



# ST. MARY'S

GREEK ORTHODOX CHURCH

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July 30, 2023 — *Eighth Sunday of Matthew*

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## THE DIVINE LITURGY

### *Commemoration*

Eighth Sunday of Matthew; Silas, Silvan, Crescens, Epenetus and  
Andronicus the Apostles of the 70; Julitta of Caesaria.

*Morning Gospel: John 20:11-18*

*Tone: Grave*

### **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, Grave Tone**

By your cross, O Lord, you destroyed death; to the thief you opened  
paradise. The myrrh-bearers' sorrow you transformed into joy, and  
you sent your apostles forth to proclaim that you had risen from the  
dead, Christ our God, bestowing on all the world your 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 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, 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..... I Corinthians 1:10-17**

Brethren, I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe’s people that there is quarreling among you, my brethren. What I mean is that each one of you says, “I belong to Paul,” or “I belong to Apollos,” or “I belong to Cephas,” or “I belong to Christ.” Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest any one should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized any one else.) For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

**Gospel..... Matthew 14:14-22**

At that time, Jesus saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, “This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves.” Jesus said, “They need not go away; you give them something to eat.” They said to him, “We have only five loaves here and two fish.” And he said, “Bring them here to me.” Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

***The Communion Prayers are found on page 40 of the hymnal.***

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# Calendar of the Week

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## Sunday, July 30: Eighth Sunday of Matthew

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy  
after Communion – Kids’ Greek Dance Practice, Lecture Room  
12:00 noon – St. Mary’s at the Minnesota Twins game

## Monday, July 31

6:00 p.m. – Greek Dance Practice, Great Hall

## Tuesday, August 1: Dormition Fast Begins

5:30 p.m. – Philoptochos Calendar Planning Meeting, Fireside Room

## Wednesday, August 2

5:30 p.m. – Akathist/Nurturer of Children  
6:00 p.m. – Paraklesis

## Friday, August 4

7:00 a.m. – Men’s Fellowship, Fireside Room  
5:30 p.m. – Akathist/Nurturer of Children  
6:00 p.m. – Paraklesis

## Saturday, August 5

12:00 noon – Gluten-Free Festival Baking, Kitchen  
5:00 p.m. – Great Vespers

## Sunday, August 6: Holy Transfiguration

*“The Messenger” News Item Deadline*  
*Orthodox Christian Prison Ministry (OCPM) Recognition*

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy  
after Communion – Kids’ Greek Dance Practice, Lecture Room

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## Akathist to the Mother of God “Nurturer of Children”

We will gather in the nave for prayer at 5:30 p.m. (sharp) prior to the Paraklesis services (6:00 p.m.) on the following days during the Dormition Fast: August 2, 4, 9, 11, and 14. Everyone is welcome! Please contact Cindy Karos, 612.701.7320, or Popie Rakes, 952.393.4180, with questions.

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## Prayer Ministry

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*Please remember the sick, the suffering, and those in need, especially:*

All victims of wars throughout the world; 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; Constance, Peter, Evdoxia, Marina, Dion, Annali, Sofia, Juan Cruz & family, Charlie, Stan, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, John K., Alexey, Alexandra, Ray, Christina, Joanne, Athena, the Muñoz family, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Maria, Liz, Efstratia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., 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, Carole, Patty, 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, Rick, Nancy, Alex, Eryn, Phil, Karen, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, 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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## Today

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Prosforo is provided by Barbara Nichols

Memorial Prayers are offered for Eugenia, John and Thomas Checheris

The coffee hour today is hosted by the Checheris, Dillon, and Nicklow families in memory of departed loved ones.

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## Sacraments This Week

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### *Weddings*

Megan Workman to Joshua Jyring - Saturday, July 29, 2023

Katherine Kohnen to Theodore Boosalis - Sunday, July 30, 2023

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# Announcements

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## Food Shelf Needs for August 6

### Canned Soup or Vegetables

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

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

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### Coffee Hour Hosts Needed

Several Sundays in the upcoming weeks are open for coffee hour hosts. They are August 6 and 27, and September 3, 17, and 24.

Please contact the Church Office if you'd like to host.

