

August 2, 2026



The Divine Liturgy

Ninth Sunday of Matthew

Commemoration:

Ninth Sunday of Matthew; Translation of the Relics of Stephen the Protomartyr;
Holy Glorious New Martyr Theodore of Dardanelles; Phocas the Martyr;
Plegmund, Archbishop of Canterbury; Photini the Cypriot and Wonderworker;
Basil, the Fool for Christ.

Morning Gospel: John 20:19-31 Tone: Plagal Fourth

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, *Plagal Fourth Tone*

From on high you descended, O merciful Lord. You accepted the cross and
three days in the tomb to free us from the bondage of sin, O our life
and resurrection. Glory to you, O Lord.

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 for the Protomartyr, *Fourth Tone*

Your diligence corresponded to your name, Paraskevi, which denotes preparedness.
Through faith you inherited the promised dwelling that was prepared for you,
O prizewinning Martyr. Therefore you pour out cures and healings,
and you intercede on behalf of our souls

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!

Hymn of the Dormition of the Theotokos, (Greek)

Εν 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 iparhousa tis zois, ke tes presvies
ταῖς σαῖς λυτρουμένη ἐκ θανάτου τὰς ψυχὰς ἡμῶν.
tes ses litruameni ek thanatu tas psichas imon.

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..... I Corinthians 3:9-17

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can any one lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw - each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

Gospel..... Matthew 14:22-34

At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.

Today

Prosforo is provided by **Yana Patridge; Photine Saar**

40-Day Churching: **Kari Jane**, parents: Curtis & Kea Hodgkin.

Memorial Prayers today are offered for

James & Daphne Sioris and Paul & Pauline Peters

The coffee hour today is hosted by the **Kempf and Sioris families**

The flowers beneath the Dormition icon are given in loving memory of

Christina Kouzes Houck whose six-year memorial was August 1.

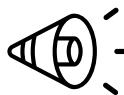
May her memory be eternal.



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



Transfiguration Day Lunch

Our Transfiguration Day tradition of a potluck lunch in the Courtyard following the Divine Liturgy continues. On Thursday, August 6, 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. Don't miss it!



"We are used to smell the aroma of a flower, to inhale the scent of the earth after rain or the smell of the sea left on the skin after swimming. It's a pity no one told us that the soul also has a fragrance. It also smells, and what it smells of depends on how it lives with and what it fills with every day. With beauty, kindness, affability, mercy you can shine in this world."

—Saint Luke the Surgeon



A Benefit Dinner for FOCUS Minnesota

Love in Action, a benefit dinner supporting the work of FOCUS Minnesota, will take place on Thursday, August 20, 6:00 p.m., at St. Mary's Greek Orthodox Church. Enjoy an evening of drinks, dinner, and dessert as we celebrate the impact being made in our community and the lives being transformed through Christ-centered service. Admission is free, and guests will be invited to make a meaningful contribution in support of FOCUS Minnesota's ministry. We look forward to sharing this special evening with you. We kindly ask that you respond using the QR code provided or by visiting focusna.org/mndinner

For more information, contact Dustin Hertzog at dhertzog@focusna.org



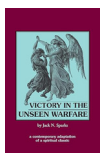
NEW THIS SUMMER

For all readers young and old: **St. Mary's Lending Library**

Thee **St. Mary's Lending Library** is open! Our collection is primarily for children, with a selection of books for adults as well. We have many wonderful books that have been tucked away on our bookshelves for years, along with some brand-new additions waiting to be enjoyed. The lending library is available every Sunday throughout the summer, as well as during Christmas break. Look for the *rolling book cart in the Great Hall*, in the corner by **Mrs. Tortorelis**.

How it works: Borrow up to **three books** at a time and return your books within **two weeks**, or sooner if you've finished them.

Whether you're looking for a new bedtime story, a family read-aloud, or a good book for yourself, we hope you'll stop by and explore our collection. ***Come check it out!***



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. Our first meeting of the fall will be Tuesday, September 22, 7:00 p.m., at St. Mary's.

