

The Messenger

St. Mary's Greek Orthodox Church | 3450 Irving Avenue South, Minneapolis, MN 55408 | 612.825.9595 | www.stmarysgoc.org

August 2022

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St. Mary's Mission Statement

To proclaim, celebrate, and share
the good news of salvation in
Jesus Christ in accordance
with the Orthodox Tradition.

The Five Tasks of Our Parish Vision

Hear
Pray
Grow
Serve
Share



A Message from Father Tim

Father Timothy Sas, Proistamenos

Summertime Thoughts from Father Tim

Every year around this time, Minnesotans seem to be at their highest peak of overall joy because we have a greater potential of wonderful, warm summer weather – though not a guarantee – and we simply love how alive nature seems to be abounding around us. It is lovely to see how God created a natural environment of plants and animals and bodies of water, and this environment created by the Almighty has a beautiful, cyclical manner of renewing itself. A well-known Western Christian hymn comes to my mind: "Our God is an Awesome God!"

In typical fashion, we try to spend as much time as we can outdoors! In similar typical fashion we also allow many of our routines to change just for the summertime. We dress casually more frequently, we eat at restaurants more frequently, we clean our homes less attentively, we strive to get away from work more, and we justify more absences from worship services at our churches. Basically, we give ourselves permission to be lazy. Believe it or not there are some benefits to intentionally allowing moments or periods of time when we just "chill" but it's important to make sure that such periods of time do not allow for unwanted disfunction to settle in. After all, God Himself took time to rest. It's worth remembering that in the Book of Genesis we learn from the creation story that God intentionally ordained one day in a sequence of seven days to be a day of rest. Certainly, the Omnipotent God did not need to rest, yet for the sanctification of His people and the strengthening of His relationship with us, He provided for us a system and a mindfulness of rest. But take note, dear friends, that even His day of rest was placed in an orderly fashion.

I try to practice this type of season of rest in my own life and I urge you to do the same. So, it's a good idea to intentionally work less and to play more. But let's remember to still clean our homes and continue to fulfill commitments at work and in the community, and to remember to maintain the time of building up our relationship with the Lord God through our communal Church worship. Thankfully, the ecclesiastical cycle of worship and prayer with God and His community offers us a time for engaging more fully with Him even as we try to engage more playful activity and rest.

Orthodox Christians celebrate two great feasts in August. On August 6 we celebrate the feast of the Transfiguration at which we, literally, bless grapes and other fruits which are the work of our hands and the blessing of summer heat and warmth. We also celebrate the great feast of the Dormition of the

—*article continues on page 2.*

Our Life Together

Birth

Sophia

Parents: Jacob & Kassie Houseman

June 10, 2022

Share YourShelf

August's recipient of Share YourShelf contributions is Community Emergency Service.

Sunday, August 7

Canned soups or vegetables

Sunday, August 14

Diapers – size 5

Sunday, August 21

Hygiene items

(e.g. toothpaste, soap, shampoo, etc.)

Sunday, August 28

Baby formula

Whoever is generous to the poor lends to the LORD, and he will repay him for his deed.

—Proverbs 19:17

—Fr. Tim's article, continued from page 1

Theotokos on August 15th every year. This is the last in the series of twelve great feasts of the ecclesiastical year which runs from September through August, and we rejoice in it with great love for her who gave birth to our Savior Jesus Christ. In fact, we offer great attention to the Virgin Mary and this feast commemorating her departure from this world. In her wisdom, the Church engages us in a fasting period of 14 days in preparation for the feast and we pray with beautiful hymnology and poetry a Supplicatory prayer service by which we seek her intercessions in our lives. She, as the one who bore and gave birth to the One who is truly God and Man, stands as chief leader of prayer and protection for us before her Son and our Lord Jesus. It is a short service, at which we commemorate names of living loved ones, particularly through struggles of health or other life challenges. I urge you to look at our church schedule of services and set time aside for the Paraclesis as well as all other feasts and Sundays.

Weekend Schedule

Sunday (live-streamed)

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Weekday Schedule

Paraklesis Services

6:00 p.m.

