

# The Messenger

St. Mary's Greek Orthodox Church | 3450 Irving Avenue South, Minneapolis, MN 55408 | 612.825.9595 | www.stmarysgoc.org

## August 2021

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### St. Mary's Mission Statement

To proclaim, celebrate, and share  
the good news of salvation in  
Jesus Christ in accordance  
with the Orthodox Tradition.

### The Five Tasks of Our Parish Vision

Hear  
Pray  
Grow  
Serve  
Share



METROPOLIS  
OF CHICAGO

## A Message from Father John

Father John Kostas

*'To you has been given the secret of the Kingdom of God'*

### *Some Themes of Christ's Parables*

A lifetime of study would not suffice to exhaust the riches of the parables of Jesus. But some themes do stand out from the start. The parables are held together by one important goal: to make plain the spiritual power of the Kingdom of God with examples from our earthly existence. Here some themes in a nutshell.

- *The Kingdom of God is hidden:* The secret growth of the kingdom is not always clear to us, but we should always be looking for its blessings.
- *The Kingdom of God is full of grace:* God is gracious in seeking and saving the lost. But His grace is often expressed in ways so surprising that they make us think twice. And there are lessons here that should direct our behavior toward others.
- *The Kingdom of God requires wisdom:* 'Be wise as serpents and innocent as doves,' said Our Lord (Matthew 10:16). What are the indications that we are using sound judgment in seeking the Kingdom of God?
- *The Kingdom of God contains warnings:* The opposite of the wise seeker of the Kingdom is what the Scriptures call 'the fool,' a character who is condemned for not discerning the true nature of the times. They present us with examples of what to avoid.
- *The Kingdom of God has need for persistence:* 'Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you' (Matthew 7:7). These are inspiring words from the Lord's Sermon on the Mount. But do they inspire us to be steadfast in faith, hope and love during times of suffering or trial?

You will want to keep your Bible close at hand as you examine the parables. May the Lord grant us the wisdom and character to follow them.

# Our Life Together

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## Memorial Prayers

### Sunday, August 1

Christina Houck (1 year)

## Congratulations!

We extend our congratulations to Sean and Elena Gabor who celebrated their 35<sup>th</sup> wedding anniversary on June 14. *May God grant them many years!*

We extend our congratulations to John and Nikki Beauchamp who celebrate their 30<sup>th</sup> wedding anniversary on August 31. *May God grant them many years!*

Daria Snidarich graduated from The University of St. Thomas with a Bachelor's degree in business and marketing. *Congratulations!*

Eleni A. Ciuta, was awarded a \$500 scholarship made possible through the Michael B. Petrovich Memorial Scholarship Fund, which is administered by the Chicago Federation of Musicians and recognizes the importance of educating and training its church musicians. Eleni graduated from Roseville Christian Homeschool Academy (2021) with a GPA of 3.96. She plans to attend the University of Minnesota-Twin Cities with her expected areas of study to be music (viola) and chemical engineering. Eleni is the daughter of Julian and Adelina Ciuta.

## Share YourShelf

August's recipient of Share Your-Shelf contributions is Community Emergency Service (CES).

### Sunday, August 1

Canned soups or vegetables

### Sunday, August 8

Diapers, size 5

### Sunday, August 15

Hygiene items  
(e.g. toothpaste, soup, shampoo, etc.)

### Sunday, August 22

Baby formula

### Sunday, August 29

Canned meat  
(e.g. tuna, chicken)

If you help a poor person in the name of the Lord, you are making a gift and at the same time granting a loan. You are making a gift because you have no expectation of being repaid. You are granting a loan because the Lord will settle the account. It is not much that the Lord receives by means of the poor, but He will pay a great deal on their behalf. 'They who are kind to the poor, lend to the Lord' (Proverbs 19:17).

—*Saint Basil the Great* (†379)

## St. Mary's Church Staff

### Priest

Fr. George Dokos

### Associate Priest

Fr. Jason Houck

### Attached Priest

Fr. John Kostas

### Deacon

Deacon Paul Kalina

### Administrator

Julie Moricz

### Parishioner Support Communications

David Mertesdorf

### Ministry Support

Doria Saros

### Youth Director

Jonathan Klein

### Facilities Coordinator

Bob Yang

### Music Director

Thespina Macres

### Organist

Mark Macres

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## St. Mary's Parish Council

### President

Naira Istephanous

### Vice President

William M. Hoeft

### Secretary

Paul Hastings

### Treasurer

Thomas Hainlin

### Assistant Treasurer

Michael Rakes

### Members

John Beauchamp

Daniel Buss

Ina Dunham

Nicholas Legeros

Dean Psychogios

Maria Smith

Andrew Twito

# Education • Fellowship • Worship

## Fellowship and Study Groups

### Men's Fellowship

Friday, **August 13**

7:00 a.m., Fireside Room

*Exodus Study*

Friday, August 20

7:00 a.m., Zoom only

*Psalm Study*



## Saturday Morning Bible Study

**Closed for Renovations**

**Resumes September 25**

Our Saturday Morning Bible Study is being redesigned. Among topics we plan to consider are:

- The role of the Bible in the Orthodox Church. Do you recognize the Scriptural sources of our Divine Liturgy? Are you aware of the relationship between the Bible and Orthodox tradition?
- The Psalms as "the hymn book" of the Church. Learn how many and how frequently Psalms are read or sung during throughout our Liturgical year.
- Understanding the Liturgy as rooted both in the the Liturgy of the Word (Small Entrance) and the Liturgy of the Sacrament (Great Entrance). We will adopt as our guide the motto of the early Church:

**LEX ORANDI, LEX CREDENDI**

The rule of worship guides our rule of faith." Prayer and belief are intertwined. What is prayed is what is believed and what is believed is what is prayed — and lived!

