



# ST. MARY'S

## GREEK ORTHODOX CHURCH

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July 28, 2024 — *Fifth Sunday of Matthew*

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### THE DIVINE LITURGY

#### *Commemoration*

Fifth Sunday of Matthew; Prochoros, Nicanor, Timon, and Parmenas the Apostles of the 70; Irene the Righteous of Chrysovalantou; Our Righteous Father Paul of Xeropotamou.

*Morning Gospel: Luke 24:12-35*

#### **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 Transfiguration of Christ, 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..... 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..... 8:28—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.***

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# Today

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Memorial Prayers today are offered for

**Kosta** (27 years), **George** (5 years), **Margarita (Peggy)** (4 years), and **Jon** (3 years) **Asselanis** (father, grandfather, grandmother, and uncle of George Asselanis); **Madeline Dovalis Gantes** (42 years) and **James George Gantes** (13 years)

The coffee hour today is hosted by

**George & Samantha Asselanis** in memory of departed loved ones.

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## Announcements

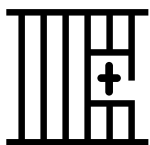
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### **Food Shelf Needs for August 4**

*Individually wrapped bars of soap*

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

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



### **Today is Orthodox Christian Prison Ministry (OCPM) Sunday**

On this day hundreds of Orthodox churches across the U.S. will be preaching about the importance of prison ministry. Today, Sandra Anderson will be giving a brief talk and have a table in the Great Hall after Liturgy. Please visit her at the OCPM table to learn more about this rewarding ministry.



### **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:***

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 Adrienne (Donna) Psihos, Kostantinos & Georgia, Andreas, Jonathan, 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, Karris, 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 28: Fifth Sunday of Matthew

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

## Monday, July 29

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

## Thursday, August 1: Dormition Fast Begins

11:00 a.m. – Funeral Service for Donna Psihos;

Visitation from 10:00 a.m., *St. Mary's*

## Friday, August 2

6:00 p.m. – Paraklesis

## Sunday, August 4: Sixth Sunday of Matthew

*"The Messenger" news item deadline*

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



## Transfiguration Day Lunch

Tuesday, August 6

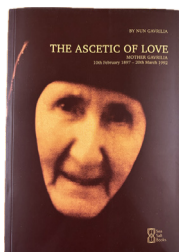
Our Transfiguration Day tradition of a potluck lunch in the Courtyard following the Divine Liturgy is back on for this year. On Tuesday, August 6, plan to bring a celebratory (but Lenten!) dish to share (fish is permitted this day). After Liturgy, we'll dine in our beautiful Courtyard, enjoy wonderful company, and the spectacular views of the lake.



## Men's Fall Retreat

September 20-22

There is still plenty of room at the annual Men's Fall Retreat at the Karos Cabin, taking place Friday-Sunday, September 20-22, 2024. Plan now to attend. Reservations are on a first come, first served basis. Make your check (\$80.00) payable to St. Mary's, marked for Men's Retreat. Your check is your reservation.



## Women's Book Club

*The Ascetic of Love*, by and about Saint Gavrilia, is the book the Philoptochos Book Club will be discussing on Thursday, September 12. Copies are available in the bookstore for \$26.



## YAL Philoxenia House Events

**Saturdays, August 10 and September 14**

We are excited that YAL Rochester and YAL Twin Cities are partnering for multiple events to serve Philoxenia House! There will be two different volunteer dates for young adults to attend on Saturdays, August 10 and September 14. The first day will include a meal and fellowship to follow. The second will start after a Saturday morning Liturgy. Please fill out the RSVP form as soon as possible so they can plan for enough projects for us all to do! The form includes more details about times and addresses.

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*Scan to  
Register*

## YAL Twin Cities Boat Cruise

**Thursday, August 22**

Join the Orthodox Young Adults for an evening on a cruise of the Mississippi River! We will meet at the dock at 6:15 p.m. on Thursday, August 22. Each ticket includes two drink tokens, additional drinks may be purchased at the cash bar. Appetizers will be provided. General admission tickets will be available until July 31, last call will be until August 10. Tickets can be purchased [here](#)

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## Connect Conference 2024

**October 4-6**

This year the Connect Conference will be in Nashville, Tennessee, October 4-6. It is a conference for anyone ages 21 to 39 looking to better connect us to our faith, the church, and each other. This year's theme will be: Person to Person: "Thou shalt love the Lord thy God with all thy heart, and with all thy mind, and with all thy strength and with all thy soul, and thy neighbor as thyself" Luke 6:31-36. You can find more details and registration or follow their instagram account [@Connectorthodox](#).

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## 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](#) on Instagram, and join our GroupMe for event reminders!