Wednesday, August 3

Wednesday, August 10

Friday, August 12

Saturday, August 6

Holy Transfiguration

Orthros – 9:00 a.m.

Divine Liturgy – 10:00 a.m.

Monday, August 8

Fr. Tim's ordination anniversary

Divine Liturgy – 9:30 a.m.

The Dormition of the Theotokos

Sunday, August 14

Vespers – 4:00 p.m.

Dinner hosted by Philoptochos will follow Vespers.

Monday, August 15

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Monday, August 29

Beheading of John the Baptist

Divine Liturgy – 9:30 a.m.

St. Mary's Church Staff

Proistamenos

Fr. Timothy Sas

Associate Priest

Fr. Jason Houck

On Sabbatical

Attached Priest

Fr. John Kostas

Deacons

Fr. Paul Kalina

Fr. Luke Twito

Administrator

Julie Moricz

Parishioner Support Communications

David Mertesdorf

Ministry Support

Doria Saros

Youth Director

Jonathan Klein

Facilities Coordinator

Bob Yang

Music Director

Thespina Macres

Organist

Mark Macres

St. Mary's Parish Council

President

William M. Hoeft

Vice President

John Beauchamp

Secretary

Maria Smith

Treasurer

Thomas Hainlin

Assistant Treasurer

Andrew Twito

Members

Daniel Buss

Ina Dunham

Sam Hanna

Nicholas Legeros

Cristina Nicklow

Jeannie Possis

Dean Psychogios

Andrew Twito

Parish News & Events

Fellowship and Study Groups

Men's Fellowship

Friday, August 5 - Numbers
Friday, August 19 - Psalms
7:00 a.m., Fireside Room

Saturday Bible Study

Every Saturday
9:00 a.m., Fireside Room

Senior Citizens' News

Please note that our August luncheon and meeting has been cancelled. We look forward to seeing you at the joint event with members of the Hellenic Post American Legion and Auxiliary at the Chanhassen Dinner Theatre on August 17.

Young Adult League Boat Cruise

Thursday, August 18

Twin Cities YAL is thrilled to announce the first annual boat cruise! Young adults (ages 18-35) are invited aboard the *Magnolia Blossom* on Thursday evening, August 18, to dance the night away as we cruise down the Mississippi River!

General admission tickets: \$65 (Available until August 1)

Last call tickets: \$75 (Available August 2-14)

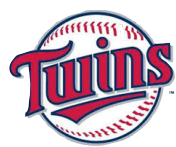
For more information and to purchase tickets go to:

<https://tinyurl.com/TCBoatCruise>

We hope to see you there!

Saint Mary's Twins Game Outing

Sunday, August 21



Grab your glove and come on out to see the Twins play the Rangers on Sunday, August 21, at 1:10 p.m.! St. Mary's will provide a bus to and from Target Field,

departing from St. Mary's at 12:00 noon. The tickets are \$20, which includes a hot dog and a soda, and are on a first come, first served basis. St. Mary's will purchase the tickets so we all can sit near each other, but you are responsible to reimburse us for the ticket(s). **This event is open to all parishioners!** To reserve your spot, please RSVP to Jon Klein (jon@stmarysgoc.org) by **Thursday, July 28!**

Area Church Festivals

Saint George Greek Orthodox Church

1111 Summit Avenue, St. Paul
Friday, July 29: 6:00-9:00 p.m.
Saturday, July 30: 11:00 a.m.-8:00 p.m.

Saints Kosmas and Damianos Greek Orthodox Church

703 West Center Street, Rochester
August 26-28
<https://greekfestrochester.com/>

Saint Mary's Coptic Orthodox Church

501 Sixth Avenue South, South St Paul
Saturday, August 27: 11:00 a.m.-7:00 p.m.
Sunday, August 28: 11:00 a.m.-6:00 p.m.

LOMCP Gala on the Farm

Don't miss the annual *Lyn Olson Medical Crisis Program* fundraiser

Gala on the Farm

Korluka Equestrian Farm in Stillwater, Minnesota

Sunday, September 18, 2022

3:00 - 6:00 p.m.