**We invite all to join us.**

## Koinonia

As we slowly return to normal, we want to let everyone know that our monthly Koinonia meetings are resuming this fall. If you don't know what a Koinonia group is then you need to contact *Sandra Anderson* or *Tia Muchulas* and they'll tell you all you need to know!

Sandra: 612.940.8933

[asformess69@gmail.com](mailto:asformess69@gmail.com)

Tia: 612.929.5428

[tmuchulas@comcast.net](mailto:tmuchulas@comcast.net)

Watch this space for meeting dates, locations, and times.



## Transfiguration Day Lunch

**Friday, August 6**

We are resuming our Transfiguration Day tradition of a potluck lunch in the Courtyard following the Divine Liturgy. On Friday, August 6, bring a celebratory (but Lenten!) dish to share (fish is permitted this day). After Liturgy, we'll dine in our beautiful Courtyard, enjoy wonderful company, and the spectacular views of the lake. Don't miss it! (if the roofing project presents any safety issues, we'll move into the Terrace Room.)



## Senior Citizens Meeting

**August 10**

Our August meeting will take place on Tuesday, August 10, 12:00 noon, at St. Mary's. We'll begin with lunch, have ample time to catch up with each other, have our monthly business meeting, followed by a program (tba), and play a few games of Bingo.

## Weekend Schedule

### Saturday

Orthros – 9:00 a.m.

Divine Liturgy – 10:00 a.m.

Great Vespers – 5:00 p.m.  
(6:00 on August 28)

### Sunday (live-streamed)

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

## Weekday Schedule

**August 2-4 and 9-13**

Paraklesis – 6:00 p.m.

### Thursday, August 5

*Eve of Transfiguration*

Great Vespers – 6:00 p.m.

### Friday, August 6

*Holy Transfiguration*

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.



## The Dormition of the Theotokos

**Our Parish Feast Day**

Make plans to celebrate our Parish's feast day, the Dormition of the Theotokos, with us.

**Saturday, August 14**

• 3:00-5:00 p.m.

Dormition Youth Retreat  
See page 11 for details.

• 5:00 p.m.

Great Vespers  
A reception follows Vespers.

**Sunday, August 15**

• 8:30 a.m.

Orthros

• 9:30 a.m.

Divine Liturgy

A luncheon follows the Liturgy.

# Parish News & Events

## Music Ministry Programs Resume

As we begin the new liturgical year, with joy we announce the return of our full St. Mary's Music Ministry programs. The Senior Choir along with the Byzantine Matins Chanters will begin rehearsals on alternating Wednesdays starting with Byzantine Matins Chanters on Wednesday, September 15, 5:30-7:00 p.m., and Senior Choir singers on Wednesday, September 22, 6:30-8:00 p.m. Both groups will meet in the choir loft. The Liturgical Chant Group for middle and high school singers will meet in the music office Sundays from 11:30 a.m.-12:10 p.m. beginning September 26. We encourage all students who sing with school choirs to join this group. This is a wonderful way for each student to familiarize, connect, and own the beautiful hymnology of our Holy Orthodox Church. *(Parents: please encourage your singers!)*

To all singers in our parish who have been given the ability to match musical pitches, have a basic understanding of musical notation, love to sing but have never made a choir commitment, **we extend to you a special invitation** to join us in this most gratifying ministry of the Church. We'd love to add your voice to the Liturgy!

Contact Thespina Macres at [ChoirDirector@comcast.net](mailto:ChoirDirector@comcast.net).

## Men's Retreat at the Karos' Cabin

**September 17-19**

We are excited to be back with our St. Mary's Men's Retreat this year on the weekend of September 17-19. It will be held at the Karos cabin as in past years and is for all men of St. Mary's over the age of 18. Fr. John Kostas will be our retreat leader.

Given the tight quarters and the Covid environment, this retreat will be for those who feel comfortable in such an environment. For those of you who would like to wait, God-willing, we will be back in 2022 as well. We will not be enforcing mask wearing or asking vaccination status. Having said this, we are all familiar with Covid symptoms, so we ask all to be extra vigilant for any symptoms prior to coming up for the retreat.

Your check to the office for \$70 made out to St. Mary's with Men's Retreat in the memo line will be your reservation. It is always a nice idea to call David in the office to let him know your check is coming.

This can be a beautiful time of year up north. God willing, we will have the weather to fish, hike, play tennis/basketball/pickle ball, and have our annual large bonfire. Either way, we can hang out, read, and simply fellowship with one another.

## Orthodox Monastery of the Holy Trinity

*(formerly Hogar Rafael Ayau in Guatemala)*



Gloria and Mother Ines

from the Monastery's Facebook page:

Good News!

