



THE MESSENGER



JULY 2026

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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



METROPOLIS OF CHICAGO



Apolytikion of Prophet Elias

The incarnate Angel, the Cornerstone of the Prophets, the second Forerunner of the Coming of Christ, the glorious Elias (Elijah), who from above, sent down to Elisha the grace to dispel sickness and cleanse lepers, abounds therefore in healing for those who honor him.

We celebrate the feast day of the Prophet Elias on Monday, July 20. See page 2 for our worship schedule.

Our Life Together

Baptisms

Sage Shaw

Parents: Jason & Alexandra
(Slater) Shaw
May 24, 2026

Sandy Zhang

May 30, 2026

Collins Beauchamp

Parents:
Theo & Audrey Beauchamp
June 14, 2026

Chrismation

Kristi Tsahalís

June 14, 2026

Marriage

Matthew Possis to

Chloe Botts

June 6, 2026

Death

Dan Christopoulos

May 30, 2026

Our Sympathy

Former St. Mary's member Stavroula Del Mastro passed away on May 29, 2026. The Del Mastro's were members of St. Mary's for several years until they moved to Kansas City in 2020. May her memory be eternal.

Bible Study and Groups

Saturday Bible Study

On break until
after the Festival

Men's Fellowship

Friday, July 3
Friday, July 17
7:00 a.m., Fireside Room

Summer Chant Seminar

Wednesday, July 1
6:00 p.m., Fireside Room

Share YourShelf

July's recipient is
FOCUS MINNESOTA

IMMEDIATE NEED:

Pasta / Pasta Sauce, Canned Veggies,
Tuna, Cereal

Sunday, July 5

Oatmeal or Cream of Wheat

Sunday, July 12

Spam

Sunday, July 19

Peanut Butter

Sunday, July 26

Canned Meat (e.g., tuna / chicken)

www.focusmn.org



Donate Online
Visit the site, then
select, "Donate Now"

Master Lord our God, who bids everyone according to their purpose to offer unto Thee, Thine own of Thine own, and bestows upon them in return Thine everlasting blessings; do Thou now also accept the things here offered by Thy servants, gathered as FOCUS. Grant unto us oneness of mind and spirit, and an openness to receive Thy grace and give of it freely to those whom we serve. And to the guests we shall receive this day, O merciful Lord, grant peace, security, healing and Thy merciful loving-kindness as they bear the challenges of this earthly life. For blessed is Thy name, and glorified is Thy kingdom, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Weekly Worship Schedule

Saturday Great Vespers will resume in September.

Sundays (live-streamed)

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Friday, July 17:

Saint Marina

Divine Liturgy – 9:30 a.m.

Monday, July 20:

Elias the Prophet

Divine Liturgy – 9:30 a.m.

Monday, July 27:

Saint Panteleimon

Divine Liturgy – 9:30 a.m.



Office Closures

The Church Office will be closed on Friday, July 3, in observance of Independence Day.

Parish News & Events

St. Mary's Church Staff

Proistamenos

Fr. Timothy Sas

Associate Priest

Fr. Jason Houck

Deacons

Fr. Paul Kalina

Fr. Luke Twito

Fr. Stephen Wehr

Office Manager

David Mertesdorf

Office Assistant

Giulia Chatfield

Communications & Marketing

Nikolas Kouzes

Finance

Michael Rakes

Ministry Support

Doria Saros

Youth Director

Scott Rudquist

Church School Director

Dena Tortorelis

Chanter

Joseph Karos

Choir Director

Emily Skoutelas

Church Facilities and Construction Manager

Dean Psychogios

St. Mary's Parish Council

President

Nicholas Santrizos

Vice President

Andrew LeRoy

Secretary

Justin Theodotou

Treasurer

Cristina Nicklow

Assistant Treasurer

Athena Mihas

Members

Benjamin Amundgaard

Jennifer Coin

Vasilios (Billy) Daravingas

Louis Ellis

Andrew Gatchell

Chrissie Hoffman

Heather Koutroupas

Thank you...

A big thank you to all who helped make our end of the church school year Fun Jam a success!

Crew: Aggie K., Demetra K., Dick A., Jimmy G.

Face Painters: Allie D., Ava B., Briana M., Lea S.

We hope everyone had fun!