We have an exciting day planned for you! New this year is a professional Spanish horse show, performed by *Fredy Castano* and *Manuel Vargas*.

This is a family friendly event!

Adults are \$30 and accompanying kids under 18 are free.

Lyn Olson Medical Crisis Program supports individuals and families who are suffering financially due to a medical crisis.



Taste of Greece Festival

September 9, 10, 11

Philoptochos



We hope all our Philoptochos ladies are enjoying their summer months! The Philoptochos Board will hold their calendar planning meeting on Tuesday, August 16. Please share your ideas for the coming year with any board member. August also has the last of our Festival Baking sessions, which we encourage you to attend to help lighten the load!

We will have our kick off dinner meeting in September, so please watch for details for the date and also sign-up sheets to help.

Upcoming Activities

Festival Baking 2022

The Taste of Greece is September 9-11 and Philoptochos is managing the Bake Sale once again. Baking sessions are planned and everyone is welcome to come for part or all of the days to assemble, bake, and enjoy great fellowship. Here is the remaining schedule:

Koulourakia: Friday, August 5, 9:00 a.m.-5:00 p.m.

Thiples (frying): Tuesday, August 23, 9:00 a.m.-5:00 p.m.

Thiples (honeying): Friday, September 2,
9:00 a.m.-3:00 p.m.

Packaging and Set Up: Tuesday and Wednesday,
September 6-7, 9:00 a.m.-3:00 p.m.

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-mails. Questions or suggestions? Contact Bake Sale chairs *Cathy Forchas* or *Paulette Hastings*.

Women's Book Club Discussion

Thursday, August 4

The next book club discussion of *The Forgotten Desert Mothers* by Laura Swan will be Thursday, August 4, 7:00-8:30 p.m. Books 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 Dormition of the Theotokos Feast Day

Philoptochos will host both a Lenten meal after Vespers on Sunday, August 14, and the coffee hour after morning Liturgy on Monday, August 15. Please stop by our table after church on Sundays to volunteer to help at these events or provide treats for the morning reception and help us celebrate our parish feast day!

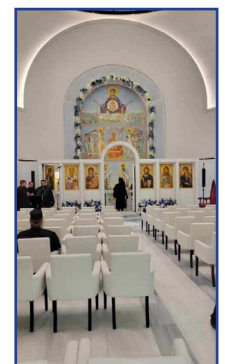
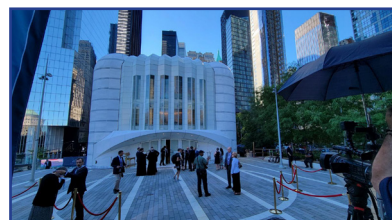
Thank You...

Melomakarona – Thank you to chair *Paulette Hastings* and everyone who helped!

Baklava – Thank you to chair *Elena Gabor* and everyone who helped in complete 60 pans of baklava in record time!



National Philoptochos Convention – Thank you to delegates *Andrea Tiggas*, *Dena Tortorelis*, and *Mary Kay Twito* for representing our chapter in New York City. We look forward to hearing all about the trip, including the consecration of St. Nicholas Church and Shrine, at our September meeting.



Day of Service – Thank you to chair *Sofia Johnson* and all who came to support our hands-on projects of making pillowcases for Shriners Hospital and Reach and Restore, boxer shorts for FOCUS, pads for Day for Girls kits, and nightshirts for the Sojourner Battered Women's Shelter.

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

Stewardship

The Three Pillars of Stewardship

Ownership, Engagement, and Generosity

...continued...

"But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. As it is written: 'He has dispersed abroad, He has given to the poor; His righteousness endures forever.'"

—2 Corinthians 9:6-9

As we have mentioned the past two months, the Metropolis of Chicago has begun a Metropolis-wide stewardship initiative entitled "**Strengthen Stewardship Now and Forever**," based on the principles of *Ownership, Engagement, and Generosity*.

