



THE MESSENGER

AUGUST 2023

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Our 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



Preparing for the Feast with the Fast

The Dormition of the Theotokos

On August 1st we start the last stretch of summer in Minnesota. A time when outdoor festivals, concerts, parties, BBQs, weddings, movies, and lake time are at a peak. When we are rushing to get those last few family weekends in before the kids must rush off to school. While this time in Minnesota is precious, as Orthodox Christians this time also holds immense importance for us. It marks a two-week period of spiritual discipline, personal reflection, and renewal through fasting and prayer. This period is in preparation to celebrate the feast day of the Dormition of the Theotokos or the falling-asleep of the mother of God on August 15th. The feast day is also colloquially named "Panagia" (Greek: Παναγία, feminine of panágios. pan [All] + hágios [holy], the All-Holy, or the Most Holy) and "Thekapependeavgousto" which is literally the "15th of August" in Greek. It is also known as the feast of the Assumption, as it proclaims that Mary, the mother of Jesus, was "assumed" by God, in both spirit and body, into His heavenly kingdom.

Many villages and towns in Greece and in other Orthodox Christian communities throughout the world host grand festivals on August 15th in honor of the Theotokos. For all of us at St. Mary's in Minneapolis, this day is especially significant as it is the feast day of our Church.

Though this event was not explicitly mentioned or featured in the New Testament, there are many early Church writings and accounts

—Article continues on page 3.

Our Life Together

Baptisms

Declan

Parents: Cooper & Jessica Buss
June 25, 2023

Elias

Parents: Mark & Nicole (Ellis)
Caldwell
July 2, 2023

Sophia

Parents: Nathanael & Emily
Kostick
July 16, 2023

Weekend Schedule

Sundays (live-streamed)

Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Saturday, August 5

Eve of the Transfiguration
Great Vespers – 5:00 p.m.

Weekday Schedule

Wednesday, August 2 & 9

Akathist to the Mother of God
“Nurturer of Children”
Akathist – 5:30 p.m.
Paraklysis – 6:00 p.m.

Friday, August 4 & 11

Akathist to the Mother of God
“Nurturer of Children”
Akathist – 5:30 p.m.
Paraklysis – 6:00 p.m.

Monday, August 14

Eve of the Dormition
Akathist to the Mother of God
“Nurturer of Children”
Akathist – 5:30 p.m.
Great Vespers – 6:00 p.m.

Tuesday, August 15

Dormition of the Theotokos
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Tuesday, August 29

Beheading of St. John the Baptist
Divine Liturgy – 9:30 a.m.

Share YourShelf

August’s recipient is Community
Emergency Service (CES).

Sunday, August 6

Canned soup or vegetables

Sunday, August 13

Diapers (Size 5)

Sunday, August 20

Hygiene items (toothpaste, soap,
shampoo, conditioner, razors)

Sunday, August 27

Baby Formula

“Always give without remembering and
always receive without forgetting.”
— Brian Tracy

Donate Online:

<https://www.focusmn.org/>
then “Donate Now”

Fellowship and Study Groups

Men’s Fellowship

Friday, August 4 & 18
7:00 a.m., Fireside Room

Saturday Bible Study

NOTE: Saturday Bible Study will
take the rest of summer off. We
will get back together in September
after the Festival.

Edina Koinonia

Thursday, August 24, 7:00 p.m.
Meeting Room 1

St. Mary’s Church Staff

Proistamenos

Fr. Timothy Sas

Associate Priest

Fr. Jason Houck

Attached Priest

Fr. John Kostas

Deacons

Fr. Paul Kalina
Fr. Luke Twito

Office Manager

David Mertesdorf

Communications & Marketing

Nikolas Kouzes

Finance (interim)

Peggy Sperides

Ministry Support

Doria Saros

Youth Director

Jonathan Klein

Music Director

Thespina Macres

Organist

Mark Macres

St. Mary’s Parish Council

President

Jeannie Possis

Vice President

Sam Hanna

Secretary

Maria Smith

Treasurer

Andrew Twito

Assistant Treasurer

Cristina Nicklow

Members

Daniel Buss
Libby Cheolis
Alex Dascalos
Ina Dunham
Dean Psychogios
Sophia Rouman
Louis Tiggas

Preparing for the Feast...

Preparing for the Feast with the Fast: The Dormition of the Theotokos (Continued from page 1.)

that detail this miraculous occasion. For Orthodox Christians today it is a profound mystery with many theological layers to understand its meaning, importance, and significance. As we enter this period of prayer, contemplation, and preparation the following are just a few key aspects for reflection.

