

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, August 1, 2021

Sixth Sunday of Matthew

The Divine Liturgy

Commemoration: Sixth Sunday of Matthew; Procession of the Precious Cross; The Holy Seven Maccabee Children, Solomone Their Mother, and Eleazar Their Teacher; Timothy the Wonderworker, Archbishop of Priconissus; Elesa the Righteous-Martyr of Kythira.

Morning Gospel: Sixth

Tone: Plagal First Tone

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, Plagal First Tone

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For he willed to be lifted up on the cross in the flesh, to endure death and raise the dead by his glorious resurrection.

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 of the Holy Cross, First Tone

Save, O Lord, O Lord Your people, and bless Your inheritance. Grant victory to the faithful against the adversaries of the Faith, and protect Your people through Your Holy Cross, Your Holy Cross.

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 Transfiguration of Christ, Grave Tone

You were transfigured on the mountain, O Christ our God, showing your disciples as much of your glory as they could bear, so that when they see you crucified they will know that you suffer freely, and they will tell all the world that you are truly the radiance of the Father.

Epistle..... Romans 12:6-14

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

Gospel.....Matthew 9:1-8

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

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

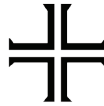
Communion Hymn

Let the light of Your face shine on us, let the light of Your face shine on us, O Lord. Alleluia.

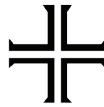
Stewardship Prayer

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.

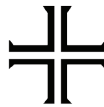


We welcome to Minneapolis and St. Mary's this weekend *Ambassador Ekaterina Dimakis*, Consul General of Greece, together with her husband, Thore Groev.



Memorial Prayers

Memorial Prayers today are offered for *Christina Houck* (1 year); *John Kluznik*, father of John Kluznik, (70 years).



Prosforo: Yana Patridge

The coffee hour today is hosted by the Kouzes and Houck families in memory of Christina.

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.

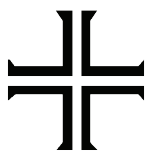
Approaching to receive, each makes a reverence and says:

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

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, Thespi-na, 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.



Sacraments This Week

Baptism: ***Julian***, parents: Trevor Arnold & Megan Caldbeck,

August 1, 2021

Wedding: ***Trevor Arnold to Megan Caldbeck***, July 31, 2021

Calendar of the Week

Today, August 1

- *Dormition Fast begins*
 - *“The Messenger” news item deadline: September Issue*
- 11:00 a.m. – Missions and Outreach Meeting, Fireside Room

Monday, August 2

6:00 p.m. – Paraklesis

Tuesday, August 3

6:00 p.m. – Paraklesis

Wednesday, August 4

4:30 p.m. – Small Group Choir Rehearsal

6:00 p.m. – Paraklesis

Thursday, August 5: Eve of Transfiguration

6:00 p.m. – Great Vespers

Friday, August 6: Holy Transfiguration

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy
after Liturgy – Potluck Lunch, Central Courtyard

6:00 p.m. – Paraklesis

Saturday, August 7

No Bible Study until September 25

5:00 p.m. – Great Vespers

Sunday, August 8: Seventh Sunday of Matthew

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

Dormition Fast

This fasting period is from August 1-14 every year and is done in preparation for the greatest Feast of the Mother of God, her Dormition. During this period we abstain from meat, dairy, fish, wine, and oil and attend the Paraklesis Service, a beautiful and melodic worship experience during which we supplicate the Holy Virgin for her intercessions, protection, and tender love.

Announcements

Prosforo Bakers...

We have a number of Sundays on our baking schedule to fill. Those Sundays are: August 22 and 29, September 19 and 26, October 17, and October 21. Please contact David in the Church Office to sign up.

- When making the holy bread, use only flour, water, yeast, and salt. Please do not use oil in the bread or pan. If you need a copy of our recipe, contact David. *Thank you!*

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."

