

July 19, 2026



The Divine Liturgy

Sunday of the Holy Fathers

Commemoration:

Sunday of the Holy Fathers of the Fourth Ecumenical Council; Macrina the Righteous, sister of St. Basil; Diodorus, Abbot of Antioch; Saint Theodore, Bishop of Edessa; Translation of the Holy Relics of Righteous Seraphim of Sarov.

Morning Gospel: John 20:1-10 Tone: Plagal 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, *Plagal Second Tone*

The angelic powers appeared at your tomb, the soldiers guarding it became as dead men, and Mary stood at your grave seeking, seeking your most pure body. But you made hell a captive; you were untouched by its might. You came to the virgin and granted life.

O Lord, who rose from the dead, 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!

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 litrumeni ek thanatu tas psichas 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..... 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.

Today

Prosforo is provided by **Barbara Nichols**.

Memorial Prayers today are offered for **Λάμπρος (Louis) Kokinis** (16 years), **Γεωργία (Georgia)** (6 years), **Βασιλική (Bessie)** (6 months) – father, mother, and aunt of Bettina Hanna; **Andreas** (brother of Anna Iakovou).

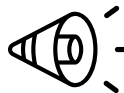
The coffee hour today is hosted by the **Greek Festival Committee** kicking off the 2026 Festival (September 11-13).



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



2026 St. George Antiochian Orthodox Church's Middle Eastern Festival

The annual Middle Eastern Festival at St. George Antiochian Church in West St. Paul wraps up today! Enjoy fine Middle Eastern cuisine, a beer and wine garden, live entertainment, church tours, a marketplace, and of course, camel rides. St. George Church is located at 1250 Oakdale Avenue, West Saint Paul.



Memorial Gathering for John Kosmas

John Kosmas, former St. Mary's member and friend and relative of several parishioners, passed away on May 21, 2026. A memorial gathering will be held on Tuesday, July 21, 2:00-5:00 p.m. in St. Mary's Terrace Room. All are welcome to attend.



Food Packing Event Postponed

Hope for Our Neighbors food packing scheduled for next weekend has been postponed until this fall. Watch our communications for updates.



Congratulations!

Last Sunday marked the 700th issue of "The Children's Word" leaflet produced by Presvytera Alexandra Houck. Congratulate and thank her for the work she does for our young (and not-so-young!) people by producing this publication and distributing it to churches around the country each week. We look forward to the next 700 issues!



Summer FAITH Playgroup Events

FAITH Playgroup (families with children birth through pre-K) Summer Fellowship Meetups. Siblings, grandparents, and families are all welcome to join us!

TODAY: Sunday, July 19, 5:30–7:30 p.m.: Music in the Park

Come and hear Julian Maddox and the Minnesota Pop Orchestra perform. We will meet at the Lake Harriet Bandshell picnic tables.

Tuesday, August 4, 10:45 a.m.: Como Zoo Outing

We will meet at the 1259 Midway Parkway entrance.

If you have any questions, please contact Lea Hoeft at 206.779.1354.



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.



Saint Mary's Cathedral Golf Tournament

The 97th Annual St. Mary's Charity Golf Tournament takes place on Sunday, July 26, at the Columbia Golf Club in Minneapolis. To register to play in the tournament, go to: <https://bit.ly/stmarysgolf2026>. To become a sponsor, contact Andrew Hinton, awhinton@gmail.com or 612.242.0497. Sponsorship opportunities: Sponsor a Hole - \$150, Tournament Sponsor - \$550, Presenting Sponsor - \$1,000. The awards dinner is held at the Parish Center at the Cathedral following the tournament.

Calendar of the Week

Sunday, July 19: Sunday of the Holy Fathers

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy
after Liturgy – Greek Festival Kickoff Coffee Hour
5:30 p.m. – FAITH Playgroup at Music in the Park, *Lake Harriet Bandshell*

Monday, July 20: Elias (Elijah) the Prophet

9:30 a.m. – Divine Liturgy
6:00 p.m. – Greek Dance Practice, *Great Hall*

Tuesday, July 21

2:00 p.m. – Memorial Gathering for John Kosmas, *Terrace Room*

Sunday, July 26: Eighth Sunday of Matthew; Saint Paraskevi

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

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!

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!



*Scan to
Sign Up*

Dormition Meals after Vespers and Liturgy August 14 and 15

Philoptochos will help St. Mary's celebrate our parish feast of 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 Signup Genius 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.



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; Jolene, Dawn, Sarah, Ivan, Greg, Matthew, Judy, Bettsy, Mr. Berscheit; Naira, 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, 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 July 26



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

July's recipient is FOCUS MINNESOTA

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



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 Opens August 1, at 10:00 a.m. 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

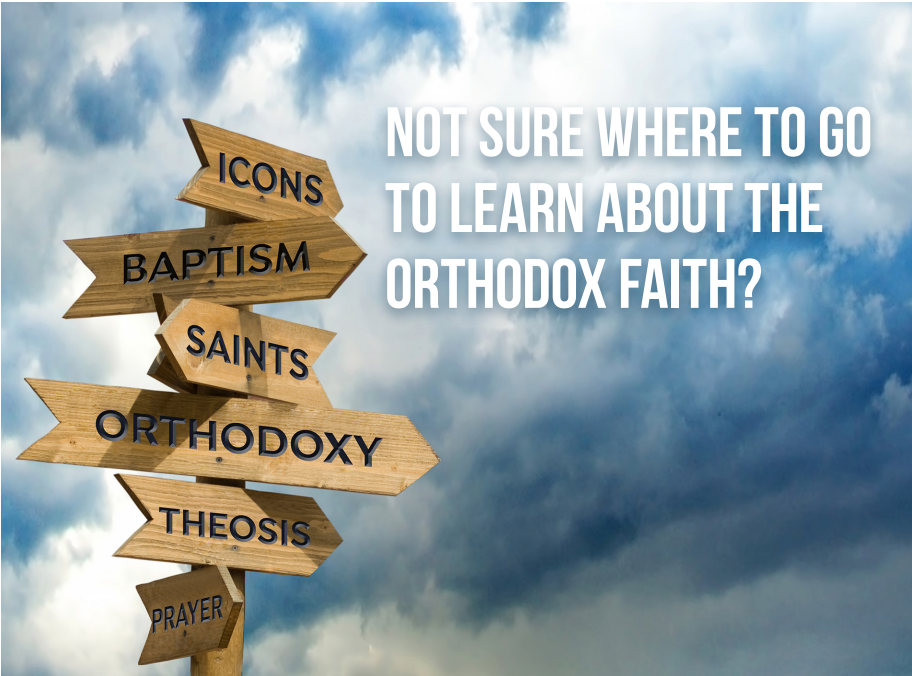
\$170 + Convenience Fee* / Camper

*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***

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!*
- *June 28th ~ THANK YOU!*
- *Next date TBD*

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.



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, July 20: Elias (Elijah) the Prophet

James 5:10-20 • Luke 4:22-30

Tuesday, July 21

I Corinthians 10:5-12 • Matthew 16:6-12

Wednesday, July 22

I Corinthians 9:2-12 • Luke 8:1-3

Thursday, July 23

I Corinthians 10:28-33; 11:1-8 • Matthew 16:24-28

Friday, July 24

I Corinthians 11:8-23 • Matthew 17:10-18

Saturday, July 25

Galatians 4:22-27 • Luke 8:16-21

Sunday, July 26: Eight Sunday of Matthew

Galatians 3:23-29; 4:1-5 • Matthew 14:14-22



ST. MARY'S
GREEK ORTHODOX CHURCH

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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

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