



# ST. MARY'S

GREEK ORTHODOX CHURCH

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August 6, 2023 — *Holy Transfiguration*

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## THE DIVINE LITURGY

### *Commemoration*

Transfiguration of our Lord and Savior Jesus Christ

*Morning Gospel: Luke 9:28-36*

*Tone: Grave*

### **Variable Hymns and Readings in the Liturgy**

#### *At the Second Antiphon*

Save us, O Son of God, transfigured on Mount Tabor.

Save us who sing to you: Alleluia!

#### *At the Small Entrance*

#### **Hymn of the Great Feast, Grave Tone**

When you were transfigured on the mountain, O Christ our God, you showed your disciples your glory as far as they could bear. So now, for us sinners also, let this same eternal light shine forth through the prayers of the Theotokos. O Giver of light, glory to you!

#### **Hymn of Entrance**

For with you is the fountain of life, O Lord, and in your light we shall see light. Save us, O Son of God, transfigured on Mount Tabor.

We sing to you: Alleluia!

*Repeat the Hymn of the Great Feast, above.*

#### **Kontakion of the Great Feast, 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..... II Peter 1:10-19**

Bretheren, be more zealous to confirm your call and election, for if you do this you will never fall; so there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ. Therefore I intend always to remind you of these things, though you know them and are established in the truth that you have. I think it right, as long as I am in this body, to arouse you by way of reminder, since I know that the putting off of my body will be soon, as our Lord Jesus Christ showed me. And I will see to it that after my departure you may be able at any time to recall these things. For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty. For when he received honor and glory from God the Father and the voice was borne to him by the Majestic Glory, "This is my beloved Son, with whom I am well pleased," we heard this voice borne from heaven, for we were with him on the holy mountain. And we have the prophetic word made more sure. You will do well to pay attention to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts.

**Gospel..... Matthew 17:1-9**

At that time, Jesus took with him Peter and James and John his brother, and led them up a high mountain apart. And he was transfigured before them, and his face shone like the sun, and his garments became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, "Lord, it is well that we are here; if you wish, I will make three booths here, one for you and one for Moses and one for Elijah." He was still speaking, when lo, a bright cloud overshadowed them, and a voice from the cloud said, "This is my beloved Son, with whom I am well pleased; listen to him." When the disciples heard this, they fell on their faces, and were filled with awe. But Jesus came and touched them, saying, "Rise, and have no fear." And when they lifted up their eyes, they saw no one but Jesus only. And as they were coming down the mountain, Jesus commanded them, "Tell no one the vision, until the Son of man is raised from the dead."

## **Megalynarion, *Plagal Fourth Tone***

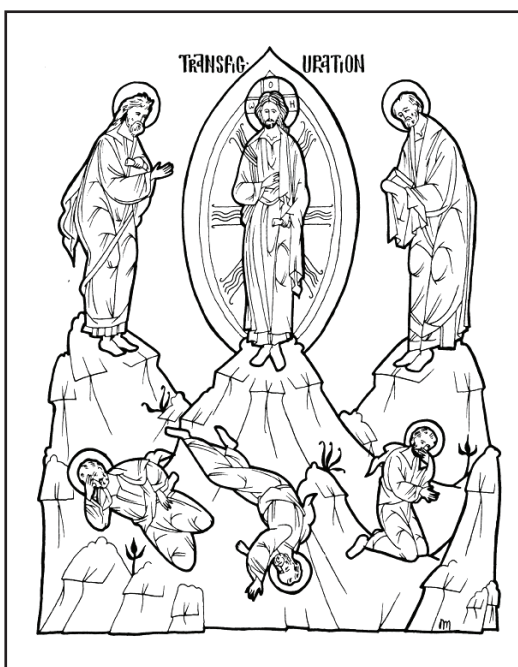
Now the unheard of has been heard: For the Son who came forth without father from the Virgin, receives glorious testimony from his Father's voice, that he is both God and man for evermore!

