



# ST. MARY'S

GREEK ORTHODOX CHURCH

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July 14, 2024

*The Holy Fathers of the Fourth Ecumenical Council*

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## THE DIVINE LITURGY

### *Commemoration*

Sunday of the Holy Fathers of the Fourth Ecumenical Council;  
Aquila the Apostle among the 70; Our Holy Father Joseph the Confessor,  
Archbishop of Thessalonica; Nicodemus the Righteous of Mount Athos; Peter  
the New Hieromartyr and the four New Martyrs of Melissourgeio Kissamos;  
Justus the Martyr.

*Morning Gospel: Mark 16:9-20*

### 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, Second Tone**

When you descended into death, Life immortal, you vanquished the power  
of hell by your resplendent divinity, and when you raised the dead from the  
depths of darkness, all the heavenly powers cried out triumphantly: O giver  
of life, Christ our God, glory to you.

#### **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 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 40 of the hymnal.***

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# Today

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Prosforo is provided by  
**Barbara Nichols**

40-Day Churching:  
**Thomas, parents: Joseph & Katerina Barbour**

The coffee hour today is hosted by  
**St. Mary's pre-K4 Church School students and parents.**

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## Announcements

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### **Food Shelf Needs for July 21**

#### *Peanut Butter*

*July's recipient is FOCUS Minnesota.*

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

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### **Saint George Antiochian Middle Eastern Festival**

Today is the final day for the 14<sup>th</sup> Annual St. George Church Middle Eastern Festival. The event runs until 6:00 p.m. Enjoy great food, music, entertainment, and (of course!) camel rides. St. George Antiochian Church is located at 1250 Oakdale Avenue in West St. Paul.

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### **Did you know?**

Digital versions of our weekly Sunday bulletins can be found on our website? Just use the URL below or scan the QR code.

*<https://stmarysgoc.org/resources/weekly-bulletins/>*

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### *Digital Donation Options*

*Text to Give\*: Text smgoc to 73256 • or Scan to Give*

*\*This number will never send unsolicited texts.*





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## Prayer Ministry

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

The family of Darlene Manzavrakos; 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; The family of Apostolos (Tolly) Kizilos, Kelly, Charidimos, Jeanette, Mary, Ann, Marilyn, Donna, Betty, Dawn, Don, Nancy, Brad, Lee, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Owen, Michael, Johnny, Jaclyn Jereczek, Dena, Chris, Joy Rose, Nick, John, Demos and Eugenia, Kristina, Milton, Maureen, Andrea, Bryan, Nausika, Ron, Maria, Matt, Laura, Susan, Elias, Constance, Marina, Dion, Annali, Sofia, Juan Cruz & family, Charlie, Stan, Helena, Byrdie, Jennifer, John S., Becky, Noel, Stephen, Alexey, Alexandra, Ray, Christina, Joanne, Athena, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Liz, Efstratia, Jordan, David, Nino, Joe, Zossima, Donnarae, Samira, Mary K., Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Irene Maria, Apostolos, Olivia, Lincoln, Carole, Patty, Karrisa, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Bo, Lynn, Sue & Jim, Steve, Sue, Jane, Pat, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Presvytera Janis, Sandra, Rick, Nancy, Alex, Eryn, Phil, Karen, 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, Judi, Bodil, Ole, and others known to you.

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# Calendar of the Week

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## **Sunday, July 14: Sunday of the Holy Fathers**

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

## **Monday, July 15**

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

## **Wednesday, July 17: Saint Marina**

9:00 a.m. – “The Messenger” Mailing, *Fireside Room*

9:30 a.m. – Divine Liturgy

after Liturgy – Church Cleaning

## **Friday, July 19**

7:00 a.m. – Men’s Fellowship, *Fireside Room*

6:30 p.m. – Youth Lock In

## **Saturday, July 20: Elias the Prophet**

10:00 a.m. – Divine Liturgy

12:00 noon – Melomakarona Baking, *Kitchen*

*Healing House Dinner*

## **Sunday, July 21: Fourth Sunday of Matthew**

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

11:30 a.m. – Missions and Outreach Committee Meeting, *Fireside Room*

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**ST. GEORGE  
GREEK FESTIVAL**

1111 Summit Ave.

St. Paul, MN

Friday, July 26, 5:00 – 9:00 p.m.

Saturday, July 27, 11:00 a.m. – 8:00 p.m.

Come on out and support our sister parish, St. George Greek Orthodox Church, at their annual Greek Festival! Experience church tours, gyros and souvlakia, as well as, Greek pastries and desserts. Dance to Greek Music and watch performances by the Greek Dancers of Minnesota. Shop the Bookstore, Bazaar, and more! Get there early before the pastries sell out!

# Philoptochos News



## Sign Up to Help at our Table on Sundays

We would love for you to help at our table on Sundays. Please stop by and sign up to sit at the table on a specific Sunday to assist in answering questions and encourage individuals to sign up for activities happening in the coming weeks. We only need ladies to be there after Liturgy until about noon.