Many years ago, the Nuns took care of many children at the now defunct Hogar Rafael Ayau, known then as an orphanage in the capital city. It is presently called the House of Mercy (Casa de Misericordia) engaged in different charitable

works of mercy for all ages.

Today, many of these HomeKids are married with children and families of their own. Most of them—both married and unmarried—continue to be in touch with the Nuns!

On this Day of the Holy Spirit during these festive days of the patronal feast of the Monastery, it is with great joy sharing the good news that one of these HomeKids has become a novice in the monastic life!

Gloria arrived as a toddler at the orphanage and lived there until her teenage years. After high school, she went to study at the Gzhel State University in Russia and after five years came back to the Monastery's multi-service building "San Miguel del Lago" where she resides with four other HomeKids who are now young women. She works at the Carpentry Shop of San Miguel and is specially responsible for the ShopBot's different woodcraft projects. She is also learning how to cook and drive and has pursued a higher education in IEIRA online.

### **Gloria loves God!**

She likes being a regular chanter in the Kliros (choir section of a church) and helps in the care of the Monastery Church. With growing faith and courage, she has asked to join and has been accepted to the sisterhood of the Monastery. May God bless Sister Gloria's monastic journey!

Glory to God for all things!

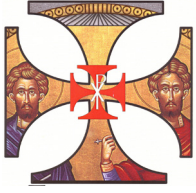
Glory to God for Gloria!

Glory to God for the Gift, the Grace, the Blessing and the Joy!

Holy Trinity's website: <https://www.fhrayau.org/>



# Philoptochos



The final days of summer brings many opportunities for those wanting to be involved with Philoptochos – festival baking and final preparations, book club discussion and calendar planning. Please join us when you can!

## Festival Baking Sale Preparations

Two baking dates and two final assembly and preparation dates are scheduled to get us ready for the Taste of Greece Bake Sale on September 10-12. Bake Sale chairs Cathy Forchas and Paulette Hastings are grateful to all who are able to assist, whether for an hour or an entire day. Thanks for considering being a part of the fun and service of this fundraising event!

## Koulouria Baking

**Tuesday, August 3, 10:00 a.m.-4:00 p.m.**

Many hands are needed to make thousands of these well-loved butter cookies.

To volunteer, please contact chair:

Debbie Therios: 952.935.3358 or [debbie@therosgroup.com](mailto:debbie@therosgroup.com)

## Melomakarona Baking

**Monday, August 9, 12:00 noon-5:00 p.m.**

Another 3,000 cookies will be added to the bake sale stock when we make these spiced honey cookies.

To volunteer, please contact chair:

Paulette Hastings: 952.564.8388 or [pmg@sisyphuscafe.com](mailto:pmg@sisyphuscafe.com)

## Final Assembly

**Tuesday-Thursday, September 7-9, 10:00 a.m.-4:00 p.m.**

*Cut baklava, honey melomakarona, powder kourambietes, cup, tray, and package cookies, set up displays.*

Many parishioners are needed to help with the final packaging of our Bake Sale goods.

To volunteer, please contact chair:

Cathy Forchas: 651.434.0948 or [cforchas@yahoo.com](mailto:cforchas@yahoo.com)

Paulette Hastings: 952.564.8388 or [pmg@sisyphuscafe.com](mailto:pmg@sisyphuscafe.com)

(Note: We hope to finish our work on Wednesday afternoon. Please call or text the chairs before coming on Thursday.)

## Women's Book Club Discussion

**Tuesday, August 10, 7:00 p.m.**

The discussion of "Wounded by Love" by Elder Porphyrios will take place on Tuesday, August 10, at church. Books can be purchased in the Book Store and the church office. Please make checks payable to St. Mary's Bookstore.

## 2021-2022 Calendar Planning

In August, the newly-elected Philoptochos Board will gather to make plans for the coming year, including what monthly programs, fundraisers, and donations to consider. If you have ideas, please share them with Annette Legeros, 952.239.5060 or [annette.legeros@gmail.com](mailto:annette.legeros@gmail.com).

## Thank You...

...to the **Baklava Team**, headed by Elena Gabor, for making 55 pans of nutty sweetness for the Taste of Greece Bake Sale! Participants were: Jeremy, Nick and Stephanie Barakos, Eva Barnes, Olga Berkovskaya, Maria Boosalis, Nick J. Boosalis, Cathy Forchas, Sean and Zoe Gabor, Eleni George, Christine Gresser, Lucas and Marcus Hannah, Paulette Hastings, Angela Hoeft, Kristi Holmquist, Diane Jackson, Meg Johnson, Sofia Johnson, Jayne Klatt, Terry Leiendecker, Annette Legeros, Krysta Legeros, Sue Legeros, Dorothy Leonard, Kristina Matsch, Tina Menter, Kathy Karlos Moffat, Lisa Mulcare, Kathy Pinger, Eleni Psihogis, Popie Rakes, Mary Risacher, Lisa Rose, Alexis Rouches, Suzanne Schilling, Cathy Selin, Linda Stanton, Ann Theodotou, and Dena Tortorelis.