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

## **Communion Hymn**

We will walk in the light, we will walk in the light of the glory of Your face, O Lord, forever (Psalm 88:16-17). Alleluia!

*Instead of "We have seen the light," we sing the Hymn of the Great Feast, "When you were transfigured...," on page 1 of the bulletin.*



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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 Ruta Kubits

The coffee hour today is hosted by Birhane Baye and family in memory of his father Gebre-Kirstos. *May his memory be eternal.*

Today's coffee hour is also hosted in celebration of Ernie Konstas as he marks a milestone birthday today.

*Να τα εκατοστήσεις! May you live to be a hundred!*

NOTE:

*Next Sunday, August 13, we'll have Fr. Harry and Presbyteria Kerry Pappas at Liturgy with us.*

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# Calendar of the Week

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## 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

## Monday, August 7

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

## Tuesday, August 8

12:00 noon – Senior Citizens’ Meeting, Terrace Room

6:15 p.m. – Parish Council Meeting, Fireside Room

## Wednesday, August 9

1:00 p.m. – Dormition Youth Retreat

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

6:00 p.m. – Paraklesiss

## Friday, August 11

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

6:00 p.m. – Paraklesis

## Sunday, August 13: Tenth Sunday of Matthew

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

After Communion – Kids’ Greek Dance Practice, Lecture Room

After Liturgy – Philoptochos Dormition Preparations



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

We continue to 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 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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# Announcements

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## Food Shelf Needs for August 13

### Diapers (Size 5)

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

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

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## Senior Citizens' Meeting

Saint Mary's Seniors' meeting and social will be held this 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.

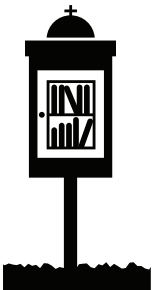
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## Men's Retreat

A few 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.

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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

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.

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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## 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.

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## Adopt-a-Preschooler Today!

Each year, Philoptochos provides backpacks and school supplies for the elementary, middle and high school students of Healing House Moms, and we're grateful to have people making these purchases for us. There are also 7 preschoolers at Healing House, and we'd like them to get something, too. If you'd like to adopt-a-preschooler, stop by the Philoptochos table. We ask that you spend no more than \$10, include at least one book, and return items by Sunday, August 20. Thank you!

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## Want to Host the Coffee Hour?

It's a wonderful way to give back to our Parish. Please contact the Church Office if you'd like to host. Thank you.



# Orthodox Christian PRISON MINISTRY

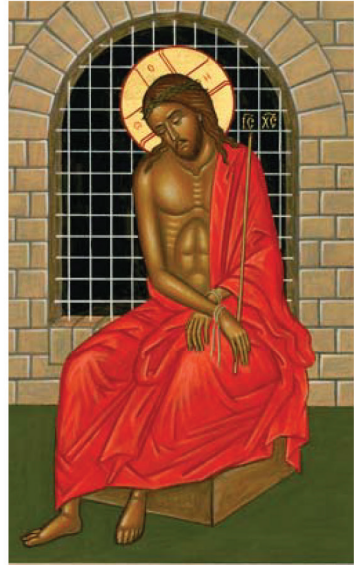
## PRISON MINISTRY AWARENESS SUNDAY

Did you know that there are Orthodox Christians practicing their faith in prison?

Or that there are prisoners who are ready to repent of their crimes and embrace the Orthodox Church?

### Who will minister to them?

Orthodox Christian Prison Ministry (OCPM) is the national prison ministry of the Orthodox Church. OCPM corresponds with thousands of prisoners across the country and provides spiritual books, Bibles, icons, and catechism courses. OCPM trains Orthodox priests and laypeople to enter prisons and minister to prisoners.