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## **FAITH Play Group Outing**

**Saturday, August 10**

Meet at St. Mary's OCA Cathedral 1701 5th Street NE, Minneapolis, to see a different, beautiful Orthodox Church with lots to see. After a short look around, we will go to the Firefighter's Museum! The Minnesota Firefighter's Museum (<https://www.facebook.com/MNFireMuseum/>) is nearby at 664 22nd Avenue NE, Minneapolis. Join us for fun, fellowship, and learning! Stay as long as you want at the museum. Let Fr. Jason know if you plan to attend: [frjason@stmarysgoc.org](mailto:frjason@stmarysgoc.org) or 612.401.0660.

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## **Youth Dormition Retreat**

**Wednesday, August 14**

Our annual Dormition Retreat for the rising K-12th graders will be on Wednesday, August 14. This year, the retreat will begin at 2:00 p.m. and continue until the end of Great Vespers (approximately 7:00 p.m.). Check-in will be in the North Hallway by the Terrace Room and we will 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 RSVP your child/ren on Realm.

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

*Put your lawn signs out and tell your friends!*

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## **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!*



# Philoptochos News



*Scan to  
Sign Up*

## More Festival Baking!

The next sessions coming up will be:

**Saturday, August 3 – Baklava for Baklava Sundaes** – We will begin at 10:00 a.m. and can have up to 10 people, as we will make 10 pans. It will take a maximum of two hours. People will need to bring a small pot to melt the butter and a brush.

**Saturday, August 17 – Amygdalota cookies at 11:00 a.m.-4:00 p.m.**  
Sign up at the Philoptochos table or on the SignUpGenius site.



*Scan to  
Sign Up*

## Sign Up to Help with the Dormition Meals

Philoptochos will serving meals after the Dormition services on Wednesday, August 14 and Thursday, August 15. We need help with these events so please Sign up at the Philoptochos table or on the SignUpGenius site.



## Operation Classroom Drive for the 2024-2025 School Year

School has barely ended, and it is already time to look ahead to needs for Fall 2024! We are supporting kindergarteners through fifth graders needing supplies to be successful in school at Bancroft Elementary in South Minneapolis. In addition to the supplies listed below, gently used winter coats, mittens, hats, and boots are also being accepted.

- Plastic pencil boxes (especially 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

Also, Cathy Todd, social worker at Bancroft tells us that the best gym teacher ever is hoping to purchase three or four tennis nets to use in class and for after school programs. They cost about \$150 each. If you prefer to contribute funds rather than supplies, please feel free to make out checks in any amount to St. Mary's Philoptochos specifying Bancroft Elementary. Please bring your contribution to the Philoptochos table now through August 18.





# ST. MARY'S FAMILY CAMP

Friday, October 4 –  
Sunday, October 6, 2024  
Camp Courage Maple Lake, MN



We are thrilled to announce our 2024 Family Camp speaker, Fr. George Dokos! The 2024 theme in which Fr. George will speak on is: The Fathers on the Family. Fr. George was born and raised in St. Paul, MN.

He graduated from the University of Minnesota College of Pharmacy in 1995 (B.S. Pharmacy). In 1999, he received an M.Div. from Holy Cross Greek Orthodox School of Theology. In 2010, Fr. Dokos received a Th.D. from the Aristotle University of Thessaloniki. He has served parishes in Texas, South Dakota, Colorado, and Minnesota. He is married to Presvytera Christa, and they have four children.

Fr. George loves to play the bass guitar (he taught himself how to play!) and tending to the goats and chickens on his farmstead.

Fr. George has also translated several books on St. Nicodemus from Greek to English.

**Registration Opens August 1, at 10:00 a.m. and closes  
August 31, at 11:59 p.m. Register early for a reduced rate.**

**Early Bird: August 1 – August 15**  
**\$160 + Processing Fees\***  
Per Person

**Regular Rate: August 16 – August 31**  
**\$170 + Processing Fees\***  
Per Person

**\*Save money using the Electronic Check (ACH) option at payment.**

PROCESSING FEES CHARGED BY CAMPDOG:

Credit Card: 3.95% + \$0.30 per successful charge.

Electronic Check (ACH): 1.5% + \$0.50 per successful transfer.

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

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



“Grace is given not to them who speak their faith but to those who live their faith.”

— Saint Gregory the Theologian

## Daily Bible Readings

### *Monday, July 29*

Romans 16:17-24 • Matthew 13:10-23,43

### *Tuesday, July 30*

Atcs 15:35-41 • Matthew 13:24-30

### *Wednesday, July 31*

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

### *Thursday, August 1*

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

### *Friday, August 2*

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

### *Saturday, August 3*

Romans 9:1-5 • Matthew 9:18-26

### *Sunday, August 4*

### *Sixth Sunday of Matthew*

Romans 12:6-14 • Matthew 9:1-8



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

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Minneapolis, Minnesota 55408-3399

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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