We have discussed Ownership and Engagement in previous months. But what does it mean to be generous? The upcoming fifteen day fast and celebration of the Dormition reminds us of the extraordinary generosity of a young holy woman who, when approached by the Archangel, willingly accepted the role as the bearer and nurturer of Christ the Savior. As we contemplate ways in which we too can exhibit generosity at St. Mary's, in time, talent and treasure, may we look to the Theotokos as our shining example and remember that when we give of ourselves, usually we find that more comes back to us in wonderful and unexpected ways.

If you have not yet made a formal pledge of your time, talent, and treasure to St. Mary's, please fill out a form and return it to the office. If you have already done so, we are so grateful for your generosity and your personal and formal commitment to Christ and His Church.

Blessed feast of the Dormition!

In Christ,
The Stewardship Committee

Saint Mary's 2022 Stewardship Campaign Update

Our Church, Our Spiritual Home

Thank you for your participation in our 2022 Stewardship Campaign and your on-going support of St. Mary's through your gifts of time, talent, and treasure.

A Reminder: The goal this year is to cover all the Church ministries and operating costs through Stewardship contributions without relying on rental and festival income to cover the gap. The experience of the pandemic impact during the past two years reminds us how important it is not to rely on the rental and festival income to cover the costs of our ministries and operations of the church.

As of July 4, 2022, we have covered 37% of this year's budget for ministries and operating expenses.

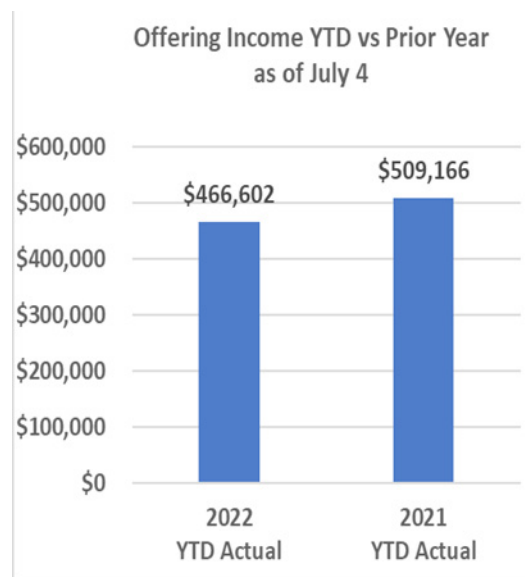
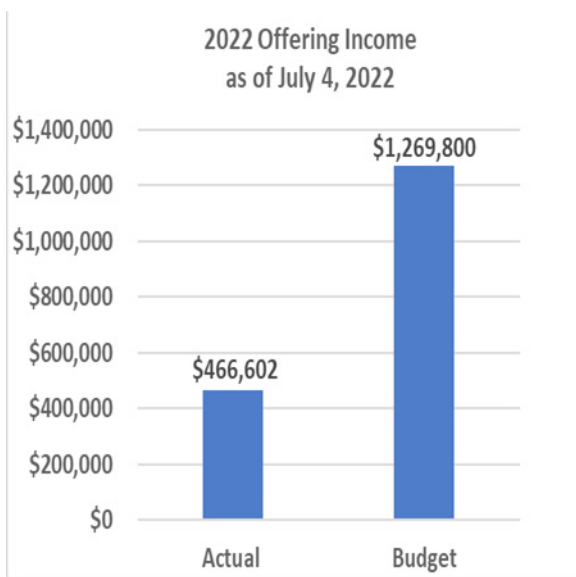
Offering Income received to date is behind by \$42,564 compared to where we were last year at this time. We encourage parishioners to make regular contributions throughout the year to ensure we are covering our expenses each month. Prayerfully consider also increasing your Stewardship contribution this year to help us reach our goal. Your stewardship giving to St. Mary's is one way to exhibit the principle of generosity.

Offering Income Year-to-Date as of July 4, 2022

Offering Income as of July 4, 2022	2022 YTD Actual	2022 Annual Budget	Additional Needed by December 31
Payments Received	\$466,602	\$1,269,800	\$803,198

Offering Income as of July 4, 2022	2022 YTD Actual	2021 YTD Actual	Decrease vs. Prior Year
Payments Received	\$466,602	\$509,166	(\$42,564)
Average per Week	\$17,946	\$19,583	(\$1,637)
Average per Month	\$77,767	\$84,861	(\$7,094)

—Stewardship continues on next page.