Calendar of the Week

Sunday, August 2: Ninth Sunday of Matthew

“The Messenger” news item deadline

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

Monday, August 3

6:00 p.m. – Small Paraklesis

7:00 p.m. – Greek Dance Practice, *Great Hall*

Tuesday, August 4

9:30 a.m. – Great Paraklesis

10:45 a.m. – FAITH Playgroup at *Como Zoo*

Wednesday, August 5

9:30 a.m. – Housekeeping

6:00 p.m. – Great Vespers for Holy Transfiguration

Thursday, August 6:

Transfiguration of Our Lord and Savior Jesus Christ

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

after Liturgy – Potluck Lunch, *Center Courtyard*

Friday, August 7

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

6:00 p.m. – Small Paraklesis

Sunday, August 9: Tenth Sunday of Matthew

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

11:45 a.m. – Seekers’ Q&A, *Fireside Room*



Remaining Dormition Fast Worship Schedule

Monday, August 10

Small Paraklesis – 6:00 p.m.

Tuesday, August 11

Great Paraklesis – 9:30 a.m.

Wednesday, August 12

Small Paraklesis – 6:00 p.m.

Friday, August 14

Great Vespers for the Dormition of the Theotokos – 6:00 p.m.

Saturday, August 15

The Dormition of the Theotokos – Orthros 9:00 a.m.; Divine Liturgy 10:00 a.m.



Prayer Ministry

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; 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; Lukas N., Jolene, Dawn, Sarah, Ivan, Greg, Matthew, Judy, Bettsy, Mr. Berscheit; Naira, Juliana, Beth, Mia, Deb, Dean, Tia, Kathie, Owen, Missy, Anthony, 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, Jaclyn 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, Karris, 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 August 9



Diapers (Size 5)

August's recipient is Community Emergency Service (CES)

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



mplsgreekfest.org

Put your lawn signs out and tell your friends!

The Minneapolis Taste of Greece Festival

Friday, September 11: 2:00-9:00 p.m.

Saturday, September 12: Noon-9:00 p.m.

Sunday, September 13: Noon-5:00 p.m.



Festival Volunteer Sign-up Is Open!

The Minneapolis Taste of Greece Festival at St. Mary's will be upon us soon! While the planning committee is busy finalizing details for this fabulous event, we need you! You are our biggest asset in making the Festival a success, our volunteers. Thank you to those who have already signed up. The QR code below, will take you to the iVolunteer sign up webpage. Follow the prompts, choose an area of interest to volunteer in and then choose your dates/times where you can help out. Lastly, verify your email address to confirm your selection. You only have to verify your email once. Without this, your selection will not be confirmed. Please contact Krisanthi Sikkila with questions or assistance at: **763.227.6154** or sikkila@comcast.net

And, on Sundays during coffee hour...

- Pick up a yard sign.
- Check out the new sponsorship opportunities.
- Load up a gift card for yourself or a friend(s).
- Donate a gently used (and no longer needed) icon, Greek pottery, linens, or other items to the boutique.



Scan for **Festival Volunteer Sign-Up**



Greek Festival Boutique – Vicki Hanson Needs Your Treasures!

The Vintage Section of our Church Boutique is looking for donations of icons, linens, Greek artwork, and other quality vintage items in good condition. Every donated item makes a difference—100% of the proceeds from Vintage Section sales support our mission. Your generosity helps make our Greek Festival Boutique a success while giving new life to treasured items. To donate, please contact **Vicki Hanson at 612.327.0797**. Thank you for your kindness and support!!



The Taste of Greece is on Instagram and Tiktok!