~ Georgia Andron



Senior Citizens' Meeting

Tuesday, July 14

Saint Mary's Senior Citizens will meet on Tuesday, July 14, at noon in the Terrace Room. We will celebrate all July birthdays and anniversaries with a group photo of all celebrants, and a delicious cake by Terri Leckas. We will also celebrate the 250th birthday of our Nation. The luncheon will be hosted by a committee of our members. Our program will feature a speaker (and former DJ), Mike Henry, who will give a special presentation entitled "Thanks for the Memories," a review of song artists and bands of the 1940s and 50s. A short meeting with announcements will follow. All St. Mary's Seniors (55+) are welcome to join this lively group. Current dues are \$20 per year. For further information, please contact President Tessie Bourdamis at tbourdamis@comcast.net or any current officer.



Pilgrimage of Discovery

Sia Tortorelis was selected as one of the participants for The Pilgrimage of Discovery. The Pilgrimage of Discovery is a transformational program dedicated to sending Orthodox Christian young adults to Constantinople each year to learn about Orthodoxy, our Patriarchate, the history of the Church, the challenges facing the Ecumenical Patriarchate, the experience of the remaining Orthodox people living in Asia Minor and other important priorities. This rewarding experience helps participants better connect to their religious tradition and understand the relevance of the Ecumenical Patriarchate as they prepare to lead the Orthodox Church in the future. This immersive journey creates a lasting impact on identity, faith, family, community and culture and helps secure the continuity of the Orthodox Church from a grassroots level. Please see the insert in this issue for photos and more information. Other past participants from St. Mary's are Deanna (Kolas) Klein and Anastasia Friesen. Congratulations, Sia, on this honor!



**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.

UPCOMING 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*



Philoptochos

PHILOPTOCHOS MEETINGS

During the summer, Philoptochos moves into a season of few meetings, Festival baking, Dormition celebrations, and more. Please watch for details in weekly bulletins!

UPCOMING ACTIVITIES

Healing House Dinner and Bible Study Saturday, July 18

Our next meal and Bible study for the women and children at the Healing House shelter will be Saturday, July 18. The meals are served every other month on the third Saturday (except November which fluctuates). The time commitment is 5:00-7:30 p.m. Needs for the meal are shared among the volunteers, these include a main dish, salad/side, beverages, dessert, plus tableware. Children are welcome, the kids of Healing House love the company! We ask that you prayerfully consider sharing your light with these moms and children who've had the courage to seek help in the depth of their difficulties. Please sign up to help: <https://tinyurl.com/philo-healh>. Contact Sandra Anderson, 612.940.8933 or asformess69@gmail.com, or Mary Ellis, 612.716.5658, with questions.

Taste of Greece Festival Baking Continues in July!

The Festival Bake Sale preparations are off to a great start! There are now 3,418 Kourambietes, 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! We have two baking sessions scheduled in July. We'd love to have you join us! Sign up at our table in the Great Hall after Liturgy or online through SignUpGenius.

Baking Schedule:

- Melomakarona - Saturday, July 18, 11:00 a.m.-5:00 p.m.
- Amygdalota - Thursday, July 30, 12:00 noon-4:00 p.m.

Save The Dates...

The feast day of the church, the Dormition of the Theotokos, will be celebrated on **August 14 and 15**. Watch for sign ups to assist with preparing and serving after the Vespers and Divine Liturgy.

WHERE THERE IS PAIN AND SUFFERING,
MAY WE BRING YOUR HEALING AND
COMFORT. WHERE THERE IS LONELINESS
AND ISOLATION, MAY WE BRING THE
FELLOWSHIP OF YOUR HOLY CHURCH.

—From the Philoptochos Prayer

Operation Classroom 2026-2027 School Year

School has barely ended and it is already time to be looking ahead to needs for Fall 2026! We are supporting kindergarteners through fifth graders needing supplies to be successful in school at Bancroft Elementary in South Minneapolis. 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. Thank you as always for considering this ministry. Please bring your contribution to the Philoptochos table on **Sundays beginning August 2 to August 23. Shopping List:**

- 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

Philoptochos Board Members Elected for 2025-2027

We are grateful for their commitment and willingness to lead. Thank you to each of them for stepping forward to serve and support the mission of Philoptochos.

- ▶ President: Connie Kouzes
- ▶ 1st Vice President: Cathy Forchas
- ▶ 2nd Vice President: Andrea Tiggas
- ▶ Correspondence Secretary: Dena Tortorelis
- ▶ Secretary: Shannon Baustian
- ▶ Treasurer: Kathleen Wendland
- ▶ Assistant Treasurer: Mary Ellis
- ▶ Advisor: Annette Legeros
- ▶ Directors: Maria Boosalis, Elena Gabor, Victoria Hanson, Erlene Holman, Kathy Pinger, Maria Smith, Eleni George

THANK YOU

Heartfelt thanks to **Elena Gabor** for leading the effort to create 5,600 pieces of baklava for the Taste of Greece, and to the many dedicated volunteers who helped bring this show stopping sweet success to life!