Honoring the Mother of God

The Dormition of the Theotokos is a celebration of the life and faithfulness of the All-holy and Ever-virgin Mary. As the mother of our Lord God and Savior, Jesus Christ, she occupies a unique and revered station for her role in the salvation of humanity. Her title as Theotokos (Greek for “God-bearer” or “Mother of God”) underscores the belief that Jesus, as the Son of God, possesses both divine and human natures. Mary’s divine motherhood is regarded as a profound mystery and a cornerstone of Orthodox Christology.

Remembering Her Example of Faith

We venerate her as the most honored among all the saints and a true model of our faith. Her unconditional acceptance of God’s plan to be the chosen vessel through which He entered the world to save humanity, was expressed in her response to the Archangel Gabriel, “Let it be to me according to your word” (Luke 1:38). This example of faithfulness and devotion serves as a model for us all.

Receiving the Promise of Eternal Life

The Dormition is seen as a unique and extraordinary event in which the soul of the Theotokos was received by Christ at the moment of her death, and her body was later taken up to heaven and reunited

with her. The word “dormition” comes from the Latin “dormitio,” meaning “falling asleep.” The term highlights the belief that Mary’s death was not a result of corruption or decay but rather a peaceful sleep before her body was assumed into heaven. The Dormition is considered a glorious and blessed departure from this earthly life and a transition to eternal life in the full presence of God.

The feast of the Dormition is truly a joyous occasion for all Orthodox Christians. It is a time for us to honor and venerate the Theotokos, to reflect on her faith and devotion, and to seek her intercession and guidance in our own spiritual journeys. The Dormition holds deep theological significance in Orthodoxy. It affirms Mary’s distinctive role as the Theotokos, the Mother of God, who participated intimately in the life, death, and resurrection of Jesus Christ. The event emphasizes our belief in the sanctity of the human body and the hope of resurrection and eternal life for all believers.

In the two weeks prior to the feast of the Dormition, we will be having the Paraklesis services at 6:00 p.m. on August 2, 4, 9, and 11 and Great Vespers on the 14th for the Eve of the Dormition. Prior to the services, we will gather in the nave for the Akathist prayer at 5:30 p.m. Following services on the 14th and 15th, there will be a reception and luncheon hosted by our Philoptochos chapter. If your schedule permits, please make the time to join in the many beautiful services during this period. Many blessings to all and a “Kalo Dekapendavgousto!”



Parish News & Events

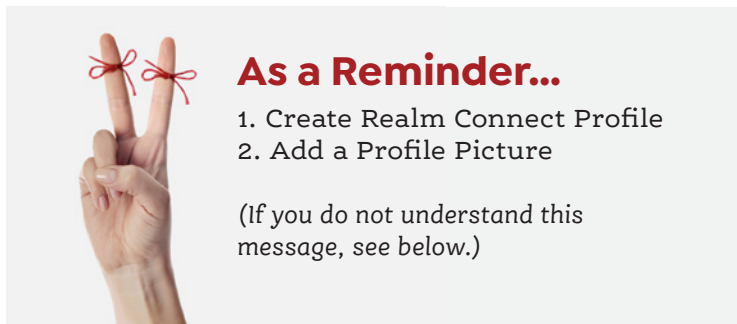


Fun Jam Thank You

Thank you to the folks who helped with our annual Fun Jam celebrating the end of another great Church School season: Dick Andron, Cassi Boosalis, Allie Dillon, Melina Dillon, Melissa Doukas, Peter Doukas, Don Forchas, Elena Gabor, Jimmy Geogleris, Demetra Kordopitoulas, Aggie Koutroupas, Briana Maimares, Lia Nicklow, Cheryl Sioris, Dena Tortorelis.

Vacation Church School Thank You

Thank you to all who helped make this summer's Vacation Church School a meaningful week for our young folks: Dena Tortorelis and Krissa Rovolis - Directors, Father Tim, Father Jason, Father Mircea, Christina Phill, Nancy Gallos, Natalie Hideg, Jon Klein, Georgia Andron, Demetra Kordopitoulas, Aggie Koutroupas, Bea Murdakes, Mary Kafkas, Fifi Kafkas, Elena Gabor, Sia Tortorelis, Georgie Tortorelis, Steve Gallos, Sofia Sas, Danielle Brown, Lea Sullivan, Maria Prassas, Joanie Balach, David Mertesdorf, Annette Legeros, Maria Merbler, Chrissie Hoffman, Lia Nicklow, John Kafkas, Doria Saros, and Mary Makres.



ST. MARY'S
realm ✦ connect



For a large parish like ours, it's always good to connect a face to a name. Realm Connect provides us with a directory that we can access and immediately reach out to anyone in our parish. So, make sure to add a photo to your profile on Realm Connect—either through the mobile app or online. It's quick and easy to do. Scan the code to get started. As always, if you need help setting up your profile, reach out to either Niko Kouzes or Bettina Hanna.