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### Blessing of Grapes and Other Fruits

Next Sunday, August 6, the Feast of the Transfiguration of the Lord, we invite everyone to bring grapes and various fruits to be blessed at the conclusion of the Divine Liturgy. "The blessing of grapes, as well as other fruits and vegetables on this day is the most beautiful and adequate sign of the final transfiguration of all things in Christ. It signifies the ultimate flowering and fruitfulness of all creation in the paradise of God's unending Kingdom of Life where all will be transformed by the glory of the Lord." (Fr. Thomas Hopko)

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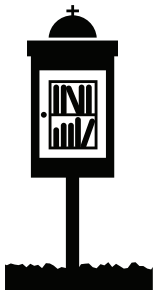


### Gluten-Free Festival Baking

~ *Saturday, August 5* ~

A baking day has been added to the schedule. Join us in the kitchen next Saturday, August 5, 12:00 noon-5:00 p.m., to make special gluten-free amygdalota for the Festival bake sale. Sign up on Sign Up Genius (the link is in the weekly update).

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### Gently Used Orthodox Books Wanted

Coming soon to Irving Avenue...a Free Little Orthodox Library filled with books for anyone to take and enjoy. Our library will contain only Orthodox material as a way to share our faith with neighbors and the community. Philoptochos is managing this project, including stocking and maintaining the library with donated books. **If you have Orthodox books to donate**, please bring them to the Philoptochos table after Sunday Liturgy or bring them to the church office during the week.

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# Philoptochos News

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## Come Help us Bake This Week and Beyond...

Please join us for part or all of our baking sessions as we prepare for the Taste of Greece Bake Sale. Sign up online (the link is in the weekly email update) or at the Philoptochos table on Sundays after the Divine Liturgy.

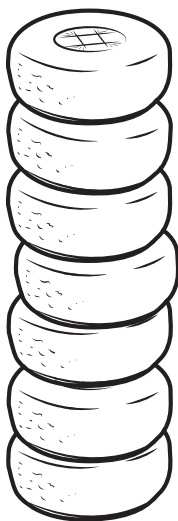
Saturday, August 5, 12 noon – 5:00 p.m. | **Gluten-Free Amygdalota**

Thursday, August 24, 9:00 a.m. – 5:00 p.m. | **Koulouria**

Wednesday, August 30, 9:00 a.m. – 5:00 p.m. | **Fry Theples**

Thursday, August 31, 10:00 a.m. – 5:00 p.m. | **Honey Theples and Melomakarona**

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## Additional Prosforo Needed

Our supply of prosforo for weekday liturgies and excess Sunday needs is low. We are asking prosforo makers to bake a batch at any time in the coming weeks and months (while our chairs are traveling) to help us restock. Here's the process:

- Wrap finished loaves well for freezer storage, including a plastic bag with all the air squeezed out. (In the past, loaves with freezer burn were not usable.)
  - Label each loaf with the date baked and note if the seal is good.
  - Place loaves in the freezer in the room behind the altar on the south side.
  - Stop by the Philoptochos table if you need a prosforo recipe. Recipes are also in the Come Sit at Our Table Cookbook, if you have a copy.
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## Volunteers Needed for Dormition Celebrations

Philoptochos is hosting two receptions to celebrate our parish feast day, The Falling Asleep of the Virgin Mary:

### Monday, August 14

After Great Vespers, a light fasting snack will be served.

### Tuesday, August 15

Following the Divine Liturgy and Blessing of Artoclasia, brunch will be served.

Event planning and help is needed for both days. Please stop by the Philoptochos table to volunteer.



2023 St. Mary's  
Minneapolis  
Taste of Greece  
Festival



Scan to Sign-up  
to Volunteer

## Festival Volunteer Sign-up

Our big festival is fast approaching and we will need your help to make it a success. There are various work shifts throughout the event weekend. Please sign-up to volunteer for as many shifts as you are able to. This year we are using our new platform, Realm Connect, for festival volunteer sign-ups. The process is easy, but please be patient as we use this new approach. All you need is your active Realm Connect account to make the process smooth. If you do not have an active Realm Connect profile, or if you need assistance, sign-up stations will be available at the social hour following liturgy. All you will need is your email address.



## Lost and Found

### General

A cart containing a number of items left around the building is located in the office hallway. Please stop by and claim your lost items

### Summer Camp

A table with a large number of camp items is also in the hallway leading to the office. Please take a look at the items and claim yours. If you see something that might belong to someone from another church, please let them know it's here

CLAIM  
YOUR ITEMS  
**BEFORE  
AUGUST 15!**

*\*Unclaimed items will be donated to a charitable organization.*



## Men's Retreat

Approximately ten spaces remain for this year's Men's Retreat at the Karos' cabin the weekend of September 15-17. The retreat is for all men of St. Mary's over the age of 18 and the cost is \$75. Your reservation will be your payment to the Church office. Make your checks payable to St. Mary's with the memo Men's retreat.