The Taste of Greece is on Instagram and Tiktok! Please follow our new accounts (@[mpls.greekfest](#) on both platforms), spread the word, and repost to help make the festival a success! If you would like to be featured in content please reach out to Sia Tortorelis or Marina Gabor or email mplsgreekfest.socials@gmail.com

Additionally, as we ramp up our social media presence, the Festival Social Media team is looking to do a series of “Throwback Thursday” posts and we need your help collecting photos from past years’ festivals! If you have photos (think working the souvlaki grill, baking melomakarona, enjoying loukoumades, or really any church baking or glendi photos for that matter!) that you are willing to have posted on the Instagram account please share them with us at mplsgreekfest.socials@gmail.com and include the year if you know it. Thank you for your support!



Blood Donors Needed!

On Friday, September 11, 1:00-6:00 p.m., Memorial Blood Center will have two buses on site during the Festival. Our goal is to collect 80 units. Sign up here!



Scan to
Sign Up

2026 Taste of Greece Bakery— *Philipotchos Invities you to help!*

Since May, Festival Cookie Captains led volunteers to fill St. Mary’s freezers with thousands of koulouria, kourambiethes, baklava, and melomakarona plus filled bins with baklava sundae topping. Thank you to the captains and the dozens of parishioners and friends for working toward a successful 2026 Taste of Greece Bakery!

- Friday, September 4, 8:30-11:30 a.m. – *Drizzle chocolate baklava*
- Tuesday, September 8, 9:00 a.m.-4:00 p.m. – *Cut and package baklava*
- Wednesday, September 9, 9:00 a.m.-4:00 p.m. – *Powder and package kourambiethes, package amygdalota, package melomakarona, assemble variety packs*
- Thursday, September 10, 9:00 a.m.-4:00 p.m. – *Final set up of bakery and prepare kitchen*

Please also volunteer to work in the Festival bakery, Friday, September 11- Sunday, September 13! Stop by the Philoptochos Table in the Great Hall after Sunday Liturgies or use the online link/QRC provided in church materials.



Bancroft Elementary School Supply Drive Today-August 23

Saint Mary's Philoptochos is once again supporting Bancroft Elementary School in South Minneapolis through the Operation Classroom initiative. We are collecting school supplies for kindergarteners through fifth graders to help them start a successful school year. Please bring your donations to the Philoptochos table on Sundays now through August 23.

If you prefer to contribute funds instead of physical supplies, please make checks payable to St. Mary's Philoptochos with "Bancroft Elementary School" in the memo line.

Shopping List:

- Plastic pencil boxes
- Crayola Washable Markers (8 or 10 count)
- Crayola Crayons (16 or 24 packs)
- Wide-ruled spiral notebooks
- Wooden lead pencils (Ticonderoga #2 preferred)
- Pink erasers
- Kid-sized Fiskars scissors
- Backpacks
- Reusable hot/cold packs (Amazon: Everlasting Ice or Revix)
- Mesh Bags (Amazon: Papejoon)
- 6x9 Heavy duty zip bags (Amazon: GPI)

Thank you for your continuous support of this ministry.



*Scan to
Sign Up*

Dormition Meals after Vespers and Liturgy August 14 and 15

Philoptochos will help St. Mary's celebrate our parish feast day, the Dormition of the Theotokos. We will host the coffee hour after Vespers on Friday, August 14 and brunch after the liturgy on Saturday, August 15. All are welcome and encouraged to help with this event. Please sign up to help at the Philoptochos table on Sundays or on SignUpGenius using the QR code.



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.



ST. MARY'S FAMILY CAMP WEEKEND 2026

Camp Wapogasset
"Camp Wapo"
Amery, WI

Friday, October 16, 1:00 p.m. — Sunday, October 18, 1:00 p.m.



*"Let everything take second place to our care
for our children, our bringing them up in the
discipline and instruction of the Lord...Give
them the great things, not the little things."*

—St. John Chrysostom,
On Marriage and Family Life, Homily 21

If being an Orthodox Christian is a way of life, a participation in Christ, lived as a growing union with the Holy Trinity – Father, Son, and Holy Spirit, participating in the Body of Christ as a full member of the Church, and fueled by the energizing grace of the All-Holy Spirit. What then does it mean to be an Orthodox Family or an Orthodox Home? How does being an Orthodox Family inform the rhythms of our communal life, direct the usage of our resources, help us navigate the struggles and disappointments of life, nurture a family dynamic that is healing and empowering, and lead us to salvation?

