

SAINT MARY'S GREEK ORTHODOX CHURCH

July 3, 2022

Third Sunday of Matthew

The Divine Liturgy

Commemoration: Third Sunday of Matthew; Hyacinth the Martyr of Caesarea and Theodotos and Theodota the Martyrs; Anatolius, Patriarch of Constantinople; Gerasimos the Holy Martyr of Karenesi; Translation of the Holy Relics of our Father Among the Saints Philip, Metropolitan of Moscow.

Morning Gospel: Third

Tone: Second

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, Second Tone

When you descended into death, Life immortal, you vanquished the power of hell by your resplendent divinity, and when you raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, glory to you.

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 5:1-10

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access by faith to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man -- though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Gospel..... Matthew 6:22-33

The Lord said, “The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if

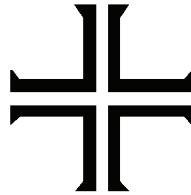
God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well.”

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.



Today

The coffee hour today is hosted by the Barakos family.



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.

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 3: Third Sunday of Matthew

- *“The Messenger” news item deadline, August issue*

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

Monday, July 4: Independence Day

Church and Office closed.

Tuesday, July 5

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

Friday, July 8

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

Summer Camp concludes

Saturday, July 9

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

11:00 a.m. – Melomakarona Baking, Kitchen

Sunday, July 10: Fourth Sunday of Matthew

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

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; 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, Karrisa, 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.

Announcements

Immediate Food Shelf Needs for July 10

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

July's recipient is FOCUS Minnesota

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.



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.

Youth News

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.

Philoptochos News

Summer Baking Sessions

It's officially summer and 2022 Taste of Greece Bake Sale preparations are in full swing! 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:

- Saturday, July 9 - Melomakarona
- Friday, August 5 - Koulouria
- Tuesday, August 23 and Friday, September 2 -
Diples/Theples/Thiples (!)
- Tuesday-Wednesday, September 6-7 - Packaging and Set Up

A few things to keep in mind:

- Novice and experienced cookie makers are welcome.
- You can come for an hour or for an entire session.
Every gift of time is valued.
- Friends are welcome -- we always have fun while baking, and the more the merrier!

Volunteer at the Philoptochos Table in the Great Hall after Sunday Liturgy or via the Sign Up Genius link in the Weekly Update e-mail.

Day of Service

(formerly Days for Girls)

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

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. Book are 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.

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

telos
PROJECT



Taste of Greece Festival
September 9, 10, 11

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**

FOCUS
+
MINNESOTA

From the Fathers...on Earthly Cares

Our life depends on the kind of thoughts we nurture.

If our thoughts are peaceful, calm, meek, and kind,
then that is what our life is like.

If our attentions are turned to the circumstances in which we live,
we are drawn into a whirlpool of thoughts and can have neither
peace nor tranquility.

–Elder Thaddeus of Vitovnica

Daily Bible Readings

Monday, July 4

Romans 9:18-33 • Matthew 11:2-15

Tuesday, July 5

Galatians 5:22-26;6:1-2 • Matthew 11:27-30

Wednesday, July 6

Romans 11:2-12 • Matthew 11:20-26

Thursday, July 7

Kyriake the Great Martyr

Galatians 3:23 – 4:5 • Mark 5:24-34

Friday, July 8

The Holy Great Martyr Procopius

I Timothy 4:9-15 • Luke 6:17-19, 9:1-2, 10:16-21

Saturday, July 9

Romans 6:11-17 • Matthew 8:14-23

Sunday, July 10

Fourth Sunday of Matthew

Romans 6:18-23 • Matthew 8:5-13

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