Women's Pilgrimage

January 23-27, 2024

It's time to begin planning for the annual women's pilgrimage to the St. Paisius Women's Monastery scheduled for January 23-27, 2024. Space is available for ten women on a first come first, served basis. We fly to Phoenix, then travel by van for 3 1/2 hours to Safford, Arizona. Tickets must be purchased by mid-October. Prices are not yet available at this time (approximately \$500-\$650). Transportation, room, and board are included in the price. Please visit the monastery website, stpaisiusmonastery.org, and click on Visitor Information for rules and dress codes. The deadline to register is October 20. Contact Sandra Anderson with questions, 612.940.8933

Men's Retreat

September 15-17

We look forward to gathering again for a weekend of fellowship and community to strengthen our Orthodox faith. The retreat is for all men of St. Mary's over the age of 18 and the cost is \$75. Like always, it will be first come, first serve. Your reservation will be your payment to the Church office. Make your checks payable to St. Mary's with the memo Men's retreat. Our retreat leader this year will be Father Andrew Jaye—the Priest of Holy Myrrhbearers Church in St. Cloud, Minnesota. He has led a major growth stage for this St. Cloud parish, and will engage us over the weekend about that experience. Father Andrew has been a priest for many years and has served our St. Mary's Summer Camp, as well as our Family Camp. We will provide more details as time gets closer.

— *Paul Karos and Steve Rakes*

Parish News & Events

Blessing of the Backpacks

Sunday, August 27

We will bless backpacks on Sunday, August 27. Preschool through high school, as well as teachers and college professors, please bring your backpacks or briefcases to church for a special blessing before the start of the school year.



Akathist to the Mother of God "Nurturer of Children"

During the upcoming fasting period, two weeks prior to the feast of the Dormition, we will be having the Paraklesis services at 6:00 p.m. on

August 2, 4, 9, and 11 and Great Vespers on the 14th for the Eve of the Dormition. Prior to the services, we will gather in the nave for the Akathist prayer at 5:30 p.m. (sharp). Everyone is welcome! Please contact Cindy Karos, 612.701.7320, or Popie Rakes, 952.393.4180, with questions.

TWIN CITIES YAL
SECOND ANNUAL

BOAT CRUISE

8.19.23
LAKE MINNETONKA

TICKETS ON SALE NOW



Senior Citizens' Meeting

Thursday, August 8

Saint Mary's Seniors' meeting and social will be held Tuesday, August 8, at 12:00 noon in the Terrace Room. We will celebrate August birthdays and anniversaries with a group photo, a luncheon, and delicious cake from Queen of Cakes. Afterwards, Secretary Linda Stanton will coordinate discussions about your favorite trip/travel in the U.S. or overseas, either recent or in past years. You are welcome to bring a picture or two of your favorite trip and travel story. 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.



2023 St. Mary's Minneapolis Taste of Greece Festival Volunteers Needed

Friday, September 8:
2:00-9:00 p.m.

Saturday, September 9:
Noon-9:00 p.m.

Sunday, September 10:
Noon-5:00 p.m.

NEW THIS YEAR

Volunteer sign-up is handled in Realm Connect. Scan the code to sign-up now or visit the sign-up tables in the Great Hall after Sunday Liturgy.



MplsGreekFest.org



@mplsgreekfest

Philoptochos



During the summer, Philoptochos moves into a season of few meetings and many activities, including Bake Sale preparations, Dormition celebrations, and more. Please watch for details on weekly church emails and website.

The New St. Mary's Philoptochos Board

The New Board was voted in at our Spring Finale for a two-year term from 2023 to Spring 2025. The next Philoptochos Board meeting will be on August 1st at 5:30 for training and dinner in Fireside Room. Watch for more information in weekly bulletin for the next board meeting. Thank you for your commitment, dedication, and hard work!



President: Connie Kouzes

First Vice President: Lisa Gallmeyer

Second Vice President: Carol Smith

Corresponding Secretary: Cathy Forchas

Secretary: Shannon Baustian

Treasurer: Kathleen Wendland

Assistant Treasurer: Mary Ellis

Advisor: Annette Legeros

Board Members:

Sandra Anderson

Erline Holman

Donna Psihos

Maria Smith

Andrea Tiggas

Dena Tortorelis

Mary Kay Twito

Thank You

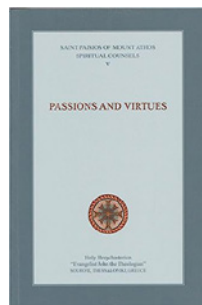
Thank you to all who helped bake thousands of melomakarona for the festival bake sale.

Thank you Naira Istephanous, chair, and all who helped make baklava for the festival Baklava Sundae station.