...to the **Kourambietes Team**, led by Tina Menter, for baking more than 3,000 powdery melt-in-your-mouth cookies for the Bake Sale! Participants were: Office staffers Julie Moricz and David Mertesdorf, Sandra Anderson, Giannoula Bakritzes, Stephanie Barakos, Toni Bazakos, Maria Boosalis, Nick J. Boosalis, Cathy Forchas, Elena Gabor, Linda Hodge, Sofia Johnson, Fifi Kafkas, John Kafkas, Dena Karigan, Jayne Klatt, Connie Kouzes, Annette Legeros, Donnarae Louricas, Kathy Moffat, Joanna Morgan, Barbara Nichols, and Cathy Selin.

...to Sofia Johnson, for organizing our July **Days for Girls** event, and to all who helped create or donate contents for the reusable menstruation kits.

# Missions & Outreach

## Welcome Back to St. Mary's!

Below are excerpts from the webinar "Getting Parishioners Back to Church" developed by Steve Tibbs, Metropolitan of San Francisco. Father Jim Kordaris, Director of Evangelism and Outreach for the Archdiocese, offered this webinar to parishes in the Northeast and to St. Mary's:

Research from Barna and Gallup polls, presented by Steve Tibbs, show these key points that people like most when they attend worship services:

1. Taking communion
2. Socializing before and after services.
3. Listening to a live sermon

Post-pandemic, one key observed item is that the "Largest groups that have not returned to in-person worship are families with children, marginal orthodox and ministry volunteers."

But there is much good news. The parishioners of St. Mary's Greek Orthodox Church are ready to greet us with a warm welcome, "how are you doing?" "It is good to see you." Also, are you reaching out to invite someone to come back to Liturgy?



Volunteers are needed including the Greek Festival baked goods, but many more volunteers are needed for the success of this vibrant Greek

Festival event.

Volunteers will also be needed for the upcoming:



Dinner for **Simpson House** (Hope Kennedy, coordinator).



A meal for **Metro Hope** (Sandra Anderson, coordinator).

And **FOCUS House** in St. Paul has a need for volunteers as well (Cheryl Dragotis is St. Mary's contact person). See next column for details.

Can you reach out to help?

## FOCUS House Update



Sunday Meals program continues to see increased demand for the

take-away meals on Sunday evenings. Quantities range from 150-214 dinners. The schedule for teams providing meals from July-December 2021 is filling up. FOCUS House is in need of volunteer teams on August 1, 8, 22, October 10, and December 5. Please contact Vera Proctor at 651.324.2705 or [vsproctor@gmail.com](mailto:vsproctor@gmail.com), if you are able to cover one of these dates.

FOCUS House continues to see increased need from the food shelf and they have also begun delivering groceries monthly to 15 families that have been referred to them by other agencies. This means that they have an increased need for shelf stable food which include: peanut butter, jelly and honey, canned meals such as stew, spaghetti, chili, etc, cereal, macaroni and cheese or ramen noodles, pasta sauce, pasta of all kinds, and packages of cookies.

### Save the Date ... Thursday, September 30

FOCUS House annual fundraiser will be in person this year on Thursday, September 30. Save the date and stay tuned for further information as it becomes available.

FOCUS House appreciates your continued support and love. Please let them know if you have any questions or concerns.

With love in Christ,

Judy Purman

Food Shelf Manager and Administrative Coordinator

612.490.8611



## Thank You

June 14, 2021

Dear St. Mary's Greek Orthodox Church,

On behalf of Metro Hope Ministries, I thank you for your May gift of \$720.00 in support of our ongoing ministry.

We are so grateful for your partnership! God bless you!

Sincerely,

(signed) Cammy Oren

Board President, Metro Hope Ministries

# Stewardship

by Athena Mihas

## Stewardship Reflections

*Guard, through the Holy Spirit who dwells in us, the treasure which has been entrusted to you. ~ 2 Timothy 1:14*

How exciting that we have returned to "normal" at St. Mary's after a very difficult period of isolation and separation. The choir is back, our pews are being beautified, and our children went to camp! Most importantly, our educational and fellowship programming is transitioning from virtual to in person once again, glory be to God.

As we come together in person, we are excited for our parishioners, along with inquirers, to fully engage once again in the worship, education, fellowship, and volunteer aspects of St. Mary's. If we learned anything through this pandemic, it is that we were not meant to be alone, but rather, in the company and communion of others.

We have made some exciting updates to the giving and communication arms of our parish, including a newly designed website and a Venmo option for stewardship and other monetary donations. Stay tuned for more details on these coming soon!

We look forward to seeing you often. Your presence, talents, time, and treasure are more valued than ever, and together we look to glorifying God through our worship and good works at St. Mary's.

In Christ,  
St. Mary's Stewardship Committee

## Stewardship Campaign 2021 Update

".....THE GREATEST OF THESE IS LOVE."