Continued grateful appreciation to everyone who generously supports **Our Little Orthodox Library** with materials. Your contributions are invaluable! Please continue to share your resources and help us grow.

Please watch for updates on events or needs from us in the weekly bulletin, webpage and our table on Sundays

Follow Saint Mary's Philoptochos on Social Media

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In the Bookstore

By Rebecca Myerly
bookstore@stmarysgoc.org



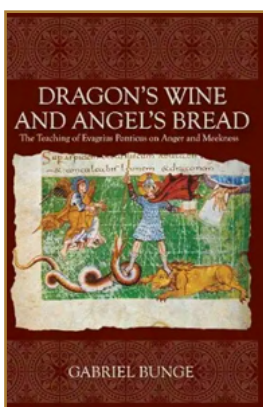
Blinded by Rage: How Anger Keeps us from Seeing God, written by Father Theodore Pulcini and Oswin Craton, is about anger defined, considered and explained from the Christian Orthodox spiritual tradition. Introducing the book, Craton writes

Anger is a passion with which we are all quite familiar. Almost from our earliest moments (at least from age two), we become well-acquainted with anger. It is a passion that accompanies us daily, offering us opportunities to experience its

effects on numerous occasions. And beyond being a passion with which we as individuals must contend, it also has become an all-too-recognizable staple of modern society. We truly live in an age of rage....The goal of this book is to look at what Scripture and the Church teach us about anger, answering questions such as: Is anger ever appropriate? Does God become angry? Should we as Orthodox Christians participate in societal anger? (1,2-3)

Blinded by Rage is thoughtfully organized, beginning with a chapter on what Scripture says about anger followed by one on what the Fathers said or wrote on this subject. With focused introductions to the passages quoted, the reader is offered what could be described as an introductory 101 level course on anger. "Patristic Anger Therapy" is the title of the third chapter, in which six steps are presented and elucidated:

- ▶ Be Silent
- ▶ Redirect Your Anger
- ▶ Use the Anticipatory-Imaginative Approach
- ▶ Recognize That Rational Control Is Not Enough
- ▶ Use the Psalms
- ▶ Reassess and Reaffirm Your Commitment to the Gospel of Christ.



One of the books listed in this bibliography is **Dragon's Wine and Angel's Bread: The Teachings of Evagrius Ponticus on Anger and Meekness** by Father Gabriel Bunge, translated by Anthony P. Gythiel. Compared to the simplicity of the writing in **Blinded by Rage**, this book is like a graduate level seminar in which Father Gabriel parses the thought and writings of Evagrius Ponticus (343-399 A.D.) on anger and related subjects in the light of the meekness of Christ. In this book where anger (Dragon's Wine) is explained, there is light

permeating in the "gentle strength," which is meekness (Angel's Bread). Methodically presenting complex subjects, the author begins with a question: "Aggressiveness—An Entirely Natural Concern?" followed by chapters presenting and explaining "The Evagrius Image of Man,"

"The Vice of Demons," "Anger in the List of the Eight Evil Thoughts," "The Essential Definition of Vice," "The Consequences," "Anger and Prayer," "The Blinding of the Intellect," "The Means of Healing," "Pure Prayer," "Dialog with God," and "The Virtue of the Angels," concluding with "For His Teaching Was Very Meek." Being a spiritual father, Father Gabriel is alert to the vital importance of the reader/listener being able to follow, understand, appreciate, and apply as needed, the content of what he was/is writing about. In the Epilogue he writes:

We have arrived at the end of our journey through Evagrius' writings. The effort will have been worthwhile if it has set the reader to thinking. Much will have already been gained if his aggressiveness appears to him less "natural" than it has up to now, especially if he has become aware that its consequences (as Evagrius understands them) are even entirely unnatural—that is, they are diametrically opposed to his original created destiny. With this understanding, he will not yet have come to grips with the irrational power of irascibility, but a goal has come into sight: a human image of great value and inner unity. For it is not a matter of the suppression of our natural powers, not even of the irrational ones, but rather of their purification and unification. (133)

These books offer substantial clarifying encouragement to help readers recognize anger and live in the meekness of Christ, which is actually the strength of agape love. Thanks to the focus of the authors in these books and the sources they quote, one comes to see anger as the darkness it is. Both books serve readers well as guides, but, as noted above, **Dragon's Wine and Angel's Bread** is an in depth study of anger and meekness, while **Blinded by Rage** is a very accessible book suitable for middle school readers and above—and could be recommended for church school classes, youth and young adult gatherings, as well as for any and all adult study groups.