Upcoming Activities

Dormition Celebrations August 14 & 15

Watch for signup sheets and links to help with coffee hour after vespers on August 14th and a brunch after liturgy on August 15th



Women's Book Club Discussion

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

2023 Greek Festival Baking

Summer Festival Baking for The Taste of Greece Bake Sale are underway. EVERYONE is welcome to come for part or all of the work sessions. On-the-job training is provided, we have great fellowship and is a wonderful way we support the church. Volunteer at the Philoptochos table on Sundays, through Sign Up Genius (<https://tinyurl.com/3crshzmk>).

Save these dates for future Bake Sale sessions.

- Thursday, August 24: Koulouria
- Wednesday, August 30: Theples Fry Day
- Thursday, August 31: Honey Day for Theples and Melomakarona
- Tuesday-Wednesday, September 5-6: Packaging and Final Preparations

NEW Little Orthodox Library



Philoptochos is managing a new project on the grounds of St. Mary's—a free Little Orthodox Library. Like the many Little Libraries, you've seen in people's yards, it will be filled with books for anyone to take and enjoy. However, this library will contain only Orthodox material to share our faith with neighbors and the community. We hope to have it up in time for the Taste of Greece Festival. If you have books to donate, please bring them to the Philoptochos table after Sunday Liturgy or bring them to the church office during office hours. Any questions, please contact Paulette Hastings.

Missions & Outreach



That's a Wrap!

Thank you for helping to put together 15,000 oat meals for our local food shelves! And wasn't that fun to work beside someone you haven't seen in a while, or you asked someone to come with you to help, or someone you enjoyed meeting, while doing this wonderful event to help those with food needs. It is a joy to be a volunteer and see your hands creating meals and having a delightful time. Again, thank you for helping this past June 25th.

Simpson Housing Services



It was another great evening to bring a fun meal to share with those currently without a home. To say "Hello" as each one is served and if there is time, to walk over to ask if one can help bring their plate to a table as they walk with crutches. For many homeless,

this is a moment in their timeline for a safe place to stay while pulling things together in their lives. What a wonderful, safe place with meals provided to help 'get back on their feet.' Thank you to William Fazio and Terri Leckas for working up the menu for a very special volunteer evening. And thank you to all who helped volunteer to set up and serve.

Invite-a-Friend Vespers

After our first Vespers on May 6, we heard of people who wanted to attend but had other commitments. Thankfully, this September 23rd, we will be having another invite-a-friend Vespers. After the service, Father Tim will offer a short presentation, followed by refreshments.

In this way, we are sharing our faith as it is written in Matthew 28:19, "Go therefore and make disciples," by inviting others to learn more about the ancient Christian Faith.

I am sure there is a short list of people that you can think of to invite. This may also be a great event to invite that person from our community that you have not seen in a long, long time. One last thought, every Sunday and every Vespers is an opportunity to invite a friend to "come and see."



**Saturday,
September 23, 2023**

Come experience the ancient
Christian Church and learn
about the faith.

A short evening Vespers service followed
by a presentation and refreshments.



ST. MARY'S
GREEK ORTHODOX CHURCH

In the Bookstore

By Rebecca Myerly

bookstore@stmarysgoc.org



Praying in Time: The Hours & Days in Step with Orthodox Christian Tradition by Sr. Vassa Larin is a gift for anyone wanting to pray more deeply in and with the Church. She writes:

This book grew out of my experience trying to pray the prayer-tradition in which I was raised, that of the Orthodox Church, in the different places and circumstances I have found myself in the thirty-two years that I have

been a nun. Throughout the last thirty-two years, I went from prayer-life in a monastic community in a convent, to prayer-life on my own in an apartment in the center of a city, and from prayer-life without a constant Internet connection and a mobile phone, to prayer-life in our twenty-four-seven Internet age. The latter transition, from an offline life to one with a constant Internet connection, has radically changed all of our lives, whether we had a “prayer-life” or not. In my case, these transitions changed me profoundly; they have changed the way I perceive time, the way I pray, and the way I perceive the church and what it means to be church. (xi)

Considering living in the world with twenty-four-seven Internet and the fragmentation and chaos that so often results, she felt compelled

to seek a better way to manage this chaotic time, in a way that fostered, not destroyed, my vocation. I eventually found this “better way” within my own church-tradition,... the Byzantine Orthodox Christian one. This ancient church tradition had...a now-broken and mostly neglected practice of “ordering” our hours and days by “hallowing” each day and hour with specific prayers and/or sacred memories. I discovered this tradition anew, in the chaotic context of the Internet Age, and the way in which I am learning to utilize it in this context is what I will be sharing...(xiv)

The Church has a long tradition of praying the Hours of the day that extends back to its origin in Old Testament times. We see this in the book of Acts where the disciples are mentioned praying at certain specific hours. This tradition grew and

developed. The daily “Little” Hours are the First, Third, Sixth, and Ninth Hours—often not even known by lay people; and the better known “Big” Hour of Vespers. In addition, the Church has liturgical commemorations for each day of the week. Combined together, one can redeem the time in and through prayer in sync with the Hours and the days. Each Hour has its own focus. The theme of the First Hour (from sunrise to about 9 a.m.) is Morning and Light, the Third Hour (9 a.m. to 12 noon) is Pentecost and the Descent of the Holy Spirit, the Sixth Hour (12 noon to 3 p.m.) is the Crucifixion (the Nailing of Christ to the Cross), and the Ninth Hour (3 p.m. to 6 p.m.) is the Death of Christ on the Cross.