Youth Dormition Retreat ~ August 14



Our annual Dormition Retreat for the rising K-12th graders is Saturday, August 14, from 3:00-5:00 p.m., in the Great Hall. When your child arrives, enter through the north parking lot door and check-in at the table in the hallway. We plan to decorate the Kouvouklion, have a lesson about the Theotokos, and other fun activities leading up to Vespers. Following the retreat (5:00 p.m.), everyone is welcome to attend Vespers. A snack will be provided, so please e-mail jon@stmarysgoc.org if you have any food allergies. Please sign up by scanning the QR code or visiting this link: <https://tinyurl.com/2021DormitionRetreat>

Saturday Bible Study

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

The Dormition of the Theotokos

Our Parish Feast Day

Make plans to celebrate our Parish's feast day,
the Dormition of the Theotokos, at St. Mary's.

Saturday, August 14

3:00-5:00 p.m. – Dormition Youth Retreat

See page 7 for details.

5:00 p.m. – Great Vespers

A dinner, hosted by Philoptochos, follows Vespers

Sunday, August 15

8:30 a.m. – Orthros

9:30 a.m. – Divine Liturgy

A picnic follows the Liturgy – see page 11 of this leaflet for details.

Coffee Hour Hosts Needed

Would you like to host a Sunday coffee hour? We still have openings for hosts: August 22 and September 19. 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.

Philoptochos

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.



Men's Retreat at the Karos' Cabin

September 17-19

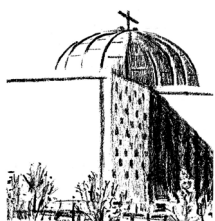
We still have a few openings for our St. Mary's Men's Retreat this year on the weekend of September 17-19. It will be held at the Karos cabin as in past years and is for all men of St. Mary's over the age of 18. Fr. John Kostas will be our retreat leader. Your check to the office for \$70 made out to St. Mary's with Men's Retreat in the memo line is your reservation.

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. The cost is \$5.00 per card. Thanks to Elena for her generosity!

Renovation Update



We continue to move forward with the many numerous aspects and scheduling of our summer renovation plan. The main work on the roof and the cleaning of the interior brick have been completed. This week the organ will be packed and moved in preparation for our asbestos removal inside the nave. This work is tentatively scheduled to begin on Monday, August 9. During this time we will be worshipping in the Great Hall. We remain grateful to all of our parishioners for your flexibility as we recognize, “By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures.” —*Proverbs 24:3-4*

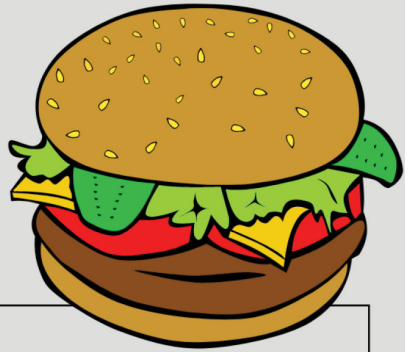
Food Shelf Needs for Next Week

Diapers, size 5

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

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

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 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!

From the Fathers...on Forgiveness

The goodness of God is so rich in graces, that it seeks a cause to have mercy on a person. Every minute God forgives us, and we should thus forgive one another. This is the greatest virtue, if you say, “May God forgive my brother for whatever he did to me.”

—*Saint Anthimos of Chios*

Daily Bible Readings

Monday, August 2

Acts 6:8 – 7:5, 47-60 • Mark 12:1-12

Tuesday, August 3

I Corinthians 6:20 – 7:12 • Matthew 14:1-13

Wednesday, August 4

I Corinthians 7:12-24 • Matthew 14:35 – 15:11

Thursday, August 5

Eve of Transfiguration

I Peter 1:1 – 2:10 • Matthew 15:12-21

Friday, August 6

Holy Transfiguration

II Peter 1:10-19 • Matthew 17:1-9

Saturday, August 7

Romans 12:1-3 • Mark 9:2-9

Sunday, August 8

Seventh Sunday of Matthew

Romans 15:1-7 • Matthew 9:27-35

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