

# SAINT MARY'S GREEK ORTHODOX CHURCH

July 10, 2022

*Fourth Sunday of Matthew*

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## The Divine Liturgy

**Commemoration:** The Fourth Sunday of Matthew; 45 Holy Martyrs of Nikopolis, Armenia; Our Holy Father Gregory, Bishop of Assa; Parthenios and Eumenios of Koudoumas; 10,000 Fathers martyred in Egypt; Apollonios the Martyr; Deposition of the Precious Robe of Our Lord Jesus Christ in Moscow; Righteous Father Anthony of the Kiev Caves.

*Morning Gospel: Fourth*

*Tone: Third*

### 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, Third Tone***

Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of his arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world his great mercy.

#### ***Hymn of Entrance***

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 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 of the Theotokos, Second Tone***

O unfailing protection of Christians, and our faithful advocate before the Creator: though we are sinners, do not ignore our entreaty; but in your goodness, grant your timely help to us who appeal to you in faith. Quickly make intercession; on our behalf make speedy supplication, O Theotokos, for you always protect those who honor you.

***Epistle..... Romans 6:18-23***

Brethren, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification.

When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

***Gospel.....Matthew 8:5-13***

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And he said to him, "I will come and heal him." But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, he marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

***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.*

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## **Today**

40-Day Churching: Achilles, parents: Will Pappas & Adele DiNicola.

Prosforo is provided by Presvytera Alexandra Houck.

Memorial Prayers today are offered for **Socrates and Evangeline Stoyanoglow** (parents of Elaine Theis).

The coffee hour today is hosted by the families and teachers of the St. Mary's pre-Kindergarten 4 and 5 year old classes.

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## **Prayer Ministry**

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

Those suffering from COVID-19 and those who care for them; for the people of Ukraine; our brothers and sisters living through the aftermath of disaster; for the victims of violence; Metro Hope Ministries; Orthodox Christian Prison Ministry; Families Moving Forward; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Joan, the Muñoz family, Pamela, Avgi, Elena, Speranta, Maria, Dave Ruesink, Liz, Efstratia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., Dreux, Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Dallas, Lenzie, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Karris, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Bo, Tom, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Nancy, Alex, Eryn, Phil, Karen, Phil, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, Julie, R.J., Allie, Vickie, Petra, Bob, Joseph, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.

# 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.

# Calendar of the Week

## Sunday, July 10: Fourth Sunday of Matthew

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

## Monday, July 11: Saint Euphemia and Saint Olga

9:30 a.m. – Divine Liturgy

6:00 p.m. – Greek Dance Practice, Great Hall

7:00 p.m. – Festival Food Meeting, Fireside Room

## Tuesday, July 12

12:00 noon – Senior Citizens' Meeting, Terrace Room

6:00 p.m. – Adult Open Gym, Great Hall

6:15 p.m. – Parish Council Meeting, Fireside Room

7:00 p.m. – Women's Book Club, Classroom 2

## Wednesday, July 13

10:00 a.m. – Day of Service, Lecture Room

## Thursday, July 14

10:00 a.m. – FAITH Playgroup, Westwood Hills Nature Center

6:00 p.m. – YAL Barbecue, Terrace Room

## Friday, July 15

7:00 a.m. – Men's Fellowship, Fireside Room

## Saturday, July 16

9:00 a.m. – Bible Study, Fireside Room

## Sunday, July 17: Sunday of the Holy Fathers; Saint Marina

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

11:30 a.m. – Telos Gamma Training Session, Lecture Room

11:45 a.m. – Missions and Outreach Meeting, Fireside Room



*Scan the QR code to give through Venmo.*

*When giving through Venmo, please provide both your first AND last name in order to receive proper credit for your contribution.*

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# Announcements

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## Immediate Food Shelf Needs for July 17

Macaroni and cheese (boxed); Ramen noodles; Spam; saltine crackers;  
Oatmeal (individual packets); small bags or boxes of sugar

*July's recipient is FOCUS Minnesota*

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## Saint Mary's Senior Citizens' Meeting

*Tuesday, July 12*

Saint Mary's Seniors will gather for their monthly meeting and social on Tuesday, July 12, at 12:00 noon, in the Terrace Room. Historian David Jones will give a presentation on: "Charles Lindbergh: Triumph, Tragedy, and Controversy." We will end our afternoon with a short meeting and Bingo. We welcome new members from our St. Mary's community. Annual dues are \$15.00.

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# Youth News

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## Festival Volunteer T-Shirt Contest

Hey kids! — Don't miss out on the First Annual Volunteer T-Shirt Design Contest! Show off your creativity with your original design, drawing, or phrase of what you feel represents the Taste of Greece! The contest open to youth ages k-12.

