

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, July 25, 2021

Fifth Sunday of Matthew

The Divine Liturgy

Commemoration: Fifth Sunday of Matthew; Dormition of St. Anna, mother of the Theotokos; Olympias the Deaconess; Eupraxia and Julia the Righteous of Tabenna; Gregory Kallidis, Metropolitan of Heraclea; Memory of the Fifth Ecumenical Council in Constantinople (553).

Morning Gospel: Fifth

Tone: Fourth

Variable Hymns and Readings in the Liturgy

At the Second Antiphon

Save us, O Son of God who rose from the dead, save us who sing to You Alleluia!

At the Small Entrance

Resurrection Hymn, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his great mercy.

Entrance Hymn

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead, save us who sing to You: Alleluia!

Repeat the Resurrection Hymn, above.

Hymn for the Holy Woman, Fourth Tone (Come quickly.)

You carried within your womb her who was pregnant with Life, the Mother of God, O godly-minded Anna; and thus to heaven were you today transported with great rejoicing, where those who feast dwell in glory. You pray for the forgiveness of offenses for the faithful who honor you with longing, O ever-blessed one.

Hymn of the Dormition of the Theotokos, First Tone

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!

Kontakion for Saint Anna, Second Tone (In seeking the heights.)

Today we observe the memory of Christ’s forebears, and also we pray that we might receive their aid, so that all of us may be freed from tribulations, as we cry aloud, “Be with us, O Lord our God, who glorified them as You were pleased to do.”

Epistle..... Galatians 4:22-27

Brethren, Abraham had two sons, one by a slave and one by a free woman. But the son of the slave was born according to the flesh, the son of the free woman through promise. Now this is an allegory: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. But the Jerusalem above is free, and she is our mother. For it is written, “Rejoice, O barren one who does not bear; break forth and shout, you who are not in travail; for the children of the desolate one are many more than the children of her that is married.”

Gospel..... Matthew 8:28 — 9:1

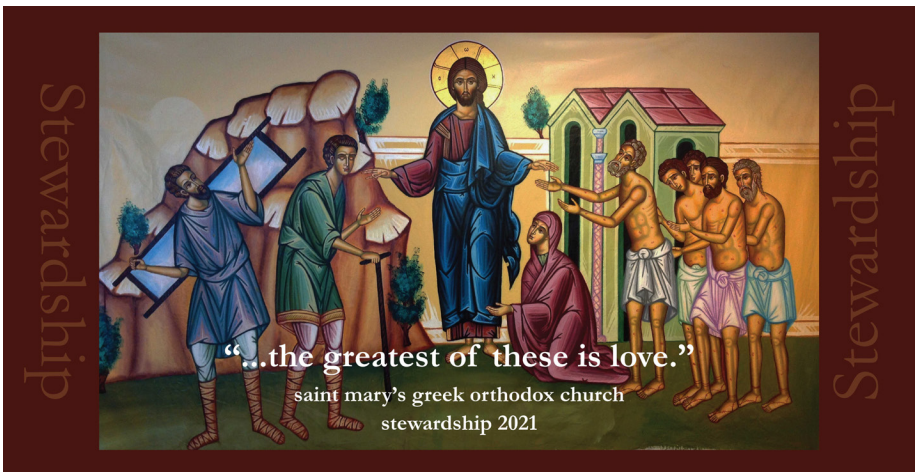
At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, “What have you to do with us, O Son of God? Have you come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged him, “If you cast us out, send us away into the herd of swine.” And he said to them, “Go.” So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

The Communion Prayers are found on page 4 of this leaflet.

Stewardship Prayer

Lord Jesus Christ, our God, accept our offerings as You have accepted the gifts of Your people throughout the ages. We offer these gifts to Your glory, for the support of the ministries of Your holy Church, for the alleviation of suffering and hunger, and for the proclamation of Your Gospel to the whole world.

Grant us Your blessing, Lord our Savior, that we may always be faithful stewards, continuing to share the gifts you have given us, by the power of Your grace, mercy, and love. May Your name be glorified forever. Amen.



THE COMMUNION PRAYERS

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen.

