

June 21, 2026



The Divine Liturgy

Third Sunday of Matthew

Commemoration:

Third Sunday of Matthew; Julian the Martyr of Tarsus;
Terentios, Bishop of Iconium; Nikitas the New Martyr of Nisyros.

Morning Gospel: Mark 16:9-20 Tone: Second

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 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!

Ἐν τῇ γενήσῃ τὴν παρθενίαν ἐφύλαξας, ἐν τῇ κοιμήσῃ τὸν κόσμον οὐ κατέλιπες,
En ti gennisi tin parthenian efilaxas en ti kimisi ton kosmon u katelipes,

Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς, καὶ ταῖς πρεσβείαις
Theotoke. Metestis pros tin zoin, mitir iparhusa tis zois, ke tes presvies

ταῖς σαῖς λυτρομένη ἐκ θανάτου τὰς ψυχὰς ἡμῶν.
tes ses litrumeni ek thanatu tas psihas imon.

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.....Romans 5:1-10

Brethren, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access by faith to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man -- though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Gospel..... Matthew 6:22-33

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

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

Today

Prosforo is provided by **Olga Berkovskaya**.

Memorial Prayers today are offered for
James (12 years) and **Helen** (5 years) **Peters**.

The coffee hour today is hosted by
the family of James & Helen Peters in their memory.



Welcome Visitors and Guests!

After Liturgy this morning, stop by the welcome and information table located between the Bookstore and Great Hall. A couple parishioners are there to welcome you and answer your questions about St. Mary's Greek Orthodox Church and the Orthodox faith. Join us in the Great Hall for a cup of coffee and always enjoyable refreshments.

Announcements



Coffee Hour Hosts Needed

Coffee hour hosts are needed for Sundays, July 5 and 26. Please contact the church office if you are interested in hosting either Sunday.



*Scan to
Sign Up*

2026 St. George Antiochian Orthodox Church's Middle Eastern Festival: July 19 and 20—Volunteers Requested!

As many of you know, festival season is upon us once again and we are asking you, our Minnesota Pan-Orthodox community for assistance. We are looking for volunteers to help at our festival on July 18 and 19, if you are available please review our online sign-up for the 2026 festival by scanning the code! Please feel free to share this link with friends and family as well! We appreciate your continued support and look forward to seeing you soon! Please direct questions to Rebecca Michaels at MidEastFest.Volunteers@gmail.com

Philoptochos News



Scan to
Sign Up

2026 Taste of Greece *Let the Baking Continue!*

The Festival Bake Sale preparations are off to a great start! There are now 3,418 kourambiethes, 3,040 koulouria, and 5,600 pieces of baklava baked and in the freezer. We are grateful to all our cookie chairs and volunteers who made this possible. Thank you! Our upcoming baking sessions are:

Melomakarona:

Saturday, July 18, 11:00 a.m.-5:00 p.m.

Amygdalota:

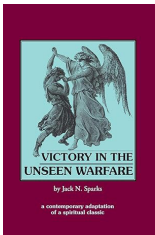
Thursday, July 30, 12:00 noon-4:00 p.m.

No experience necessary - we provide on the job training. Please come for an hour or two (or more) and bring a friend as many hands lighten the load. You can sign up here (scan the QR code or use this URL: <https://bit.ly/4csN1SZ>) or at the Philoptochos table on Sundays. Thank you for volunteering!



The Little Library Needs Books

Our supply of Orthodox books is getting low. If you happen to have any books that you would like to donate, please bring them to the Philoptochos table on Sundays or drop them off in the church office during the week.



Women's Book Club

The next book participants in the Women's Book Club will be reading and discussing is *Victory in the Unseen Warfare* by Father Jack Sparks. Copies are available in the bookstore.