I Corinthians 13:13

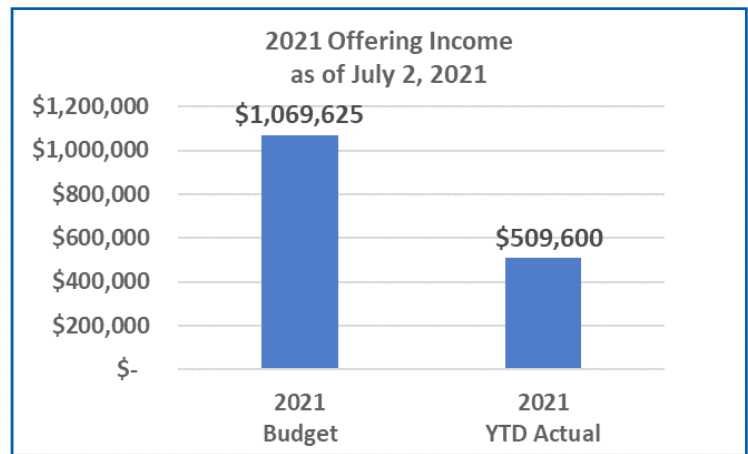
Thank you for your participation in our 2021 Stewardship Campaign and your on-going support of St. Mary's through your gifts of time, talent, and treasure. Your contributions make it possible for St. Mary's to continue providing all its ministries and to cover operating costs of the church, even during the COVID-19 pandemic. We are so blessed to have your generous support!

## Offering Income as of July 2, 2021

- As of July 2, 2021, we have received \$509,600 in offering income for 2021.
- Additional needed by the end of the year to meet our budgeted goal is \$560,025.
- We are ahead of last year at this time by \$64,036 in offering income.

Offering Income As of July 2, 2021	2021 YTD Actual	2020 YTD Actual	Increase or (Decrease) vs. Prior Year
Payments Received	\$509,600	\$445,564	\$64,036
Average per Week	\$19,600	\$17,137	\$2,463
Average per Month	\$84,933	\$74,261	\$10,673

Offering Income As of July 2, 2021	2021 YTD Actual	2021 Annual Budget	Additional Needed by December 31
Payments Received	\$509,600	\$1,069,625	\$560,025

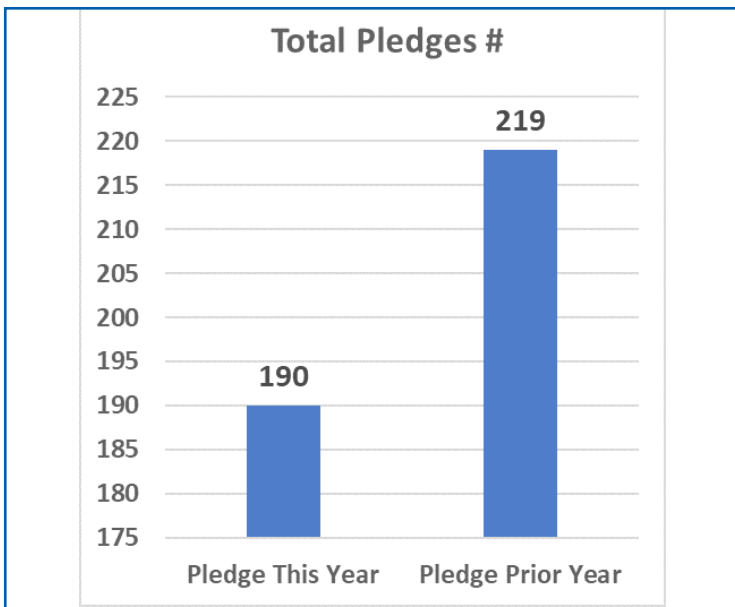
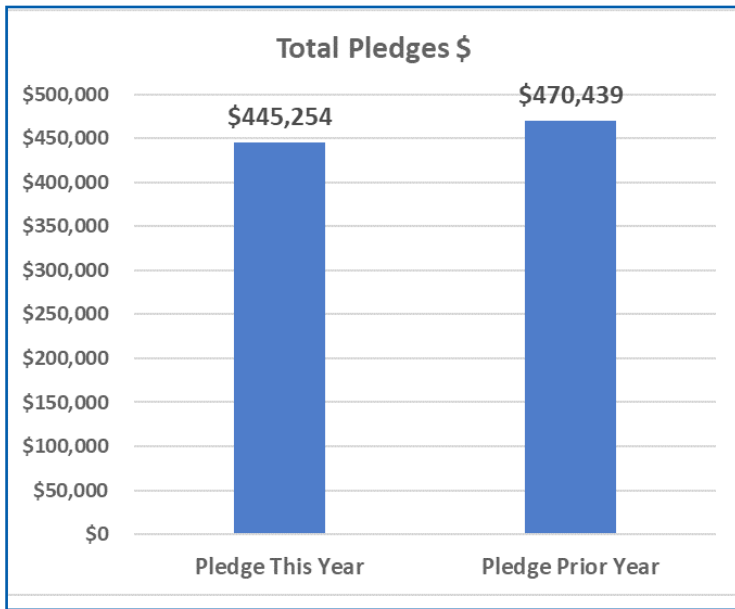


Stewardship continues on page 8.

**• It is not too late to complete a pledge form and time and talent form!**

If you have not done so already for 2021, please return your completed pledge and time/talent forms to the office. We hope to increase our number of pledged members in 2021 in order to plan more efficiently for our budgeted items.