In addition to the Hours each day, the Church gives each day of the week liturgical traditions and themes which “shed additional light on our redemptive walk through time.” (53)

Sunday—the Resurrection

Monday—the Angels and all Bodiless Powers

Tuesday—Saint John the Baptist

Wednesday—the Cross and Theotokos

Thursday—the Apostles and Saint Nicholas

Friday—the Cross and Theotokos

Saturday—the Departed and All Saints

Sr. Vassa explains the meanings of and in each Hour and each day in a way that invites and encourages the reader to “redeem the time” by praying with and in the Church and its Tradition:

Our participation in the prayer tradition of the hours and days is...profoundly creative, drawing us into participation in God’s creative work in our own ways, in the context of our own time. Metropolitan Kallistos Ware writes about this creative aspect of reliving tradition as follows: “Our reliving of Tradition is essentially creative....To be a true traditionalist is to be creative. What is tradition? It is creative life. And what is creativity? It is the reinterpretation of tradition in the context of our present-day experience.” (8)

How to do this in the context of the reader’s life is a focus for Sr. Vassa. She presents brief explanations for each Hour, including the theme, the Troparion

—Article continues on page 15.

Stewardship

Time & Talent Spotlight Anastasia Friesen, OCF Student Leadership Board



What were ways you found during your college experience to stay connected to your faith?

OCF (Orthodox Christian Fellowship) was the major way I stayed connected to my faith in college. OCF is a national ministry that connects college students around the country to

each other and more importantly, Christ. Beyond keeping me tethered to my Orthodox values, OCF gave me the space and tools I needed to develop my faith and take it on as my own after leaving home. I was blessed to be part of the thriving UofM OCF chapter where I cultivated deep Orthodox friendships and developed a deeper understanding of Orthodox traditions and practices.

If a new high school grad was considering joining OCF at their college, what would you say to encourage them to join?

OCF IS THE BEST! If you think GOYA is great, wait until you get to campus — it gets even better. Contrary to popular belief, your college years are a great time to develop your relationship with Christ and take your faith on as your own. Instead of putting your faith on the back burner, I encourage you to pursue it with the same intensity that you pursue your degree, friends, and other engagements. Set yourself up for success for years to come by using this time to learn about your faith and make it your foundation.

No matter how you chose to pursue Orthodoxy, OCF is there to support you. OCF connects like-minded peers around the country for education, worship, service, and fellowship. With chapters on over 200 campuses nationwide, as well as national and virtual programs, OCF provides numerous ways to get involved. I encourage you to find a way to join the fun! Before you know it, OCF will be your home away from home.

When did you transition to leadership during your time in OCF? How was your experience in the group different as a leader?

As a participant, I experienced profound growth and joy in OCF. I pursued leadership positions because I was inspired by the work my peers did to build our Christ-centered ministry and the impact their efforts had on students. I saw the need for a loving, Christian community on campus and felt called to use my talents to serve the students around me.

While not formally a board member until my sophomore year, I started finding small ways to contribute to my chapter early on. After serving the students in Minnesota for two years, I moved on to OCF's Student Leadership Board where I supported OCF chapters and students around the Midwest. I'm truly honored to have all these experiences and to have contributed to OCF's thriving culture. I cannot overstate the joy I feel in having done this work and feel these experiences solidified my Orthodox foundation.

Any highlights to share from your recent OCF excursion to Egypt?



We were an American delegation of 31 Orthodox people from around the United States. Here we had just celebrated the liturgy for Ascension.

So many! My pilgrimage to Egypt was really the culmination of my time in OCF and a wonderful way to launch my post-graduation life.

1. St. Anthony's Monastery, El Galala: We visited St. Anthony's cave in eastern Egypt where he lived alone for 20 years. At the top of a small mountain, his cave overlooks the hot desert while

—Article continues on page 15.

Stewardship

St. Mary's 2023 Stewardship Campaign Update

OWNERSHIP, ENGAGEMENT, GENEROSITY

Thank you for your participation in our 2023 Stewardship Campaign and your on-going support of St. Mary's through your gifts of time, talent, and treasure.

As of July 17, we have received **\$620,983** in Stewardship Income payments.