"I was in prison,  
and you visited Me."  
Matthew 25:36

**3,881**  
TOTAL PRISONERS MINISTERED TO

**51,188**  
BIBLE STUDIES, DAILY READINGS, AND  
SPIRITUAL REFLECTIONS SENT IN 2022

276 5th Avenue, Ste. 704-3183  
New York, NY 10001

347-868-6957  
info@theoacpm.org

**WWW.THEOCPM.ORG**



ASSEMBLY OF CANONICAL  
ORTHODOX BISHOPS  
OF THE UNITED STATES OF AMERICA





(this Tuesday)

## FOCUS Minnesota Annual Fundraiser

Be sure to RSVP today for the annual FOCUS Minnesota Fundraiser on Thursday, August 17, 6:30-9:00 p.m., at St. Mary's. FOCUS is celebrating 13 years of service. Learn about the ongoing work on Rice Street in St. Paul. Enjoy beer, wine bar, and a buffet. The cost is free, but donations welcome. RSVP by Tuesday, August 8, to: [focustwincities@gmail.com](mailto:focustwincities@gmail.com).

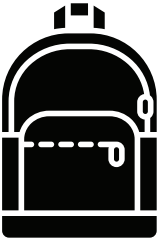


## Family Camp Registration is Open

Registration for Family Camp is underway. Take advantage of the Early Bird price of \$155 per person by registering by August 15! 2023 Family Camp is October 6-8 at Camp Courage in Maple Lake. Learn more about family camp, our guest speaker, or to register, scan the code.



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



## Operation Classroom: Supply Drive for Bancroft Elementary School

Now is the time to gather supplies for students at Bancroft Elementary in South Minneapolis. We are supporting kindergarteners through fifth graders needing supplies to be successful in school.

Please bring your contribution to the Philoptochos table on Sundays, August 13 and 20. Listed below are items needed:

- Crayola Washable Markers (8 or 10 count)
- Crayola Crayons (16- and 24-packs)
- Wide-ruled spiral notebooks
- Wooden lead pencils (Ticonderoga #2 preferred)
- Pink erasers
- Kid-sized Fiskars scissors
- Backpacks



2023 St. Mary's  
Minneapolis  
Taste of Greece  
Festival

## Festival Volunteer Sign-up

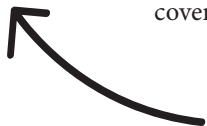
We are just about 30-days away from our big festival and we will need your help to make it a success. There are various work shifts throughout the event weekend. Please sign-up to volunteer for as many shifts as you are able to. This year we are using our new platform, Realm Connect, for festival volunteer 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.



$$900 \div 2 = 450$$

### By The Numbers

There are **900 volunteer work shifts** to be covered for our festival. If everyone signs up for two shifts we would be covered for the weekend! Please consider. Thank you.



Scan to Sign-up  
to Volunteer



## 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.*



## 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 now**. Scan 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*



**ST. MARY'S  
FAITH  
PLAYGROUP**

## The Next St. Mary's FAITH Playgroup Event

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

Splash Pad at Eden Prairie

*The event sign-up is in the weekly email.*

## From the Desert Mothers...

“While fasting, do not use illness as an excuse to stop: to be sure, those who do not fast often succumb to various kinds of sickness.”

–*Amma Syncletica of Alexandria*

### Daily Bible Readings

#### *Monday, August 7*

I Corinthians 15:12-19 • Mark 9:2-9

#### *Tuesday, August 8*

I Corinthians 15:29-38 • Matthew 21:23-27

#### *Wednesday, August 9*

Acts 1:12-17; 21-26 • Matthew 21:28-32

#### *Thursday, August 10*

II Corinthians 1:1-7 • Matthew 21:43-46

#### *Friday, August 11*

II Corinthians 1:12-20 • Matthew 22:23-33

#### *Saturday, August 12*

Romans 15:30-33 • Matthew 17:24-27; 18:1-4

#### *Sunday, August 13*

#### *Tenth Sunday of Matthew*

I Corinthians 4:9-16 • Matthew 17:14-23



**Saint Mary's Greek Orthodox Church**

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Minneapolis, Minnesota 55408-3399

612.825.9595 | [stmarysgoc.org](http://stmarysgoc.org)



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

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