

# SAINT MARY'S GREEK ORTHODOX CHURCH

June 5, 2022

*Holy Fathers of the First Ecumenical Council*

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## The Divine Liturgy

**Commemoration:** Fathers of the First Council; The Holy Hieromartyr Dorotheus, Bishop of Tyre; Holy Martyrs Nicandrus, Gorgus and Apollonus and those with them; Christophoros and Konon the Martyrs of Rome.

*Morning Gospel: Tenth*

*Tone: Plagal Second*

### Variable Hymns and Readings in the Liturgy

*At the Second Antiphon*

Save us, O Son of God, who has ascended from us in glory into heaven, save us who sing to you: Alleluia!

*At the Small Entrance*

#### *Hymn of the Ascension, Fourth Tone*

You ascended in glory, O Christ our God, having gladdened your disciples by your promise of the Holy Spirit. And your blessing confirmed their belief that you are indeed God's Son, the Redeemer of the world!

#### *Hymn of Entrance*

Save us, O son of God who rose from the dead, save us who sing to you: Alleluia!

#### *Resurrection Hymn, Plagal Second Tone*

The angelic powers appeared at your tomb, the soldiers guarding it became as dead men, and Mary stood at your grave seeking, seeking your most pure body. But you made hell a captive; you were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, glory to you.

*Repeat the Hymn of the Ascension, above*

### ***Hymn of the Holy Fathers, Plagal Fourth Tone***

Unending glory be yours, O Christ our God, for making our holy fathers radiant lights to all the world. Through them you led us to the true faith. Compassionate Savior, glory to you.

### ***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 Ascension, Plagal Second Tone***

When you had joined earth to heaven and fulfilled your plan of redemption, you ascended in glory, O Christ our God, while remaining in our midst. For you assured those who love you that no one can prevail against us since you yourself are with us.

### ***Epistle..... Acts 20:16-18, 28-36***

In those days, Paul had decided to sail past Ephesos, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesos and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'it is more blessed to give than to receive.' " And when he had spoken thus, he knelt down and prayed with them all.

**Gospel.....**.....John 17:1-13

At that time, Jesus lifted up his eyes to heaven and said, “Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made.

“I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves.”

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

*Instead of “We Have Seen the Light,” we chant the Hymn of the Ascension on page 1 of the bulletin.*

***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 coming.

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.

# Today

Prosforo is provided by Maria Prassas.

40-day Churching: **Carson**, parents: George & Rachael Chronakos

Memorial Prayers today are offered for **Lamona Legeros (40 days); Jim Murdakes (7 years)**.

The coffee hour today is hosted by the Legeros family in memory of Lamona Legeros.

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## Prayer Ministry

**Please remember the sick, the suffering, and those in need, especially:** The family of Margie Koutsoukos; 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; Pamela, Avgi, Elena, Speranta, Maria, Dave Ruesink, Liz, Efstatia, 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.

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## Sacraments This Week

### Baptism

**John** – parents: William & Angelea Hoeft, June 5, 2022

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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.

# — Calendar of the Week —

## **Sunday, June 5: Sunday of the Holy Fathers**

- “*The Messenger*” deadline - July issue

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

after Liturgy – Church School Teachers’ Luncheon, Lecture Room

## **Tuesday, June 7**

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

## **Wednesday, June 8**

10:30 a.m. – Intercessory Prayer, Nave

11:00 a.m. – Women’s Bible Study, Fireside Room

6:00 p.m. – Grief Support Group, Fireside Room

6:30 p.m. – Sr. GOYA End-of-the-Year Party

6:30 p.m. – Choir Rehearsal, Nave

## **Saturday, June 11: Saturday of Souls**

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

9:00 a.m. – Matins; 10:00 a.m. – Divine Liturgy

## **Sunday, June 12: Holy Pentecost**

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

5:00 p.m. – Kneeling Vespers of Pentecost

By the Grace of God  
and through the Laying on of Hands by  
*His Eminence Metropolitan Nathanael of Chicago,*  
the Servant of God

*Luke Randy Twito*

will be ordained into the Holy Diaconate  
on  
Saturday, June 18, 2022,  
at  
Saint Mary's Greek Orthodox Church  
3450 Irving Avenue South  
Minneapolis

Orthros – 8:30 a.m.  
Hierarchical Divine Liturgy – 10:00 a.m.

Luncheon in the Great Hall to follow.

Your presence and prayers are requested.

Please RSVP prior to Friday, June 10, to:  
[david@stmarysgoc.org](mailto:david@stmarysgoc.org) or call, 612.825.9595

The Ordination Service will be live-streamed on  
St. Mary's YouTube channel.

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# Announcements

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## Food Shelf Immediate Needs for June

Spaghetti noodles, BBQ sauces, and mustard

*June's recipient is Simpson Food Pantry.*

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

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## Grief and Loss Support Group

*Wednesday Evenings, 6:00-7:00 p.m.*

*Through July 6 — Fireside Room*

*Led by Fr. John & Presbytera Janis Kostas*

Loss is a sad but inevitable part of the human condition. What grieves us most is the loss of a loved one. But we experience other losses as well.

Our group will be devoted to supporting each other with encouragement, shared experience, and, most importantly, by simply listening to each other. We will explore especially how to cope with the death of a beloved parent, spouse or child. Yet we also welcome those who feel saddened or troubled over the loss of health, or a sense a failure or regret over past actions.

We will begin with a short reflection over the Psalms of Lament as a wellspring of comfort. We will also benefit from insights from *How to Survive the Loss of a Loved One*, by Fr. Anthony Coniaris. (Copies are available in the bookstore and at our first meeting.)