- This represents only 47% of this year's budget for ministries and operating expenses and is ahead compared to where we were last year at this time.
- An additional \$711,417 is needed by year-end to cover all our costs.



Although our deadline to have a pledge form completed has passed, we encourage everyone to complete a pledge form this year. The form is available online and also available at Church if you need one. Completing either the Pledge Form or the Time and Talent Form is required to be considered a "member in good standing" of St. Mary's and in order to vote at General Assemblies. In addition, the Stewardship Appreciation Glendi is complimentary for all "members in good standing."

2023 Offering Income YTD vs Annual Budget

Offering Income As of July 17	2023 YTD Actual	2023 Annual Budget	YTD % of Budget	Additional Needed by December 31
Payments Received	\$620,983	\$1,332,400	47%	(\$711,417)

REMINDER

The goal is to cover 100% of ministry and operating costs with Stewardship Income rather than relying on rental and festival income.

2023 Offering Income vs Prior Year as of July 17

Offering Income As of July 17	2023 YTD Actual	2022 YTD Actual	Increase vs. Prior Year
Payments Received	\$620,983	\$534,988	\$85,995
Average per Week	\$21,954	\$18,914	\$3,040
Average per Month	\$94,830	\$81,698	\$13,132

2023 Pledge Forms Completed to Date

Pledges To Date	# of Pledges	Pledges to Date
2023	340	\$953,237
2022	154	\$432,738
Increase vs. Prior Year	186	\$520,499

Thank you to all parishioners that have made a pledge for 2023. We have had a significant increase compared to prior years in the number of pledge forms completed as well as the dollar amount of pledges. With gratitude,

—The St. Mary's Stewardship Committee



SAVE THE DATE!

LEND A
HELPING
HAND

FOCUS

MINNESOTA

Annual
Fundraiser

AUGUST

17

6:30-9pm

ST. MARY'S GREEK

3450 Irving Ave S,
Minneapolis, MN
55408

Join us as we celebrate 13 years of service, and learn about our ongoing work on Rice Street.

- Beer & wine bar, and buffet.
- Cost is free, donations welcome.

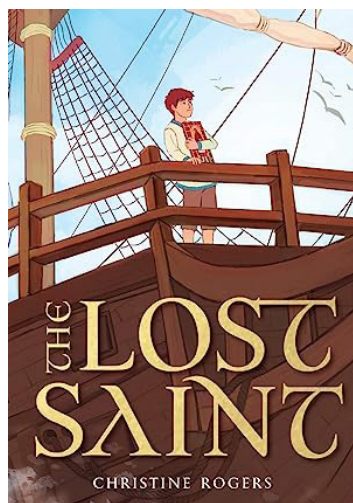
RSVP by 8/8:

focustwincities@gmail.com

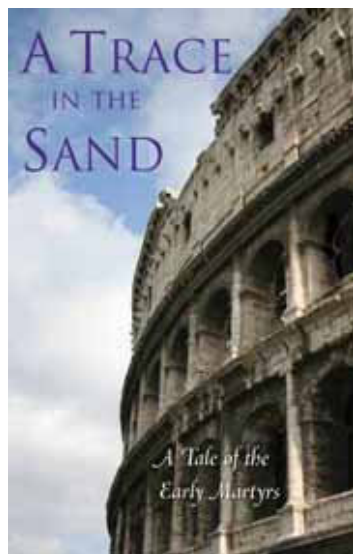
Youth News

Book Club for Junior and Senior GOYAns

All rising Junior & Senior GOYAns are welcome to join our Summer Reading Book Club led by Presvytera Alexandra Houck! They will meet on their designated days to discuss and examine the Christian messages within the book.



The Junior GOYAns will meet on Tuesday, August 22nd, from 5:30 - 7:00 p.m. in the Fireside Room to discuss the book: *The Lost Saint*, by Christine Rogers (Ancient Faith). Let's read an exciting story set 500 years ago: an abandoned church, a mysterious icon, spies, a battle, family, and faith. This is a fictional story, but it tells the true and amazing story of Saint Fanourios.



The Senior GOYAns will meet on Thursday, August 24th, from 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 (St. Herman Press). Have you ever wondered what life was really like for the early saints of our Church? Let's read 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 scanning the code. We only have five of each book, so you may need to share!



Dormition Retreat (K-12th graders)

We will have our annual Dormition Retreat for the rising K-12th graders on August 9th. This year, the retreat will look a little different by beginning at 2:00 and going until the end of Paraklesis (approximately 6:45 p.m.). Check-in will be in the North Hallway by the Terrace Room and have fun activities for the kids in the afternoon. We will breakout into a couple different groups where we will have a lesson about the Theotokos, crafts, hang time, play in the gym, and have light dinner. Please sign up on Realm by scanning the code.



Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. We have a new 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.