## GOYA Summer Reading Book Club

All rising Junior & Senior GOYAnS are welcome to join our Summer Reading Book Club led by Presvytera Alexandra Houck. The Junior GOYAnS will meet on Tuesday, August 22, 5:30 - 7:00 p.m., in the Fireside Room, to discuss the book: *The Lost Saint*, by Christine Rogers (Ancient Faith). This is a fictional story, but it tells the true and amazing story of St. Fanourios. The Senior GOYAnS will meet on Thursday, August 24, 5:30 - 7:00 p.m., in the Fireside Room, to discuss the book: *A Trace in the Sand, A Tale of the Early Martyrs* (Saint Herman Press). It's a historical novel about this special time when so many faithful people made the difficult and dangerous choice to become Christians. If your child is interested in reading the book, and participating, **please sign up by August 1** by scanning the code.



## Dormition Youth Retreat (K-12th grade)

Our annual Dormition Youth Retreat for the rising K-12th graders on August 9. This year, the retreat will look a little different by beginning at 2:00 p.m. and going until the end of Paraklesis (around 6:45 p.m.). We will breakout into a couple different groups where we will learn about the Paraklesis service, make crafts, hang out in the gym and youth room, eat a light dinner, and finish with Paraklesis. **Please sign up by August 6** by scanning the code.



## Upcoming YAL Event

*(Young Adult League, Ages 18-35)*

Second Annual Boat Cruise — *On the Paradise Destiny II*

*When:* Evening of Saturday, August 19

*Cost:* Early bird ticket price – \$70 (available July 11-17)

General admission tickets – \$80 (available July 18-31)

Last call tickets – \$90 (available August 1-14)

*For more information and to purchase tickets, scan the code*

telos  
PROJECT



## Seeking New Telos Team Members

Round two of the Telos Project will begin in August 2023 and continue through June 2024. This endeavor is a unique process designed to help each church meet its individual needs. We are looking for 3-5 new people (22-35 years old) to join our team. If you are interested and want to know more, please contact Fr. Jason Houck at [frjason@stmarysgoc.org](mailto:frjason@stmarysgoc.org)



## From the Desert Mothers...

“Just as the most bitter medicine drives out  
poisonous creatures, so prayer joined to fasting  
drives evil thoughts away.”

–*Amma Syncretica of Alexandria*

### Daily Bible Readings

#### *Monday, July 31*

I Corinthians 11:31-34; 12:1-6 • Matthew 18:1-11

#### *Tuesday, August 1*

##### *Dormition Fast Begins*

Hebrews 11:33-40; 12:1-2 • Matthew 10:16-22

#### *Wednesday, August 2*

Acts 6:8-15; 7:1-5; 47-60 • Mark 12:1-12

#### *Thursday, August 3*

I Corinthians 14:6-19 • Matthew 20:17-28

#### *Friday, August 4*

I Corinthians 14:26-40 • Matthew 21:12-14; 17-20

#### *Saturday, August 5*

I Peter 1:1-25; 2:1-10 • Matthew 15:32-39

#### *Sunday, August 6*

##### *Feast of the Holy Transfiguration*

II Peter 1:10-19 • Matthew 17:1-9



**Saint Mary's Greek Orthodox Church**

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[@stmarysgoc](https://www.instagram.com/stmarysgoc)

*Fr. Timothy Sas, Fr. Jason Houck, Fr. John Kostas  
Fr. Paul Kalina, Deacon; Fr. Luke Twito, Deacon*



# ST. MARY'S FAMILY CAMP

Friday, October 6 – Sunday, October 8, 2023

## THIS YEAR'S THEME:

**THE  
POWER OF OUR  
STORY**

## SPEAKER:

**Father Timothy Pavlatos**

## REGISTRATION:

Early Bird: **August 1 – August 15**

General: **August 16 – August 31**

End Date: **August 31**

## LOCATION:

**Camp Courage**

Maple Lake, Minnesota

**LEARN MORE ABOUT FAMILY CAMP, OUR GUEST  
SPEAKER, OR TO REGISTER, SCAN THE CODE.**



[stmaryscamp.com/family-camp/](https://stmaryscamp.com/family-camp/)