



ST. MARY'S

GREEK ORTHODOX CHURCH

July 9, 2023 — *Fifth Sunday of Matthew*

THE DIVINE LITURGY

Commemoration

Fifth Sunday of Matthew; The Holy Hieromartyr Pancratius, Bishop of Tauromenium in Sicily; Dionysios the Orator; Metrophanes of Mount Athos; Methodios the Hieromartyr, Bishop of Lampis; Paternuthius the Monk; Euthymios of Karelia; Michael Paknanas the Gardener.

Morning Gospel: Luke 24:13-35

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 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, Fourth 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..... Romans 10:1-10

Brethren, my heart’s desire and prayer to God for Israel is that they
may be saved. I bear them witness that they have a zeal for God, but
it is not enlightened. For, being ignorant of the righteousness that
comes from God, and seeking to establish their own, they did not
submit to God’s righteousness. For Christ is the end of the law, that
every one who has faith may be justified. Moses writes that the man
who practices the righteousness which is based on the law shall live
by it. But the righteousness based on faith says, Do not say in your
heart, “Who will ascend into heaven?” (that is, to bring Christ down)
or “Who will descend into the abyss?” (that is, to bring Christ up from
the dead). But what does it say? The word is near you, on your lips and
in your heart (that is, the word of faith which we preach); because, if
you confess with your lips that Jesus is Lord and believe in your heart
that God raised him from the dead, you will be saved. For man believes
with his heart and so is justified, and he confesses with his lips and so
is saved.

Gospel.....Matthew 8:28-34; 9:1

At that time, when Jesus came to the country of the Gergesenes, two
demoniacs met him, coming out of the tombs, so fierce that no one would
pass that way. And behold, they cried out, “What have you to do with
us, O Son of God? Have you come here to torment us before the time?”
Now a herd of many swine was feeding at some distance from them. And
the demons begged him, “If you cast us out, send us away into the herd
of swine.” And he said to them, “Go.” So they came out and went into
the swine; and behold, the whole herd rushed down the steep bank into

the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

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



Calendar of the Week

Sunday, July 9: Fifth Sunday of Matthew

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

Monday, July 10

6:00 p.m. – Greek Dance Practice

Tuesday, July 11: Saint Euphemia and Saint Olga

9:30 a.m. – Divine Liturgy
12:00 noon – Senior Citizens
6:15 p.m. – Parish Council

Thursday, July 13

6:30 p.m. – YAL BBQ, Terrace Room

Saturday, July 15

10:30 a.m. – FAITH Playgroup
5:00 p.m. – Healing House Dinner and Bible Study

Sunday, July 16: Sunday of the Holy Fathers

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
11:30 a.m. – Missions & Outreach
12:00 noon – Baklava Sundaes Preparations, Kitchen

Prayer Ministry

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; Roni, Evdoxia, Marina, Dion, Annali, Alicia K., Sofia, George K., Juan Cruz & family, Kristina, 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, Dave Ruesink, 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, Karrisra, 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.

Today

Prosforo is provided by Yana Patridge

40-day churching today is:

Georgios Christoforos, parents: Jose and Anastasia Beltran

Memorial Prayers are offered for Howard and Bette Friesen

The coffee hour today is hosted by the Baustian, Friesen, and Hainlin family in memory of grandparents Howard and Bette Friesen.

Announcements

Food Shelf Needs for July 16

Peanut Butter

July's recipient is FOCUS, MN.

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

Kids (Ages 3-5) Dance Group Starts Today

Starting today, we will be teaching kids to Greek dance in the Lecture Room immediately after liturgy, for 30 minutes. The goal of this group is to teach our kids the basics of dance and an appreciation of Greek culture. The kids will be performing at the Festival (September 8-10). All kids are welcome but required to attend at least four practices if they would like to participate in the performance. To sign up, contact Lea Hoeft, angelea.hoeft@gmail.com

Senior Citizens' Meeting ~ Tuesday, July 11

Saint Mary's Seniors' meeting and social will be held Tuesday, July 11, at 12:00 noon in the Terrace Room. We will celebrate July birthdays and anniversaries with a group photo, a luncheon, and delicious cake from Queen of Cakes. We will be entertained afterwards by our own St. Mary's choir member and professional actor/singer, Seth Seidl, as well as songstress, Maggie Benham, who will perform a variety of Broadway and show tunes. A short meeting and announcements will follow. All St. Mary's seniors (55+) are welcome to join our lively group. Dues are \$15. For further questions, please contact President Tessie Bourdamis.