Prayer Ministry

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

The family of Robert Kennedy; 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; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially Jassir Conway; San Miguel Del Lago Orphanage; Sophia and the students, staff, and parents of Annunciation Church and School; Sarah, Ivan, Greg, Matthew, Judy, Bettsy, Mr. Berscheit; Juliana, Beth, Mia, Deb, Dean, Tia, Margaret, Kathie, Owen, Missy, Anthony, Julie, Ann, Jim, Maria, Joan, Jason, Janet (Dimitra), Andrew and Mari, Constantine James, Lauren, Anna, Kathleen Wendland and Julie Alvin, Gabriel, Linda, John and Johnny, Anastasia, Diane, Nicki, George, Billie, Nino, Mechelle, Elaine, Vonda, Andrew, Susan, Elias, Imogene, Becky, Elizabeth, Yvonne, Fran, Jim, Kathryn, Tom, Gina M., Elly K., Thomas, Panos, Connie, Sylvia, Pete, Steve A., Athena, Betty, Mark, Kostantinos & Georgia, Andreas, Jonathan, Jeanette, Mary, Marilyn, Donna, Dawn, Don, Nancy, Brad, Vangie, Jolene, Mikey, Aphrodite, James, Peter, Lyda, Michael, Jaelyn Jereczek, Dena, Chris, Nick, John, Eugenia, Ron, Matt, Laura, Constance, Marina, Annali, Sofia, Juan Cruz & family, Charlie, Helena, Jennifer, John S., Becky, Noel, Stephen, Ray, Christina, Joanne, Charlie, Nuala, Pamela, Avgi, Elena, Speranta, Jordan, David, Nino, Joe, Donnarae, Mary K., Monte, Bethany, Mark, Estelle, Justine, Melissa, Megan, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Irene Maria, Olivia, Lincoln, Carole, Patty, Karrisa, Corina, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Lynn, Sue & Jim, Steve, Sue, Jane, Pat, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Presvytera Janis, Sandra, Rick, Nancy, Alex, Eryn, Vicki, Diana, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, R.J., Allie, Vickie, Petra, Bob, Joseph, Christopher, Elizabeth, Judi, Bodil, Ole, and others known to you.

Food Shelf Needs for June 28



Hygiene items (toothpaste, soap, shampoo, conditioner)

June's recipient is Simpson Food Pantry

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

Calendar of the Week

Sunday, June 21: Third Sunday of Matthew; Father's Day

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

Monday, June 22

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

Tuesday, June 23

11:00 a.m. – Intercessory Prayer, *Nave*

11:30 a.m. – Senior Citizens' Bible Study, *Fireside Room*

Wednesday, June 24: Nativity of John the Baptist

9:30 a.m. – Divine Liturgy

after Liturgy – Housekeeping

6:00 p.m. – Summer Chant Seminar, *Fireside Room*

Thursday, June 25

7:00 p.m. – Stewardship Committee, *Fireside Room*

Sunday, June 28: Fourth Sunday of Matthew

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

after Liturgy – Project Hope Food Packing, *Great Hall*



Youth Ministry Advisory Committee

We are forming a team of parishioners who are parents of youth in preschool through high school. Together with our youth ministry staff and clergy the YMAC will serve prayerfully and thoughtfully through evaluation, reflection, and collaboration to offer advice and support for our youth ministry staff. We are seeking 6-8 volunteers. **Interested? Please contact Heather Koutroupas 952.843.8643 or Chrissie Hoffman 612.618.0180**



“Adorn yourself with truth, try to speak truth in all things; and do not support a lie, no matter who asks you. If you speak the truth and someone gets mad at you, don’t be upset, but take comfort in the words of the Lord: *Blessed are those who are persecuted for the sake of truth, for theirs is the kingdom of heaven* (Matthew 5:10).”

— *Saint Gennadios of Constantinople*

Bring Hope to Our Neighbors *Summer Season*



BRING



For Joyce Uptown Foodshelf

- *Toothbrushes & Toothpaste*
- *Diapers & Wipes*

Check the weekly bulletin for food items to bring each week.

