' Night 6:30 pm YAL Friendsgiving 7:30 pm Adult Bible Study (via Zoom)	<b>15</b> 40 Day Nativity Fast Begins	<b>16</b> 8:00 am Holiday Bread Baking 5:00 pm Great Vespers
<b>17</b> 21 <sup>st</sup> Sunday after Pentecost Parastas Sunday 7:45 am Matins 9:00 am Divine Liturgy 11:00 am Bake Sale 11:00 am Church School 11:00 am Coffee Hour 11:30 am Serbia Pilgrimage Meeting	<b>18</b> 7:30 am Perohi Making	<b>19</b> 7:30 am Perohi Making	<b>20</b> 6:15 pm Festal Vespers 7:00 pm Choir Rehearsal 7:15 pm Discussion Group	<b>21</b> Entrance of the Theotokos 7:45 am Festal Matins 9:00 am Festal Liturgy 7:30 pm Adult Bible Study (via Zoom)	<b>22</b>	<b>23</b> 8:30 am Prosphora Baking 5:00 pm Great Vespers
<b>24</b> Afterfeast of the Entrance 7:45 am Matins 9:00 am Divine Liturgy 11:00 am Church School/ Classroom Choir 11:45 am Youth Leadership Meeting 11:00 am Coffee Hour	<b>25</b>	<b>26</b>	<b>27</b> 6:15 pm Vespers 7:00 pm Choir Rehearsal 7:00 pm Grief Group 7:15 pm Discussion Group	<b>28</b> Thanksgiving Martyr Stephen the New 8:30 am Divine Liturgy 10:00 am Akathist of Thanksgiving	<b>29</b> 6:15 pm Vespers	<b>30</b> Apostle Andrew 9:00 am Divine Liturgy 5:00 pm Great Vespers
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>Schedule is subject to change.</b> <b>Please check the Messenger or <a href="http://www.stmarysoca.org">www.stmarysoca.org</a></b></p> </div>						

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