Behold, I approach for Divine Communion. O Maker, burn me not as I partake, for You are fire consuming the unworthy. But cleanse me from every stain.

Receive me today, O Son of God, as a partaker of Your mystical supper; for I will not betray Your mysteries to Your enemies, nor give You a kiss as did Judas, but as the thief I confess You: Remember me, O Lord, in Your kingdom.

Tremble, O man, as you behold the divine Blood. It is a burning coal that sears the unworthy. The Body of God both deifies and nourishes me: It deifies the spirit and wondrously nourishes the mind.

You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up my sins with spiritual fire, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Approaching to receive, each makes a reverence and says:

✠ Behold I approach Christ, our immortal King and God.

Prosforo: Presbytera Christa Dokos

The coffee hour today is hosted by Kostas Papadakis in memory of his wife, Bea.

Memorial Prayers

Memorial Prayers today are offered for **David Dragotis** (8 years), husband of Cheryl; **Missy Dragotis** (34 years); **Louise Wendland** (5 years); **Bea Papadakis** (9 years); **Louis (Lambros) Kokinis** (11 years), father of Bettina Hanna.

Sacraments This Week

Baptisms:

Lincoln, parents: Jack & Natalie Wahlers, July 24, 2021

Calliope, parents: George Wilson & Antigone Sander, July 24, 2021

Sascha Ignatius, parents: Matthew & Merlyn Bowlby, July 25, 2021
(Currently residing in Seoul, South Korea)

Prayer List

Please remember the sick, the suffering, and those in need, especially:

Those suffering from COVID-19 and those who care for them; Our brothers and sisters living through the aftermath of disaster; For the victims of violence; Families Moving Forward; Metro Hope Ministries; Orthodox Christian Prison Ministry; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Alex, Karris, Corina, Tom, Vasilios, George R., Ken, Presvytera Tulla Poteres, Nancy and Tim, Olga, Peter, Kristina, Armour family, Cora and family, Lamona, Bo, Tom, Lynn, Deb, Sarah, Maia, Jeanette, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Katie, Bri, Gilbert, George P., Barbara, Thespinna, Danielle, Jenny, John L., Steven E., Samir and Samira, Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Nancy, Alex, Eryn, Phil, Karen, Phil, Marnie and family; Joyce, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Dina, Landon, Luke, Aemiliane, Doria, Mike, Stephanie, Tyler, Ben, Brittany, Amy, Shinia, Chelsea, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Slibe, Saleh & Deanna, Kristine, Toni, Gina, Julie, R.J., Allie, Elena, Speranta, Alexander, Stephanie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Alki, Elizabeth, Jaxon, Olle, Judi, Bodil, Ole, and others known to you.

Calendar of the Week

Today, July 25

1:10 p.m. – St. Mary’s at the Twins Game

Monday, July 26: Saint Paraskevi

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy

Tuesday, July 27: Saint Panteleimon

6:00 p.m. – Evening Divine Liturgy

Wednesday, July 28

5:00 p.m. – Small Group Choir Rehearsal

Thursday, July 29

6:30 p.m. – Edina Koinonia, Fireside Room

7:00 p.m. – OCF Book Club, Lower Meeting Room

Friday, July 30

7:00 a.m. – Men’s Fellowship, Fireside Room and Zoom

Saturday, July 31

No Bible Study until September 25

5:00 p.m. – Great Vespers

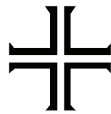
Sunday, August 1: Sixth Sunday of Matthew

Dormition Fast begins

• *“The Messenger” news item deadline: September Issue*

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy

11:00 a.m. – Missions and Outreach Meeting, Fireside Room



We are please to welcome the participants from the eighth annual *Serv-X-treme! Youth Leadership Conference* with us today. This national pan-Orthodox service learning conference put on by IOCC helps pair an Orthodox understanding and ethos of service and diakonia with hands-on service opportunities throughout the Twin Cities. There are 19 participants and counselors representing five different Orthodox jurisdictions and 13 dioceses. They will be in town all week.

Announcements

Men's Fellowship ~ Date Change

The next Men's Fellowship will be this coming Friday, July 30, 7:00 a.m., in the Fireside Room and on Zoom. We will continue our Exodus study. There will not be a meeting on either Fridays August 6 or 13.