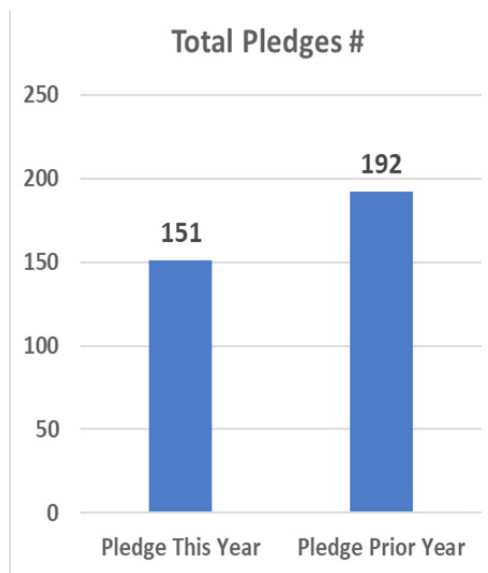


Stewardship Pledge Forms Completed in 2021 and 2022

We encourage all parishioners to complete a financial commitment form this year as well as a time and talent form.

Completing a form represents our commitment to Christ and to responsible stewardship. It is not too late!

Below are two bar charts showing total number of Stewardship financial commitment forms completed in 2021 compared to the total completed in 2022 year-to-date as well as the total dollar amounts pledged for each year.



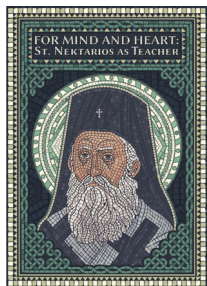
Job Opportunity: Family Seeking Nanny

An Edina family is looking for a part-time nanny for their three children (10 year old boy, 8 year old girl, and 6 year old girl). All three children are in school, so the family is looking for someone to pick the kids up from school and help them with homework and getting them to their after-school activities. This position will be part time with 4 days per week with the hours typically being 6:30-8:00 a.m. and 2:20-6ish p.m. If the nanny is interested in additional hours, the family would love for someone to take on a bit of a household manager role while the kids are at school and complete tasks such as laundry and running errands, but this is optional. Rarely when a kid is sick, they would need her to stay home with them. During the summer, they would need someone more full time. They would love someone who is looking for a long-term position! Because this position requires driving, the nanny will need to have a reliable car and you will be reimbursed for mileage. Pay based upon experience. *Contact David in the Church Office for information.*

In the Bookstore

by Rebecca Myerly

bookstore@stmarysgoc.org



Saint Nektarios (1846-1920) put great value in education—both sacred and secular. *For Mind and Heart: St. Nektarios as Teacher* is a collection of texts chosen and translated by Rev. Dr. John Palmer. In his Preface, Palmer writes:

Of the texts included in the present collection, half are sermons or orations, while the remaining texts...are penned in such a way as to both instruct and spiritually move the reader. Consequently, this corpus affords us an opportunity to observe St. Nektarios as a pedagogue in action. (XXII)

The texts are presented in an order that builds and develops. In "On the Feast of the Three Hierarchs," St. Nektarios emphasizes that St. Basil the Great, St. Gregory the Theologian, and St. John Chrysostom each had sacred and secular educations. Their mothers Emmelia, Nonna, and Anthusa (respectively) gave their sons a strong upbringing in the faith, so much so that they were confident their sons would not lose their faith when they sent them off for secular education. With this, St. Nektarios stresses the importance of mothers in raising children. In the next text, titled "Motherhood and the Raising of Children," he writes:

Nature has appointed parents, especially mothers, to be the teachers of this age [infancy and childhood]...to suitably educate and carefully form children: it is they who serve as images and patterns, of which their children become copies in continuation. A child imitates either the virtues or the shortcoming of his mother, her voice and manner, her ethos and behavior....It is the mother who most properly plants the first idea of God in the child's heart. (16,17)