ST. MARY'S BOOKSTORE

Please visit the bookstore on Sundays after the Divine Liturgy for truly meaningful graduation and wedding gifts.

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.



Saint Mary's Greek Orthodox Church
3450 Irving Avenue South
Minneapolis, Minnesota 55408

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RETURN SERVICE REQUESTED

We commemorate
Saint Marina on
Friday, July 17. See the
Worship Schedule on
Page 2 for details on
service time.



THE MESSENGER



JULY 2026

The Messenger is published
monthly by Saint Mary's
Greek Orthodox Church.

PUBLICATION DEADLINES

The Messenger

First Sunday of each month

Sunday Bulletin

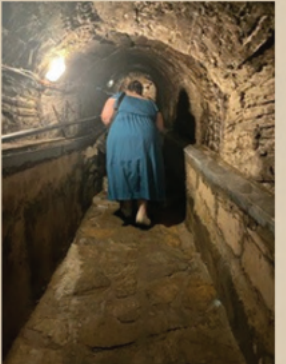
Preceding Monday, 4:00 p.m.

CONTACT

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stmarysgoc.org





**THE LIFE-CHANGING YOUNG ADULT
EXPERIENCE TO CONSTANTINOPLE**
Made possible by the Archons of the Ecumenical Patriarchate of America

APPLY FOR OR SUPPORT THE NEXT PILGRIMAGE OF DISCOVERY



Meet His All-Holiness Ecumenical Patriarch Bartholomew and have a private audience in the Throne Room. Tour the Phanar and attend services at St. George.



Visit Halki Seminary, ancient churches, monasteries, Hagia Sophia and connect with the Greek Orthodox community in Constantinople descended from the Roman Empire.



Gain deep appreciation for our faith with other like-minded young adults from across America. Become part of the POD alumni organization and a future ambassador for the Archons and the Ecumenical Patriarchate.

ABOUT THE PILGRIMAGE

The Pilgrimage of Discovery is an annual opportunity for Orthodox young adults from across the country to apply for a once-in-a-lifetime journey to meet His All-Holiness and connect with their religious, ancestral roots in Constantinople, thus strengthening the future of the Great Church of Christ.

SPONSOR POD 2026

Sponsorship is critical to furthering the legacy of this program. Your donation will help to expand the program to even more Orthodox young adults. Please consider making a donation:

Grand Benefactor \$25,000+
Benefactor \$10,000
Pilgrim Sponsor \$6,500
Patron \$5,000
Supporter \$2,500
Friend \$1,000 & below

To donate, make checks payable to:
Archons of the Ecumenical Patriarchate
Mail to: Archons of the Ecumenical Patriarchate
8 East 79th Street, New York, NY 10075
and write in the memo "Restricted POD".



LEARN MORE

Visit our website at pilgrimageofdiscovery.org

Email us at pilgrimageofdiscovery@gmail.com

For more information, call Hellena Chrones at (847) 340-6519.



July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00am-Housekeeping 6:00pm-Summer Chant Seminar	2	3 7:00am-Men's Fellowship <i>Church and Office Closed for Independence Day Observance</i>	4 Independence Day <i>Summer Camp</i>
5 Fifth Sunday of Matthew "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy <i>Summer Camp</i>	6 <i>Summer Camp</i>	7 <i>Summer Camp</i>	8 <i>Summer Camp</i>	9 <i>Summer Camp</i>	10 <i>Summer Camp</i>	11
12 Sixth Sunday of Matthew 8:30am-Orthros 9:30am-Divine Liturgy 11:45am-Seekers' Q&A	13 6:00pm-Greek Dance Practice	14 12:00noon-Senior Citizens 6:15pm-Parish Council	15 9:00am-"The Messenger" Mailing 10:00am-Housekeeping	16	17 Saint Marina 7:00am-Men's Fellowship 9:00am-Divine Liturgy	18 Melomakarona Baking 11:00am-5:00pm
19 Sunday of the Holy Fathers Saint Macrina 8:30am-Orthros 9:30am-Divine Liturgy	20 Elias the Prophet 9:00am-Divine Liturgy 6:00pm-Greek Dance Practice	21	22	23 7:00pm-Stewardship Com.	24	25
26 Eighth Sunday of Matthew Saint Paraskevi 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy- Hope for Our Neighbors Food Packing	27 Saint Panteleimon 9:00am-Divine Liturgy	28	29	30 Amygdalota Baking 12:00noon-4:00pm	31	