Edina Koinonia

Edina Koinonia has rescheduled to this Thursday, July 29, 6:30 p.m., in the Fireside Room.

Saturday Bible Study

Our Saturday Morning Bible Study is being redesigned. Classes will resume on Saturday, September 25.

New in the Bookstore

Two shipments of icons have arrived with many icons new to the bookstore, including several amazing and wonderful icons from the Catacombs (2nd to 4th centuries).

Elena Biessener has gifted the bookstore with her beautiful handmade cards. She included cards for various occasions and many that are blank inside for one's personal message. Her cards have a Greek—some a specifically Greek Orthodox—theme and character and were made with a remarkable attention to detail yet also with an elegant simplicity. Each card is a gift in itself. Thanks to Elena for her generosity!

Transfiguration Lunch ~ August 6

We continue 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! (We'll be in the Terrace Room if the roofing project presents any safety issues.)

Senior Citizens' Meeting ~ August 10

The August Senior Citizens' meeting will be Tuesday, August 10, 12:00 noon, in the Terrace Room. As usual, we will socialize, have lunch and a business meeting followed by a program and Bingo. This month we will feature *Zeta Kilbridge* from the Better Business Bureau presenting on the topic, "Top Scams Targeting Seniors."

Coffee Hour Hosts Needed

Would you like to host a Sunday coffee hour? We still have openings for hosts: August 8 and September 19 and 26. Contact David in the Church Office, david@stmarysgoc.org, to find out more and reserve your Sunday.

Acolyte Retreat

Attention new and continuing altar boys!

Acolyte Retreat ~ Sunday, August 22

An acolyte retreat for continuing and new altar boys (entering 3rd grade and up) is planned for Sunday, August 22, 11:30 a.m.-3:00 p.m. We will meet in the nave after Liturgy for a short orientation/training session, jump on the 12:30 trolley from Bde Maka Ska to Lake Harriet, eat lunch (the church will pay!) at the Lake Harriet food pavilion (Bread and Pickle), and return to St. Mary's on the trolley. This event is free. Please RSVP by August 16 to Fr. Jason frjason@stmarysgoc.org or 612.401.0660.

Men's Retreat at the Karos' Cabin

September 17-19

We still have a few openings for 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. Your check to the office for \$70 made out to St. Mary's with Men's Retreat in the memo line is your reservation.

Renovation Update

We are pleased to announce the roof replacement is quickly coming to an end. Most of the equipment will be removed this coming Tuesday. The crane will return occasionally but should not impact the parking. The next step is the installation of the perimeter sheet metal, which is far less noisy. The interior brick cleaning will also finish this coming week. We will next turn our focus to the asbestos remediation which will begin in early August. As dates are finalized, we will be certain to inform you. Thank you for your patience and understanding as we continue this important work.

Food Shelf Needs for Next Week

Canned soups and/or vegetables

July's recipient has been FOCUS Minnesota.

August's recipient is Community Emergency Service (CES).

Please do not bring opened packages. They will be discarded.

Philoptochos

Metropolis Clergy-Laity Call for Philoptochos Delegates

October 7-10, 2021

The St. Mary's Philoptochos Chapter can send up to three delegates to the Philoptochos Conference of the Metropolis of Chicago Clergy-Laity Assembly. The "early bird discount" requires registration by August 1, so we want to elect our delegates by the end of July.

Would you like to be a delegate? Here's what you need to know:

- Delegates attend all Philoptochos meetings and plenary sessions to the best of their ability. They are asked to bring relevant information back to our local chapter.
- Transportation, registration, and hotel expenses are covered by our chapter.
- More information at: www.Chicago.goarch.org/Clergy-Laity

If you are interested in being a delegate, please contact Annette Legeros (talk/text 952.239.5060 or e-mail MplsPhilo@gmail.com) by TUESDAY, JULY 27. Members will then vote to elect delegates via Survey Monkey, which will be sent via e-mail by the end of the month.