Baklava Sundae Baking Volunteers Needed

When: Sunday, July 16, 12:00 noon – 3:00 p.m.

Please bring your own small pot and brush to melt and spread butter.



ST. MARY'S
realm + connect



Did You Add a Picture to Your Profile?

If you haven't created your St. Mary's Realm Connect profile, that includes a picture of you, then we won't be able to see you. And it's always good to connect a face to a name. Realm Connect provides a directory that you can access and immediately reach out to anyone in our parish. Make sure to add a photo to your profile on Realm Connect—either through the mobile app or online. Scan the code to get started. If you need help setting up your profile, reach out to either Niko Kouzes or Bettina Hanna.

Seeking New Telos Team Members

If your passion is to help the young adults improve their engagement in all areas of St. Mary's Greek Orthodox Church, we are looking for YOU! 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 to join our team who possess one or more of these qualities: *22-35 years old, good communicators, responsible, committed, creative, leaders, team players, flexible with their time, passionate for the growth in the church.*

If you are interested in knowing more about the Telos Project, please contact Fr. Jason Houck at frjason@stmarysgoc.org who will connect you with current team members.

Upcoming YAL Events

(Young Adult League, Ages 18-35)



Annual Summer BBQ — *Food and drinks will be provided*

When: Thursday, July 13 at 6:30 p.m.

Where: St. Mary's GOC Terrace Room and outdoor terrace

To RSVP, scan the code.

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





The Summer Activity Schedule for the Saint Mary's FAITH Playgroup has been set up. Here's the next event:

Saturday, July 15, 10:00 a.m. – 11:30 a.m.
Westwood Hills Nature Center St. Louis Park

St. Mary's FAITH Playgroup is a parent/child playgroup geared towards families with children ages birth through pre-K. It is a wonderful way to meet other young families at our parish. Grandparents, caregivers, and siblings welcome!

Philoptochos Book Club

Passions and Virtues, the fifth volume of the Spiritual Counsels of Saint Paisios the Athonite, is the next read for the Philoptochos Book Club. This book will be discussed in the September, October, and November meetings. Copies are available for purchase in the bookstore.

The St. George Middle Eastern Festival Is Back!

Saturday, July 15, 12:00 noon – 10:00 p.m.
Sunday, July 16, 12:00 noon – 6:00 p.m.

St. George Antiochian Orthodox Church • 1250 Oakdale Ave, West St. Paul
Great food, music and dance, delicious pastries, silent auction, and more!

If you are available, additional volunteers are always welcome to help make this event a success (we know St. Mary's has trained festival folk)! Please check out the open volunteer slots at the link in this week's weekly email.

Volunteer Questions: Rebecca Michaels at mideastfest.volunteers@gmail.com
St. George Church wants to thank everyone for the continued support, and hopes to see you at the Festival!

From the Desert Mothers...

“It is good to practice contemplative quiet: A wise person leads a life of quiet contemplation.”

–*Amma Theodora of Alexandria*

Daily Bible Readings

Monday, July 10

Romans 16:17-24 • Matthew 13:10-23,43

Tuesday, July 11

Saint Euphemia and Saint Olga

II Corinthians 6:1-10 • Luke 7:36-50

Wednesday, July 12

Corinthians 2:9-16; 3:1-8 • Matthew 13:31-36

Thursday, July 13

Synaxis of Archangel Gabriel

Hebrews 2:2-10 • Luke 10:16-21

Friday, July 14

Romans 16:1-16 • Matthew 13:44-54

Saturday, July 15

The Holy Martyrs Cyricus and His Mother Julitta

Corinthians 13:11-14; 14:1-5 • Matthew 17:24-27; 18:1-4

Sunday, July 16

Sunday of the Holy Fathers

Titus 3:8-15 • Matthew 5:14-19



Saint Mary's Greek Orthodox Church

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