PACK for FOCUS



- *May 31st ~ THANK YOU!*
- *Sunday, June 28th*
- *Sunday, July 26th*

Donate Directly to FOCUS



CONNECT



- Sign up to deliver food packs to FOCUS.

Together we can continue to bring HOPE to our neighbors with ACTION.



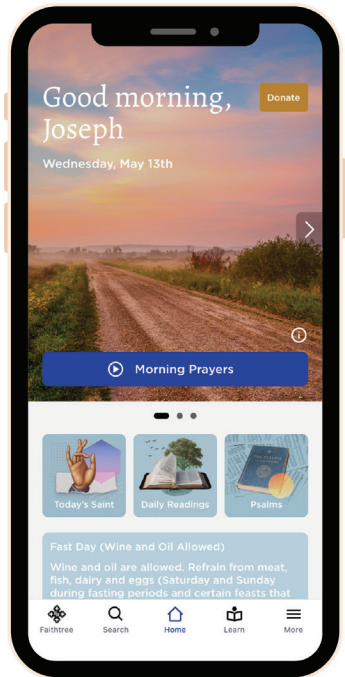
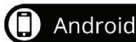


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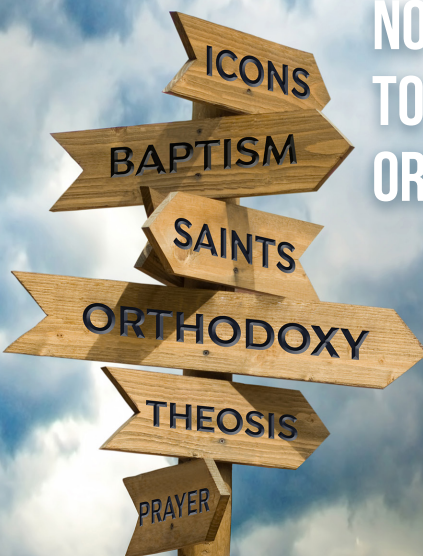
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- A Prayer Library with Akathists and Prayers for Every Need

Scan a QR code to download today:



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NOT SURE WHERE TO GO
TO LEARN ABOUT THE
ORTHODOX FAITH?

SEEKER SESSIONS

Second Sunday of the Month

11:45 a.m., Fireside Room

For those seeking to become Orthodox Christians, we are here to guide you. Join us on the second Sunday of each month at 11:45 a.m. in the Fireside Room. Following the Divine Liturgy, we'll gather for a discussion and Q&A led by clergy.

SUMMER SESSIONS:

- **Sunday, July 12**
- **Sunday, August 9**

► *If you have questions or have specific topics you would like to discuss, please visit the Welcome Table after liturgy on Sundays or email: welcome@stmarysgoc.org*

Quick Links

Stay in Contact



To join our mailing list or update your contact information, scan the code.

Digital Donation



To make a donation or stewardship offering, scan the code.

Daily Bible Readings

Monday, June 22

Romans 9:18-33 • Matthew 11:2-15

Tuesday, June 23

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

Wednesday, June 24: Nativity of John the Baptist

Romans 13:11-14; 14:1-4 • Luke 1:1-25, 57-68, 76, 80

Thursday, June 25

Romans 11:13-24 • Matthew 11:27-30

Friday, June 26

Romans 11:25-36 • Matthew 12:1-8

Saturday, June 27

Romans 6:11-17 • Matthew 8:14-23

Sunday, June 28: Fourth Sunday of Matthew

Romans 6:18-23 • Matthew 8:5-13



ST. MARY'S
GREEK ORTHODOX CHURCH

3450 Irving Avenue South, Minneapolis, MN 55408-3399

stmarysgoc.org | 612.825.9595 |   

*Fr. Timothy Sas, Fr. Jason Houck,
Fr. Paul Kalina, Deacon, Fr. Luke Twito, Deacon, Fr. Stephen Wehr, Deacon*

Weekly Bulletin Submissions to: Communications@stmarysgoc.org

Weekly Bulletin Submission Deadline: Mondays