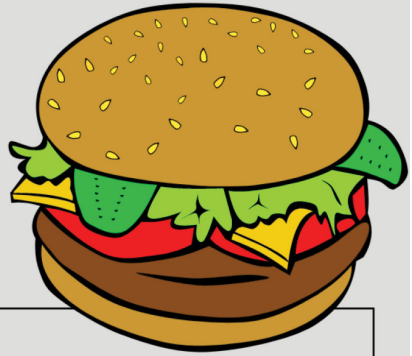
Festival Baking Sessions Postponed

At this time, the August koulouria and melomakarona baking sessions and September packaging days have been postponed. A decision will be made at a later date regarding if they will be rescheduled or canceled as well as what will be done with existing pastries. We will keep you posted, and thank you for your willingness to help.

Women's Book Club Discussion ~ August 10

The current read of the Women's Book Club is "Wounded by Love: The Life and the Wisdom of Elder Porphyrios." The book is available at the church book store and the church office. The discussion is scheduled for 7:00 p.m. on Tuesday, August 10, location to be determined.

DORMITION FEAST PICNIC



**Join us on Sunday, August 15,
as we come together as a community
to celebrate our church's feast day
with "Panagia" burgers, sides, and desserts!
*Vegetarian options will be available.***

**Please RSVP at if you plan on attending and if you would
like to volunteer to set up or take down.
Links are in the Weekly Update e-mail and on our website.
Or...call the Church Office to RSVP.**

**We are looking for sponsors to defray costs.
Please contact Athena Mihas at
Athena.Mihas@gtcuw.org
if you are interested.**



All are welcome!

Holy Day Observances This Week

Monday, July 26: Saint Paraskevi



Saint Paraskevi, who was from a certain village near Rome, was born to pious parents, Agatho and Politia. Since she was born on a Friday (in Greek, Paraskevi), she was given this name, which means “preparation” or “preparedness” (compare Matthew 27:62, Mark 15:42, Luke 23:54, and John 19:31, where ‘Friday’ is called “the day of the preparation”). From childhood she was instructed in the sacred letters and devoted herself to the study of the divine Scriptures, while leading a monastic life and guiding many to the Faith of Christ. During the reign of the Emperor Antoninus Pius, she was apprehended because she was a Christian and was urged to worship the idols, but she answered with the words of Jeremias: “Let the gods that have not made heaven and the earth perish from off the earth” Because of this she endured exceedingly painful torments, and was beheaded in the year 140. The faithful pray to her for the healing of eye ailments.

Tuesday, July 27: Saint Panteleimon



The name of St. Panteleimon is usually coupled with that of St. Hermolaos, the Priest of Nicomedia who baptized and taught him. Panteleimon learned the art of healing, and freely gave his services to all who asked for his help. When the persecution directed by Maximian was in sway, Panteleimon was of course arrested. Questioned as to the whereabouts of Hermolaos and his companions, Panteleimon refused to lie, and the friends were taken also. All were punished and executed. Hermolaos is commemorated on July 26, Panteleimon on July 27. They are revered in the East as healers.

From the Fathers...on Prayer

May God hear you. He is able to do more than we ask or understand.

—*Saint Augustine*

Daily Bible Readings

Monday, July 26

Saint Paraskevi

Galatians 3:23 — 4:5 • Mark 5:24-34

Tuesday, July 27

Saint Panteleimon

II Timothy 2:1-10 • John 15:17 — 16:2

Wednesday, July 28

Acts 6:1-7 • Matthew 13:31-36

Thursday, July 29

I Corinthians 3:18-23 • Matthew 13:36-43

Friday, July 30

Acts 15:35-41 • Matthew 13:44-54

Saturday, July 31

Romans 9:1-5 • Matthew 9:18-26

Sunday, August 1

Sixth Sunday of Matthew

Romans 12:6-14 • Matthew 9:1-8

Saint Mary's Greek Orthodox Church

3450 Irving Avenue South

Minneapolis, Minnesota 55408-3399

Telephone: 612.825.9595 • Facsimile: 612.825.9283

 Facebook: www.facebook.com/stmarysgoc

Fr. George Dokos, Proistamenos; Fr. Jason Houck, Associate

Fr. John Kostas; Deacon Paul Kalina