## More Festival Baking!

Our next baking session will be Saturday, July 20, from 12:00-7:00 p.m. We will be baking and honeying melomakarona. Come for a couple hours or all day. Sign up at the Philoptochos table or on the Sign Up Genius site. ALL ARE WELCOME TO HELP!



## Simpson House Meal Serving

Tuesday, July 23

We are looking for ten people to assist us in serving the meal at Simpson House on Tuesday, July 23, 6:30-about 8:00 p.m. The volunteering takes place at Simpson House's temporary shelter location at the site of the old Zion Lutheran Church: 128 W. 33rd Street, Minneapolis, MN 55408

*Sign-up details are at the Missions and Outreach table after Liturgy*

*Mark your calendars and tell your friends!*



[mplsgreekfest.org](http://mplsgreekfest.org)

## 2024 St. Mary's Minneapolis Taste of Greece Festival

Friday, September 6: 2:00-9:00 p.m.

Saturday, September 7: Noon-9:00 p.m.

Sunday, September 8: Noon-5:00 p.m.

*More information and volunteer sign-up coming soon!*





## Young Folks Greek Dance Practice Beginning Next Sunday, July 21

Greek dance practice for kids ages 4-6 years old will begin next Sunday, July 21. We will be teaching in the Lecture Room immediately after Liturgy for 30 minutes. Please register if you are interested in having your child participate. The link for the online form is in this week's update e-mail. If you have any questions, please contact Angelea Hoeft, [angelea.hoeft@gmail.com](mailto:angelea.hoeft@gmail.com)



Scan to  
Register



**YAM**

*Fueled by  
Telos*

## St. Mary's Young Adult Ministry (YAM), fueled by Telos

This past year saw a surge in the participation and engagement of the young adults here at St. Mary's. We would like to keep this momentum going as we have some exciting plans in the works. If your passion is to help young adults improve their engagement in all areas of St. Mary's Greek Orthodox Church, we are looking for YOU! We are looking for 3-5 new people to join our YAM 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 of the church. If you are interested in knowing more about St. Mary's Young Adult Ministry, please contact Fr. Jason Houck at [frjason@stmarysgoc.org](mailto:frjason@stmarysgoc.org) who will connect you with current team members.



Scan to  
Register

## YAL Twin Cities Boat Cruise Thursday, August 22

The Twin Cities YAL Boat Cruise is scheduled for Thursday, August 22, at 6:15 p.m.! Come dressed in your favorite blue and/or white attire! Early bird tickets are being sold until July 17 (\$70.00). General admission tickets will be available from July 18-31 (\$80.00). Last call tickets will be available August 1-10 (\$90.00). Scan the QR code to buy your ticket and learn more about the event! Reach out to [twincitiesyal@gmail.com](mailto:twincitiesyal@gmail.com) with further questions.



## Stay Informed about YAL Events

There are lots of ways to stay connected to YAL! Fill out our contact form to receive emails (scan the code), follow [@twincitiesyal](https://www.instagram.com/twincitiesyal) on Instagram, and join our GroupMe for event reminders!

“There is no end to repentance because repentance is an unending road.”

— *Saint Luke the Surgeon*

## Daily Bible Readings

### *Monday, July 15*

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

### *Tuesday, July 16*

Romans 10:11-21; 11:1-2 • Matthew 11:16-20

### *Wednesday, July 17*

#### *Saint Marina*

Galatians 3:23-29; 4:1-5 • Mark 5:24-34

### *Thursday, July 18*

Romans 11:13-24 • Matthew 11:27-30

### *Friday, July 19*

Romans 11:25-36 • Matthew 12:1-8

### *Saturday, July 20*

#### *Saint Elias the Prophet*

James 5:10-20 • Luke 4:22-30

### *Sunday, July 21*

#### *Fourth Sunday of Matthew*

Romans 6:18-23 • Matthew 8:5-13



### *Saint Mary's Greek Orthodox Church*

3450 Irving Avenue South  
Minneapolis, Minnesota 55408-3399

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



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

Weekly Bulletin Submissions to: [Communications@stmarysgoc.org](mailto:Communications@stmarysgoc.org)

Weekly Bulletin Submission Deadline: Mondays



ST. ELIZABETH ORTHODOX CHURCH  
HOSTS



2024 Orthodox Community Invitational

# **PICKLEBALL**

## **TOURNAMENT**

**July 20th, 2024 • 12-4 PM**

**North Valley Park  
2657 CR-26 Inver Grove Heights, MN 55076**

\$50 entry fee per team of two  
Teams may be any gender (mixed, mens, or womens)  
Round robin play to determine skill class then bracket tournament.  
All proceeds will be donated to FOCUS MN and St. Elizabeth OCA.

**\$100 Cash Prize**

Please register with  
Martin Khoury via text

**Phone: (651) 470-7596**  
**Venmo: @Martin-Khoury**

REGISTRATION  
**\$50**