..... With Guest Speaker: Fr. David Hyatt



Rev. Fr. David Hyatt is the pastor of St. Michael's Antiochian Orthodox Church in Greensburg, Pennsylvania. He and Khouryee BethAnn have three sons who were born and raised in northern Minnesota where he served as a Baptist pastor for more than twelve years before converting to the Orthodox Church at Twelve Holy Apostles Greek Orthodox Church under the guidance of Fr. Timothy Sas.

Registration is Now Open and closes August 31, at 11:59 p.m.

Early Bird Registration Period
AUGUST 1 –15

\$160 + Convenience Fee* / Camper

Regular Rate Registration Period
AUGUST 16 –31

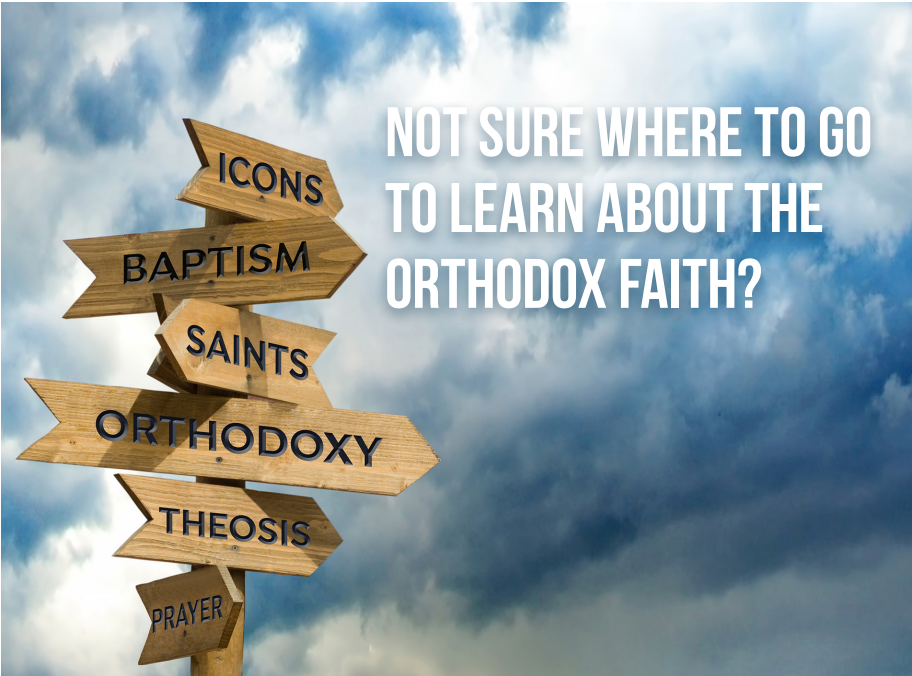
\$170 + Convenience Fee* / Camper

*Reduce fees by paying with an Electronic Check (ACH): Electronic Check (ACH) Fee: 1.53% + \$0.50 per registrant versus the CampDoc Convenience Fee of 4.12% + \$0.30 per registrant

To learn more about Family Camp or to register, visit the website.

stmaryscamp.com/family-camp/





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

SEEKER SESSION

Sunday, August 9

11:45 a.m., Fireside Room

For those seeking to become Orthodox Christians, we are here to guide you. Join us on Sunday, August 9, 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.

- ***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, August 3

I Corinthians 15:12-19 • Matthew 21:18-22

Tuesday, August 4

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

Wednesday, August 5

I Peter 1:1-25; 2:1-10 • Matthew 21:28-32

Thursday, August 6:

Transfiguration of our Lord and Savior Jesus Christ

II Peter 1:10-19 • Matthew 17:1-9

Friday, August 7

II Corinthians 1:12-20 • Mark 9:2-9

Saturday, August 8

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

Sunday, August 9: Tenth Sunday of Matthew

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



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