In "The Calling of Youth in Society" and "On Exercise," St. Nektarios turns his attention to young men and the vital importance of a well rounded upbringing for them with both a sacred and secular education working together with physical exercise to build strength of character. Explaining the importance of wisdom, piety, justice, truth, and knowledge, he stresses, "It is...an obligation above every other that we should know ourselves in order to become virtuous, while, conversely, our ignorance of this results in a myriad of sins." (38)

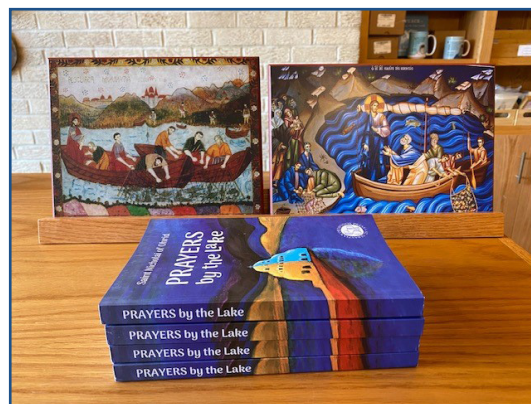
St. Nektarios quotes Greek philosophers in many of his texts in this book and elsewhere. In "Concerning

Greek Philosophy As a Guide Leading to Christianity," he, steeped in the writing of St. Clement of Alexandria on philosophy, explains, "Greek Philosophy taught about God's providential care for humanity and became humanity's pedagogue, leading it to Christ through its sound ideas." (54) St. Nektarios also carefully points out its deficiency and insufficiency "when it comes to the great work of mankind's illumination and reformation." (68)

Man sought divine revelation so as that he might learn the truth, be certain, be convinced; it stood in need of a divine reformer. Philosophy was wanting in both these regards. Man found these in Christianity, however, which Greek Philosophy led it to. This is my humble opinion concerning these matters. (68)

The concluding text in this book is "The Necessary Attributes of a Spiritual Shepherd," which is a section of St. Nektarios' *Pastoral Handbook*. Written in a question and answer format, he highlights the importance of spiritual shepherds (priests and bishops) having a broad and extensive education and formation.

For Mind and Heart: St. Nektarios As Teacher offers guidance and encouragement to parents and all who teach, whether formally or informally. Keeping in mind we all teach, whether intentionally or not, by our words and our actions—and our very being, this book roots the reader in awareness of this calling and responsibility. David Brooks wrote in his book *The Second Mountain*, "The educated life is a journey toward higher and high love." (201) This aptly applies to St. Nektarios and all who read him with sincere openness and the desire to learn.



Prayers by the Lake Bookstore display created by Ben Wehr.

Children & Youth

Our Children and Youth Mission Statement

To cultivate a safe and welcoming environment for kids by nurturing healthy relationships within the church family. We will teach the youth by building a strong foundation of knowledge, and together, we will experience the Orthodox tradition by following the four circles of youth ministry: **Liturgia** (Worship), **Diakonia** (Service), **Martyria** (Witness), and **Koinonia** (Fellowship), leading our youth to develop, by their own free will, a personal relationship with God and to pursue union with Him.

Summer Reading Book Club for the Junior GOYAns (Rising 6th – 8th graders)

All Junior GOYAns are welcome to join our Summer Reading Book Club led by Presvytera Alexandra Houck. The Junior GOYAns will be reading *The Lion, The Witch and the Wardrobe* by C. S. Lewis and meet on **Wednesday, August 17, from 5:30-7:00 p.m.** to discuss the book and examine the Christian messages within the book. If a Junior GOYAn is interested in reading the book, please sign up by going to this Google Form:

<https://tinyurl.com/JrGOYABookClub>

Dormition Retreat Sunday, August 14

Our Dormition Retreat for kids in kindergarten through grade 12 will take place on Sunday, August 14, from 10:45 a.m. (following Communion)-12:30 p.m. This year the retreat will look a little different. Following Communion on Sunday, we will meet in the Terrace Room and break-out into a couple different groups where we will decorate the Kouvouklion, have a lesson about the Theotokos, and some hang time. A snack and light lunch will be provided, so please email jon@stmarysgoc.org if you have any food allergies. Please RSVP by visiting this link: <https://tinyurl.com/2022DormitionRetreat>

Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. To access our formal feedback process, go to our St. Mary's home page-Click on "Youth," then "Youth Program Feedback." Your comments will be forwarded to a member of the Parish Council and will be reviewed for follow up.