- If you have contributed but not pledged in the past, please consider making a pledge for 2021.
- Also, remember that you can pledge and contribute online.
- As of July 6, 2021, we had received 190 pledge forms for 2021.
- In 2019, we received 219 completed pledges form.



**For more information, contact:**

- Diakonissa Alexandria Kalina: [ackalina@yahoo.com](mailto:ackalina@yahoo.com)
- Athena Mihas: [athenamih@gmail.com](mailto:athenamih@gmail.com)
- David at St. Mary's Office: [David@stmarysgoc.org](mailto:David@stmarysgoc.org) or 612.825.9595

**Stewardship 2021 Calendar of Events**

- Stewardship Testimonial Speaker: Sunday, October 24
- Stewardship Testimonial Speaker: Sunday, October 31,
- Stewardship Testimonial Speaker: Sunday, November 7
- Stewardship Sunday: Sunday, November 7
- Ministry Fair: Sunday, November 7
- Stewardship Appreciation Glendi (party):  
Saturday, November 13



**CLERGY-LAITY ASSEMBLY 2021**  
METROPOLIS OF CHICAGO  
ST. LOUIS, MISSOURI

**BECOME A CLERGY LAITY SPONSOR TODAY!**

**PACKAGES STARTING AT \$1000**

PACKAGES INCLUDE REGISTRATION(S), PRINT, SOCIAL MEDIA ADVERTISING, AND VENUE RECOGNITION

TO LEARN MORE VISIT:  
[chicago.goarch.org/clergy-laity](http://chicago.goarch.org/clergy-laity)

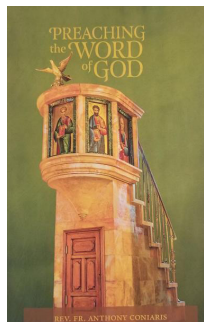
METROPOLIS OF CHICAGO



# In the Bookstore

by Rebecca Myerly

[bookstore@stmarysgoc.org](mailto:bookstore@stmarysgoc.org)



Those who attended the memorial weekend (May 15-16) for Father Anthony Coniaris — St. Mary's beloved Father A— were privileged to hear eulogies and stories about Father Anthony that revealed the depth and breadth of his devotion to Christ and the ministry he was given, accepted so graciously, and fulfilled so beautifully. His superb and inspiring preaching spread far beyond

St. Mary's after a parishioner encouraged him to publish his sermons, the seed that became Light and Life Publishing. Many of his books, especially the early ones, are thematic collections of his sermons.

Sometime around 1980, Father Anthony suggested to the members of St. Mary's that they sponsor what came to be known as the Saint John Chrysostom Lectures on Preaching at Holy Cross Greek Orthodox School of Theology and Hellenic College. N. Michael Vaporis, then Dean of Hellenic College, wrote:

Father Anthony Coniaris,...an outstanding preacher of deep faith, and a prolific author, was invited to give the third annual Saint Chrysostom Lectures on Preaching. In place of the three lectures given at Holy Cross, Father Coniaris generously offered Holy Cross Press an entire volume entitled: *Preaching the Word of God*. Although directed primarily to those who preach or wish to preach the Word of God, [this book] offers much more in terms of spiritual nourishment to all Christians. It is in fact a book that can be read with great profit by everyone interested in a living faith. (9-10)

Reading *Preaching the Word of God* is like seeing the framework of a building—the foundation and structure Father Anthony used and on which he built his sermons and life of ministry. He has five overarching chapters in this book: "The Priority of Preaching," "The Content of Our Preaching," "Preparing the Sermon," "Crafting the Sermon," and "Delivering the Sermon." Within this structure we see his method and priorities by subtitles such as "Improve the Feed," "Be Positive," "Preach the Cure," "Know Those to Whom You Preach," "Know God's Word," "Prepare by Reading," "Hold on to What You Read," "The All-Important Question: How?," "Define Your Terms," "Preach with Love," and "Preach with Enthusiasm."

The reader can see Father Anthony's thinking in and through his words. For example, on being positive, he writes:

It is far more effective if we are positive in the way we present the content of our preaching....People are at-

tracted to goodness and are inspired to live up to great examples of virtue and holiness. A well painted word picture, parable, or life story of how one saint acted in a particular situation will get more results than the crack of a whip or the constant use of you 'must' do this or that. (47-48)

Throughout the book Father Anthony includes anecdotes, examples, and relevant quotes to enhance and clarify the subject on which he is writing. He also sprinkles in some humor to make an apt point lightly, such as:

A priest's sermon concerned the relationship between fact and faith. "That you are sitting before me in this church," he said, "is fact. That I am standing here speaking from the pulpit is fact. But it is only faith that makes me believe anyone is listening." (75)

Listening is vital in Father Anthony's thinking and in the asceticism and discipline he lived. He offers the reader glimpses and insights into his mind and heart:

One of the secrets of good preaching is the amount of time we are willing to dedicate to it. One must learn to spend three or four mornings a week at a place where one can be reached only in cases of emergency and where one can do nothing but study, pray and write. The priest who will resolutely keep his morning hours segregated from invasion will find his whole ministry enriched, deepened and energized. I have chosen the morning hours in my ministry because they are the clearest and freest hours....The discipline of reserving certain hours each day for the preparation of yourself and your message will impose an excellent order on your schedule and will help establish a real priority in your daily life. (66)

Preaching comes out of the preacher's relationship with God, and his preaching reflects this relationship. To communicate the Gospel, those who do it have to be people of prayer. One must so bathe himself and his message in prayer that the actual delivery of the sermon is praise to God; and when at last it is time for closing, the concluding prayer will flow naturally out of the preaching. (67)

Father Anthony's sermons truly touched the minds and hearts of those who listened to him. *Preaching the Word of God* embodies the accessibility of his wisdom, offering something to every reader. Father Anthony would likely point out that the life we live is the sermon we preach. With this encouragement in mind, this book is a great guide for any reader, lay or ordained.



