

SAINT MARY'S GREEK ORTHODOX CHURCH

July 17, 2022

Holy Fathers of the Fourth Ecumenical Council

The Divine Liturgy

Commemoration: Sunday of the Holy Fathers of the Fourth Ecumenical Council; The Holy Great Martyr Marina (Margaret); Veronika and Speratos the Martyrs; Holy Royal Martyrs of Russia; Kenelm, Prince of Mercia.

Morning Gospel: Fifth

Tone: Fourth

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, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with 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 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 Saint Marina, Plagal First Tone

O glorious Marina, who was espoused to the Word, you abandoned all connection with worldly things, and as a fair virgin you contended brilliantly. For, O Athlete of God, you firmly crushed the invisible enemy who appeared to you. And now you pour forth the gifts of healing to the world!

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..... Titus 3:8-15

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Gospel..... Matthew 5:14-19

The Lord said to his disciples, “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven.”

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.

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.

Today

Prosforo is provided by Yana Patridge.

Memorial Prayers today are offered for **Andreas Viktoros** (*brother of Anna Iakovou*).

The coffee hour today is hosted by Georgia B. George and Mark and Stephanie Flumerfelt.

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.



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

Tuesday, July 19

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

Wednesday, July 20: Elias the Prophet

- 9:30 a.m. – Divine Liturgy
- after Liturgy – “The Messenger” Mailing

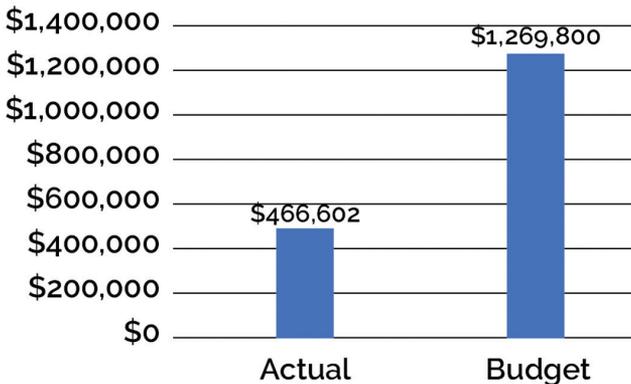
Saturday, July 23

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

Sunday, July 24: Sixth Sunday of Matthew

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

2022 Offering Income as of July 4, 2022



It is by offering our blessings back to God that He will be able to continue His forgiving, healing, liberating, empowering, transfiguring, loving ministry through the Church. For God, Infinite though He is, has chosen to work through us, through our gifts, to continue His saving work in the world today.

—Father Anthony M. Coniaris

Announcements

Food Shelf Needs for Sunday, July 24

Canned meats (tuna, chicken, etc.)

July's recipient is FOCUS Minnesota.

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

Quarterly Clean Up

Our second Quarterly Clean Up, focusing on the storage area above our main kitchen, begins August 1. Ministries and Organizations who have items in this area are encouraged to spend time organizing, labeling, and cleaning your respective areas. Broken items, unlabeled materials, and torn or ripped items will be placed in the dumpster. The deadline for all ministry leaders is Sunday, July 31.

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. If you have any questions please contact *Francine Perry*, fsperry1@comcast.net

Liturgical Enhancements Task Force

As Orthodox Christians we are called to continually glorify God. Our Task Force chairs invite all parishioners to **Hear, Pray, and Grow** as we learn about future plans to enhance the liturgical experience at St. Mary's. An introductory presentation is scheduled for Sunday, July 31, 11:30 a.m., in the Nave.

Philoptochos News

Calling All Prosforo Bakers

Our stock of prosforo used during weekday liturgies and as needed on Sunday mornings is nearly depleted. Because the Sacred Baking chair is unable to lead a mass baking session until late fall, we are asking individuals to bake prosforo loaves at home, wrap them so they are freezer-ready, and place them in the freezer in the room behind the altar (on the south side). Please consider doing this once or more during the coming months. Prayers and recipes can be picked up at the Philoptochos table in the social hall, in the church office, and on pages 27-29 of the church cookbook *Come Sit at Our Table*. Questions? Contact David in the church office, 612.825.9595.

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.

Parish Twins Outing



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!**

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.

YAL News

Young Adult League Boat Cruise

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!

Early bird ticket price: \$55 (Available through Monday, July 18)

General admission tickets: \$65 (Available July 19-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!



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 Jesus Christ

Born as a son and led forth as a lamb, sacrificed as a sheep,
buried as a man, He rose from the dead as God,
being by nature both God and man.

–*Saint Melito of Sardis*

Daily Bible Readings

Monday, July 18

Romans 16:17-24 • Matthew 13:10-23, 43

Tuesday, July 19

I Corinthians 1:1-9 • Matthew 13:24-30

Wednesday, July 20

The Glorious Prophet Elias (Elijah)

James 5:10-20 • Luke 4:22-30

Thursday, July 21

I Corinthians 3:18-23 • Matthew 13:36-43

Friday, July 22

Mary Magdalene, the Holy Myrrh-bearer and Equal to the Apostles

I Corinthians 9:2-12 • Luke 8:1-3

Saturday, July 23

Romans 9:1-5 • Matthew 9:18-26

Sunday, July 24

Sixth Sunday of Matthew

Romans 12:6-14 • Matthew 9:1-8

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