Follow the GOYAns on Instagram
@St_Marys_GOYA



ST. MARY'S FAMILY CAMP

Friday, October 6 – Sunday, October 8, 2023

Dear Orthodox Family,

Happy summer! We hope everyone has been soaking up all the sunshine we've been gifted. We wanted to give you a glimpse into Family Camp 2023 so you can start planning. We would love to see new faces and new families joining us this year.

As someone who is going to be attending Family Camp for the first time this year, I'm extremely excited and grateful to have this opportunity to get to know other families who share the same faith and have dedicated time to unplug and be connected to our Lord and Savior. On behalf of the Family Camp Task Force, we encourage all of you to come and see what Family Camp is all about! You do not have to have a family to join Family Camp—all of us are members of our Orthodox Family.

Please check out the website (scan the code below) to learn more about our speaker and to learn about what all Family Camp entails. If you have questions or are interested in hearing more, please also reach out to a member of your church! We are really excited to welcome some of you, including myself, for the first time!

We can't wait to be joined with you all this fall!

In Christ,

Audrey Beauchamp

On behalf of the Family Camp Task Force

THE POWER OF OUR STORY

ST. MARY'S FAMILY CAMP 2023

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 REGISTER,
SCAN THE CODE.**



stmaryscamp.com/family-camp/



SUMMER FUN SCHEDULE

Dear St. Mary's Families, Join Us for this Summer's Events!

August 17, Thursday
1:00 p.m. – 3:00 p.m.

Splash Pad at Eden Prairie, Round Lake
16691 Valley View Road Eden Prairie, MN 55346
Meet at the Splash Pad.

September 21, Thursday
10:00 a.m. – 1:00 p.m.

Como Zoo and Picnic
1225 Estabrook Drive St. Paul, MN 55103
Pack and bring your own picnic meal. We'll meet at the Cafesjian's Carousel. The Palm Lot is the closest parking lot.

Please contact Fr. Jason to RSVP or if you have questions:
frjason@stmarysgoc.org | 612-401-0660

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!

Time & Talent Spotlight

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remaining cool and peaceful. After climbing down the mountain we were greeted by several monastics who told us of the miracles of St. Anthony. Special for our group, the monastics then served Divine Liturgy in English so we could see the similarities between the Coptic and Greek Orthodox services.



There were 11 Minnesotans who went on the Egypt trip and seven of us are from St. Mary's Greek Orthodox Church.

2. St. Mark's Cathedral, Cairo: Here we visited the relics of St. Mark the Apostle and visited the historical center recognizing Egypt's modern-day martyrs. While seemingly somber, it was inspiring to hear our tour guides discuss these martyrs as the "pride" and "victory" of Egypt. This moving day really put my American-Orthodox experience in perspective.

3. St. Simeon's Monastery, Cairo: St. Simeon is responsible for moving a mountain to save the Christians in 10th century Egypt. Seeing that very mountain present today in Cairo is a testament to Christianity in Egypt and left me with a tangible memory that fuels my faith.

What are your plans now after graduating from the U of M?

I am taking some time before going to medical school to rest, cultivate my friendships, and work through the application process. I'm currently working as a medical scribe at Park Nicollet Dermatology and moving home to spend time with my family. Outside of work, I am really looking forward to finding new ways to use my talents and skills to serve St. Mary's.

Anything else you like to share?

I am so grateful to the St. Mary's community for the financial, physical and spiritual support I've received during my time in college. The Minnesota OCF community is so special and thrives largely due to its integration into St. Mary's and greater pan-Orthodox community. I'm excited to see how the next generation of OCFers take on the ministry and am praying for them as they pursue their degrees. +

In the Bookstore

(Continued from page 8.)

for each Hour, including the theme, the Troparion (hymn of the hour), and verses from Psalms prayed traditionally at each Hour. She does this succinctly so the reader can readily memorize the theme and have a verse (or verses) from a Psalm or a simple prayer to remember in each Hour, and expanding that, for each day as well. She also explains how she incorporates this prayer into her daily life. The result enables the reader to pray the Hours and the days in the Church Tradition with ease in their own circumstances without the need of a prayer book. In other words, this prayer can be seamlessly incorporated into our hours and days so we can enter more deeply into the life of the Church, redeeming the time. +

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.