## ONE IN FIVE

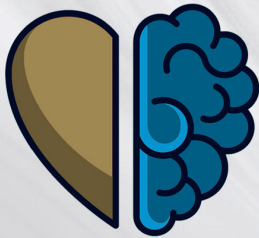
U.S. adults experience  
mental illness each year



ASSEMBLY OF CANONICAL  
ORTHODOX BISHOPS  
OF THE UNITED STATES OF AMERICA

## Share Your Experience

The Mental Health Task Force of the Assembly of Bishops has created a Mental Health Needs Assessment survey and is asking ALL Orthodox Christians over age 18 to take the survey online. The Survey is completely anonymous and takes only 15 minutes to complete. Information from the survey will be used to create Orthodox mental health resources for the Orthodox faithful. The more people that take the survey, the more accurate our results will be to fully reflect the mental health experiences of our Orthodox communities and guide resource development. Please take the survey and encourage others in your community to take it as well.



### Orthodox Mental Health Needs Assessment

To learn more about the Orthodox  
Mental Health Needs Assessment survey  
and to download the FAQs visit  
[www.assemblyofbishops.org/mental-health](http://www.assemblyofbishops.org/mental-health)

Scan  
Here >>





# Children & Youth

## Our Children and Youth Mission Statement

To cultivate a safe and welcoming environment for kids by nurturing healthy relationships within the church family. We will teach the youth by building a strong foundation of knowledge, and together, we will experience the Orthodox tradition by following the four circles of youth ministry: **Liturgia** (Worship), **Diakonia** (Service), **Martyria** (Witness), and **Koinonia** (Fellowship), leading our youth to develop, by their own free will, a personal relationship with God and to pursue union with Him.

### Faith Group

#### 0-5 Year Olds and Parents

► Thursday, August 19, 10:00 a.m.-12:00 noon

Minnehaha Falls Overlook

A gathering at the Falls and mini hike.

Please RSVP to Fr. Jason at [frjason@stmarysgoc.org](mailto:frjason@stmarysgoc.org)

### Dormition Retreat

#### Saturday, August 14 ~ 3:00-5:00 p.m.

Our annual Dormition Retreat for the rising K-12th graders will be Saturday, August 14, from 3:00-5:00 p.m. at St. Mary's. We will begin in the Nave, so please enter through the south parking lot doors and check-in at the table in the Narthex. We plan on decorating the Kouvouklion, having a lesson about the Theotokos, and other fun activities leading up to Vespers. Following the retreat (5:00), everyone is welcome to attend Vespers in the Nave. A snack will be provided, so please email Jon if you have any food allergies ([jon@stmarysgoc.org](mailto:jon@stmarysgoc.org)). Watch your emails for the RSVP link for this event.

### Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. To access our formal feedback process, go to our St. Mary's home page-Click on "Youth," then "Youth Program Feedback." Your comments will be forwarded to a member of the Parish Council and will be reviewed for follow up.



Follow the GOYAns on Instagram: [St\\_Marys\\_GOYA](https://www.instagram.com/St_Marys_GOYA)

# Family Camp 2021

October 8-10 • Camp Courage

Our speaker will be Bishop Anthony Michaels

*Auxiliary of the Diocese of Toledo and the Midwest for the Antiochian Orthodox Christian Archdiocese of North America.*

Our topic will be "And He Shall Come Again"

We'll reflect on the good news of "the end times" in the Bible and our Orthodox Tradition.

*Registration information and other details will be made available soon.*

### Thank You VCS Teachers and Helpers!

We wish to extend a huge thank you to all who helped make this year's Vacation Church School week a success!

#### Adults

Dena Tortorelis • Krissa Rovolis • Georgia Andron  
Natalie Hideg • Chrissie Hoffman • Jon Klein  
Doria Saros • Demetra Kordopitoulas • Tia Muchulas  
Aggie Koutroupas • Bea Murdakes • Hope Kennedy  
Fifi Kafkas • Elena Gabor • Zoe Gabor • Kally Alevizos  
Sia Tortorelis • Connie Kouzes • George Tortorelis  
Perry Tortorelis • Mary Makres • Steve Gallos  
Nancy Gallos • Nick J. Boosalis • Dick Andron  
Steve Koutroupas • John Kafkas • Julie Moricz  
David Mertesdorf • Bob Yang  
Fr. Mircea • Fr. George • Fr. Jason