Individual entries: one per person OR sibling entries: one per family

Themes: Greek heritage; Greece; St. Mary's GOC; or Taste of Greece Festival. The deadline to enter is Sunday, July 31, 2022. See the flyer in this week's Weekly Update e-mail for more information.



**Thursday, July 14 • 10:00-11:30 a.m.**

We're at the Westwood Hills Nature Center, 8300 W. Franklin Avenue, in Saint Louis Park. Meet at the Interpretive Center.

Contact *Lea Sullivan*, 952.200.6358, with any questions.

# Next Sunday!

THE TELOS PARISH WORKSHOP

## CREATE A BEAUTIFUL FUTURE WITH YOUNG ADULTS @ ST. MARY'S!

Join us for energizing reflection and discussion on what is unique and wonderful about St. Mary's and imagine together how we can become a home where young adults thrive.



- Sunday, July 17th
- 11:45- 3pm
- Pastitsio lunch provided
- Childcare available if needed
- RSVP at [tinyurl.com/ParishWorkshop](http://tinyurl.com/ParishWorkshop)

telos  
PROJECT



**Taste of Greece Festival**  
**September 9, 10, 11**

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# Philoptochos News

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## Day of Service

*(formerly Days for Girls)*

Wednesday, July 13, 10:00 a.m.-8:00 p.m. ~ Lecture Room

Please come for any portion of the day as there will be many things to do! Projects may include making pillowcases for Shriners Hospital and Reach and Restore, wheelchair bags for the VA, boxer shorts for FOCUS, pads for Days for Girls kits, and nightshirts for the Sojourner Battered Women's Shelter. If you want to sew on your own machine, feel free to bring it.

## Women's Book Club

The next book club discussion of *The Forgotten Desert Mothers* by Laura Swan will be Thursday, August 4, from 7:00-8:30 p.m. The book is available in bookstore. If you're unable to attend in person, we can set up a conference call to join the club. Please contact Katherine Boosalis or Dka. Alexandria Kalina to make this request.

## Summer Baking Sessions

Festival baking continues! As a parish community, working together is fun and essential in order for the Festival bake sale to be a success, so we're asking for your help. Bake Sale sessions are scheduled as follows:

***Koulouria*** – Friday, August 5, 9:00 a.m.-5:00 p.m.

***Diples*** – Tuesday, August 23, 9:00 a.m.-5:00 p.m. (*fry*)

Friday, September 2, 9:00 a.m.-3:00 p.m. (*honey*)

***Final Prep: Cut baklava, honey melomakarona, set up bake sale areas***

Tuesday, September 6, 9:00 a.m.-3:00 p.m.

Wednesday, September 7, 9:00 a.m.-3:00 p.m.

Sign up at the Philoptochos table after Sunday Liturgy or via Sign Up Genius.

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## Pan-O Dance ~ Saturday, July 23

YAL is excited to announce the return of the Pan-O Dance! It is an event for all – parents, kids, young adults, babushkas, taetas, papous, etc. This year the Pan-O Dance will be Saturday, July 23, at 6:00 p.m. at the St. George Antiochian Church Pavilion, 1250 Oakdale Avenue West St. Paul. Beverages will be provided by the Twin Cities YAL. Please bring a snack or appetizer to share.



# SAVE THE DATE!

**Please join us for a festive and fun-filled celebration  
of 12 years of service to our neighbors in need.**

## Focus on the Heart

**Thursday, August 18, 2022  
St. Mary's Greek Orthodox Church  
3450 Irving Ave. S., Minneapolis**

**6:30 to 9:00 pm  
Buffet with wine and beer bar**

**Free will donation  
RSVP by Wednesday 8/10 to  
[focustwincities@gmail.com](mailto:focustwincities@gmail.com)**

**FOCUS**  
+  
MINNESOTA

## From the Fathers

Let us hearken, as many as are to receive Christ: for it is possible to receive Him even now. Let us hearken, and emulate, and receive Him with as great zeal; for indeed, when you receive a poor man who is hungry and naked, you have received and cherished Him.

—*Saint John Chrysostom*

### Daily Bible Readings

***Monday, July 11***

***Saint Euphemia; Saint Olga***

II Corinthians 6:1-10 • Luke 7:36-50

***Tuesday, July 12***

Romans 14:9-18 • Matthew 12:14-16; 22-30

***Wednesday, July 13***

Hebrews 2:2-10 • Luke 10:16-21

***Thursday, July 14***

Romans 16:1-16 • Matthew 12:46 – 13:3

***Friday, July 15***

I Corinthians 13:11 – 14:5 • Matthew 17:24 – 18:4

***Saturday, July 16***

Romans 8:14-21 • Matthew 9:9-13

***Sunday, July 17***

***Sunday of the Holy Fathers of the  
Fourth Ecumenical Council***

Titus 3:8-15 • Matthew 5:14-19

***Saint Mary's Greek Orthodox Church***

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