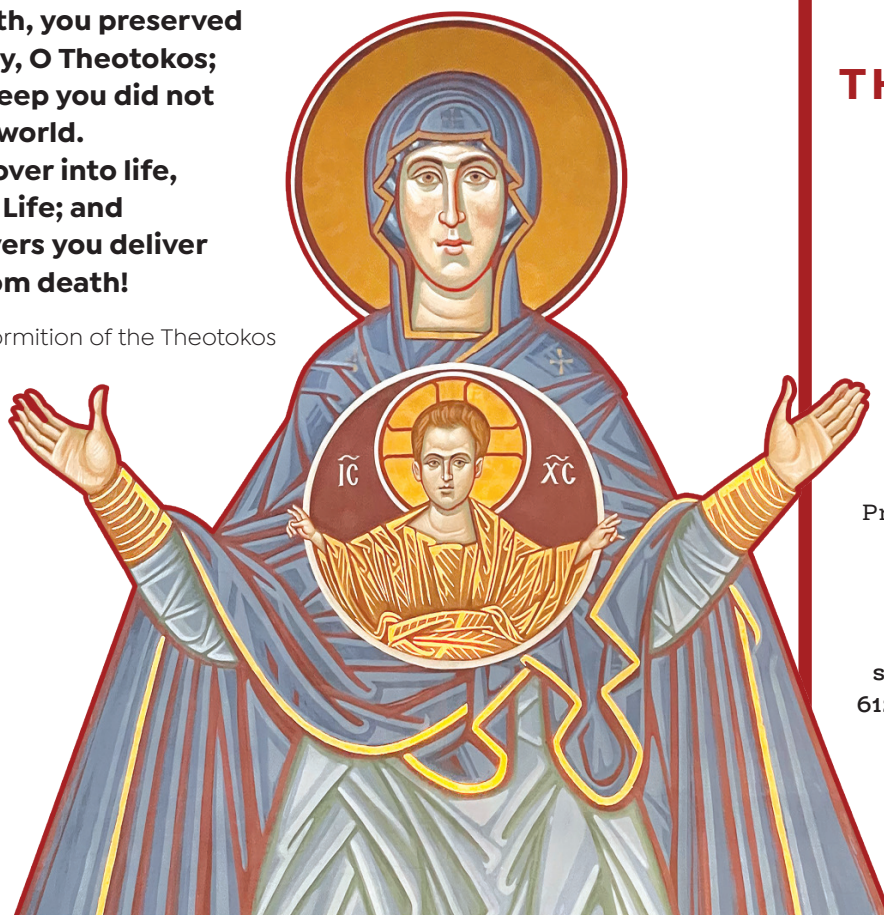
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In giving birth, you preserved
your virginity, O Theotokos;
in falling asleep you did not
forsake the world.
You passed over into life,
O Mother of Life; and
by your prayers you deliver
our souls from death!

Hymn of the Dormition of the Theotokos



Dormition of
the Theotokos is
August 15



THE MESSENGER

AUGUST 2023

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PUBLICATION DEADLINES

The Messenger
First Sunday of each month

Sunday Bulletin
Preceding Thursday, 12:00 p.m.

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August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>Dormition Fast Begins</i>	2 5:30pm-Akathist/Nurturer of Children 6:00pm-Paraklesis	3	4 7:00am-Men's Fellowship 5:30pm-Akathist/Nurturer of Children 6:00pm-Paraklesis	5 <i>Eve of Transfiguration</i> 5:00pm-Great Vespers
6 <i>Holy Transfiguration "The Messenger" Deadline</i> 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Children's Greek Dance Practice	7 6:00pm-Greek Dance Practice	8 12:00noon-Senior Citizens 6:15pm-Parish Council	9 1:00pm-Dormition Retreat 5:30pm-Akathist/Nurturer of Children 6:00pm-Paraklesis	10	11 5:30pm-Akathist/Nurturer of Children 6:00pm-Paraklesis	12
13 <i>Tenth Sunday of Matthew</i> 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Children's Greek Dance Practice	14 <i>Eve of Dormition</i> 5:30pm-Akathist/Nurturer of Children 6:00pm-Great Vespers Reception follows Vespers	15 <i>Dormition of the Theotokos</i> 8:30am-Orthros 9:30am-Divine Liturgy Luncheon follows Liturgy 6:30pm-Philoptochos Brd Mtg	16 9:00am-"The Messenger" Mailing	17 FOCUS Fundraiser	18 7:00am-Men's Fellowship	19 6:15pm-YAL Boat Cruise
20 <i>Eleventh Sunday of Matthew</i> 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy-Children's Greek Dance Practice 11:30am-Missions/Outreach	21 6:00pm-Greek Dance Practice	22 5:30pm-Junior GOYA	23	24 9:00am-Koulourakia Baking 6:30pm-Edina Koinonia 7:00pm-Stewardship Com.	25	26
27 <i>Twelfth Sunday of Matthew</i> 8:30am-Orthros 9:30am-Divine Liturgy Blessing of the Backpacks after Liturgy-Children's Greek Dance Practice	28 6:00pm-Greek Dance Practice	29 <i>Beheading of John the Baptist</i> 9:30am-Divine Liturgy	30 9:00am-Thiples Frying	31 9:00am-Thiples Honeying & Packaging		