## Saint Mary's Senior Citizens' Meeting

*Tuesday, June 14*

Saint Mary's Seniors will gather for the monthly meeting and social on Tuesday, June 14, at 12:00 noon, in the Terrace Room. Following our luncheon, we will be entertained by U of M cellist and St. Mary's member Eleni Ciuta, who is also a member of our St. Mary's Choir. We will end our afternoon with a short business meeting and Bingo.

## Alumni Dance Group Forming

Calling all Greek Dance alumni students! Are you interested in performing at our Festival in September (9-12)? If so, please contact Tessie Bourdamis by Sunday, June 12, at [tbourdamis @comcast.net](mailto:tbourdamis@comcast.net). Practices begin on Monday, June 13.

## **Lost and Found**

Are you missing an item of clothing or a child's toy or a pair of reading glasses? We have quite a number of items found around the building over the past few months. Some have been left in the coat areas for several weeks and others were found in the pews after a service. Please take a look at the cart outside the church office to see if any of these items belong to you. Unclaimed items will be discarded after June 15.

## **Coffee Hour Hosts Needed**

Nearly all the Sundays during the upcoming summer months are open for coffee hour hosts. If you would like to host a Sunday, please contact the church office to sign up and for hosting instructions. *Thank you for considering this enjoyable ministry!*

## **Ordination Reception Help Sought**

We are in need of additional help for Luke Twito's ordination on Saturday, June 18. Help is needed both in the kitchen and with set up and clean up. Can you help? Contact the church office to offer your assistance.

## **Intern Opportunity at FOCUS Minnesota**

FOCUS Minnesota is looking for a summer intern to work one morning a week, specifically on food outreach programs. This is a great opportunity to learn non-profit programming, issues and challenges around food scarcity, and how we respond to this in our community. The right person will have competency in writing clearly, communicate well on the phone and in person to do community outreach, promote our food programs, connect with our partners, work in our Food Shelf, and oversee our home delivery service for the summer. It's a good opportunity to make a difference and we need someone who can commit to 8 weeks at FOCUS House from June through August. Please contact *Vera Proctor* for more information: [vproctor@focusna.org](mailto:vproctor@focusna.org).

# Philoptochos News

## Festival Baking Supplies Moving

We're moving the Festival baking supplies from the basement to a church school room on Tuesday, June 7, 9:00 a.m. The move isn't expected to take too long! Sign up to help in the Great Hall this morning.

## Baklava Baking Project

We are preparing for the Taste of Greece 2022! Baklava chair Elena Gabor has scheduled June 15, 20, 21, and 22 for assembly and baking. Please consider signing up for a shift or two. Many hands lighten the load. You can volunteer on the Sign Up Genius link (in the Weekly Update e-mail) or contact Elena directly at [elenagabor14@gmail.com](mailto:elenagabor14@gmail.com) or 952.288.3011.

## Tandem Celebration

At Tandem, we believe that a single thread of hope is still a very powerful thing. In the wake of COVID and the riots that forever changed our community, this year is a season of restoration and hope for the families we serve.

For the last 45 years, Motherhood has been the intersection where we meet the women and children we serve.

Tandem has been their soft place to land, offering a full spectrum of support and resources to equip these families in breaking the cycle of crisis and poverty. And thanks to you, we haven't done it alone.

We invites you to come to the table with us, to join this community of hope as we celebrate, plan and dream big for the mamas in the program!

***Wednesday, June 15, 2022***

Cocktails at 6:00 p.m. | Program and Dinner at 7:00 p.m.

The Metropolitan Club | 5418 Wayzata Boulevard | Golden Valley

Tickets are complimentary for this event.

Please RSVP at [tandemevents.org](http://tandemevents.org) - or call/text Kimberly at 612.290.5582

*Sometimes hope is all a single mom in crisis has to hold on to.*

# **SUPER HEROES SUPER SAINTS**

## **ST. MARY'S VCS**

**JUNE 13<sup>TH</sup>-17<sup>TH</sup>, 2022 8:45- 12:00 NOON**

4 years old (potty trained) - Entering 6th grade in the fall

7<sup>th</sup>-12<sup>th</sup> grade needed for helpers (please register)



Help us plan for a great week...

Register your children for VCS today!

Registration link: [tinyurl.com/stmarysVCS2022](https://tinyurl.com/stmarysVCS2022)

# **From the Fathers...on Disciples of Christ**

Our sole care will be to continue the word of Christ,  
to become His disciples and cease to be servants of sin.

*-Elder Sophrony Sakharov*

## **Daily Bible Readings**

### ***Monday, June 6***

Acts 21:8-14 • John 14:27 – 15:7

### ***Tuesday, June 7***

Acts 21:26-32 • John 16:2-13

### ***Wednesday, June 8***

Ephesians 2:4-10 • Matthew 10:16-22

### ***Thursday, June 9***

Acts 25:13-19 • John 16:23-33

### ***Friday, June 10***

#### ***Bartholomew the Holy Apostle***

I Corinthians 4:9-16 • Matthew 5:14-19

### ***Saturday, June 11***

#### ***The Saturday of Souls***

I Thessalonians 4:13-17 • John 21:14-25

### ***Sunday, June 12***

#### ***Holy Pentecost***

Acts 2:1-11 • John 7:37-52; 8:12

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

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*Fr. Timothy Sas, Proistamenos; Fr. Jason Houck, Associate*

*Fr. John Kostas; Deacon Paul Kalina*