**Special thank you to Terri Leckas for treating us all with her delicious cupcakes!**

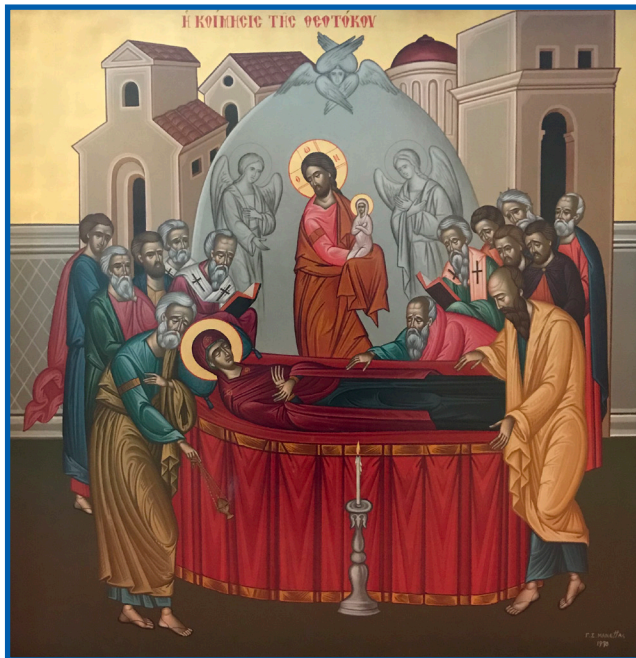
#### Crew (grades 7-12)

Sophia Angelos • Kirubel Baye • Hermella Baye  
Danielle Brown • William Buss • Edward Buss  
Marina DiGiovanni • Nikodimi Dokos • Dimitri Dokos  
Marcus Hanna • Lucas Hanna • Lydia Houck  
Zac Magness • Stephan Pirvu • Aspasia Rovolis  
Panayiotis Rovolis • Sam Stephenson • Ben Wehr

Saint Mary's Greek Orthodox Church  
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Minneapolis, Minnesota 55408

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In giving birth, you preserved your virginity, O Theotokos;  
in falling asleep you did not forsake the world. You passed  
over into life, O Mother of Life; and by your prayers you  
deliver our souls from death!

—Hymn of the Dormition of the Theotokos

### St. Mary's Greek Orthodox Church


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#### Publication Deadlines

**The Messenger**—  
First Sunday of each month.

**Sunday Bulletin**—  
Preceding Thursday,  
12:00 Noon



# August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1 Sixth Sunday of Matthew</b>  <b>"The Messenger" Deadline</b>                      8:30am-Orthros                      9:30am-Divine Liturgy</p> <p><i>Dormition Fast Begins</i></p>	<p><b>2</b>                      6:00pm-Paraklesis</p>	<p><b>3</b>                      10:00am-Koulouria Baking                      6:00pm-Paraklesis</p>	<p><b>4</b>                      6:00pm-Paraklesis</p>	<p><b>5</b>                      6:00pm-Great Vespers</p>	<p><b>6 Holy Transfiguration</b>                      8:30am-Orthros                      9:30am-Divine Liturgy                      after Liturgy-Potluck Lunch                      6:00pm-Paraklesis</p>	<p><b>7</b>                      5:00pm-Great Vespers</p>
<p><b>8 Seventh Sunday of Matthew</b>                      8:30am-Orthros                      9:30am-Divine Liturgy</p>	<p><b>9</b>                      10:00am-Melos Baking                      6:00pm-Paraklesis</p>	<p><b>10</b>                      12:00noon-Senior Citizens                      6:00pm-Paraklesis                      7:00pm-Parish Council                      7:00pm-Women's Book Club</p>	<p><b>11</b>                      6:00pm-Paraklesis</p>	<p><b>12</b>                      6:00pm-Paraklesis                      7:00pm-OCF Book Club                      7:00pm-Youth Development</p>	<p><b>13</b>                      7:00am-Men's Fellowship                      6:00pm-Paraklesis</p>	<p><b>14 Eve of Dormition</b>                      3:00pm-Dormition Retreat                      5:00pm-Great Vespers                      Reception follows Vespers</p>
<p><b>15 Dormition of the Theotokos</b>                      8:30am-Orthros                      9:30am-Divine Liturgy                      Dormition Lunch follows                      Liturgy</p>	<p><b>16</b>                      6:00pm-Greek Dance Practice</p>	<p><b>17</b></p>	<p><b>18</b>                      9:00am-"The Messenger" Mailing</p>	<p><b>19</b>                      10:00-FAITH Group at                      Minnehaha Falls                      6:30pm-Stewardship Com.</p>	<p><b>20</b>                      7:00am-Men's Fellowship</p>	<p><b>21</b>                      10:00am-Greek Dance                      Practice                      5:00pm-Great Vespers</p>
<p><b>22 Ninth Sunday of Matthew</b>                      8:30am-Orthros                      9:30am-Divine Liturgy</p>	<p><b>23</b>                      6:00pm-Greek Dance Practice</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b>                      10:00am-Greek Dance                      Practice  <b>6:00pm</b>-Great Vespers</p>
<p><b>29 Beheading of John the Baptist</b>                      • <i>Strict Fast</i>                      8:30am-Orthros                      9:30am-Divine Liturgy</p>	<p><b>30</b>                      6:00pm-Greek Dance Practice</p>	<p><b>31</b></p>				