Wednesday, August 24 • 10:00 a.m.-12:00 noon

Join us at Central Park of Maple Grove, 12000 Central Park Way, Maple Grove. Meet at the picnic tables by the shelter at 10:00 a.m.

Playground and splash pad! Bring a swimming suit if you want to play in the splash pad. Bring your own picnic lunch.

Contact Kyrsten Theodotou, 641.629.0181, with questions.

Saturday, September 24 • 12:30-2:00 p.m.

Trolley ride, ice cream, and the playground at Lake Harriet, 4200 Queen Avenue, South, Minneapolis.

Meet at the trolley station to ride the trolley, then go for ice cream at the pavilion, and stick around at playground if you like!

Contact Kyrsten Theodotou, 641.629.0181, with questions.

FAITH Playgroup is for children from birth through pre-K and their parents/ guardians. Grandparents, siblings, and caregivers are welcome, too!



Follow the GOYAns on Instagram: **St_Marys_GOYA**

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3450 Irving Avenue South
Minneapolis, Minnesota 55408

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RETURN SERVICE REQUESTED

The Dormition of the Theotokos August 15

Prophet David, tell us please, what do we celebrate today?
"The Assumption of the one, whom in the Psalms I
extolled as daughter and Virgin and the Mother of God,
when Christ, who without seed was born of her, himself
transported her to heaven, to the mansions there. And
on this day especially mothers, daughters, and brides
of Christ salute her with joy, 'Rejoice, O Lady! You were
transported to the royal courts on high!'"

—*Kathisma 1, Matins of the Dormition of the Theotokos*

St. Mary's Greek Orthodox Church

The Messenger is published
monthly by St. Mary's
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August 2022

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Publication Deadlines

The Messenger—

First Sunday of each month.

Sunday Bulletin—

Preceding Thursday,
12:00 Noon

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:00pm-Greek Dance Practice	2	3 6:00pm-Paraklesis	4 7:00pm-Women's Book Club	5 7:00am-Men's Fellowship 9:00am-Koulouria Baking 6:00pm-Great Vespers	6 Holy Transfiguration 9:00am-Orthros 10:00am-Divine Liturgy 9:00am-Bible Study
7 Eighth Sunday of Matthew "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy	8 9:30am-Divine Liturgy 7:00pm-Greek Dance Practice	9 6:15pm-Parish Council	10 6:00pm-Paraklesis	11	12 6:00pm-Paraklesis	13 9:00am-Bible Study
14 Ninth Sunday of Matthew 8:30am-Orthros 9:30am-Divine Liturgy 4:00pm-Great Vespers <i>Lenten dinner follows Vespers</i>	15 Dormition of the Theotokos 8:30am-Orthros 9:30am-Divine Liturgy <i>Reception follows Liturgy</i> <i>Church Office Closed</i>	16 6:00pm-Adult Open Gym Philoptochos Board <i>(time tba)</i>	17 9:00am-"The Messenger" Mailing 5:30pm-Jr. GOYA Book Club	18	19 7:00am-Men's Fellowship	20 9:00am-Bible Study
21 Tenth Sunday of Matthew 8:30am-Orthros 9:30am-Divine Liturgy 1:10 pm-Twins Game	22 7:00pm-Greek Dance Practice	23 9:00am Theples Frying 6:00pm-Adult Open Gym	24 10:00am-FAITH Playgroup	25 7:00pm-Edina Koinonia 7:00pm-Stewardship Com.	26	27 9:00am-Bible Study
28 Eleventh Sunday of Matthew 8:30am-Orthros 9:30am-Divine Liturgy	29 Beheading of John the Baptist 9:30am-Divine Liturgy 7:00pm-Greek Dance Practice	30 6:00pm-Adult Open Gym	31			