

July 26, 2026



The Divine Liturgy

Eighth Sunday of Matthew; Saint Paraskevi

Commemoration:

Eighth Sunday of Matthew; The Holy Hieromartyrs Hermolaus, Hermippus, and Hermocrates; Paraskevi the Righteous Martyr of Rome; Prisca the Righteous Martyr; Moses the Hungarian; Jacob Netsvetov the Enlightener of Alaska.

Morning Gospel: John 20:11-18 Tone: Grave

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, *Grave Tone*

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrh-bearers' sorrow you transformed into joy, and you sent your apostles forth to proclaim that you had risen from the dead, Christ our God, bestowing on all the world your 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 Saint Paraskevi, *First 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 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..... Galatians 3:23–29; 4:1–5

Brethren, before faith came, we were confined under the law, kept under restraint
until faith should be revealed. So that the law was our custodian until Christ came, that
we might be justified by faith. But now that faith has come, we are no longer under a
custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you
as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is
neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus.
And if you are Christ's, then you are Abraham's offspring, heirs according to promise.
I mean that the heir, as long as he is a child, is no better than a slave, though he is the
owner of all the estate; but he is under guardians and trustees until the date set by the
father. So with us; when we were children, we were slaves to the elemental spirits of the
universe. But when the time had fully come, God sent forth his Son, born of a woman,
born under the law, to redeem those who were under the law, so that we might receive
adoption as sons.

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

At that time, Jesus saw a great throng; and he had compassion on them, and healed
their sick. When it was evening, the disciples came to him and said, "This is a lonely
place, and the day is now over; send the crowds away to go into the villages and buy
food for themselves." Jesus said, "They need not go away; you give them something to
eat." They said to him, "We have only five loaves here and two fish." And he said, "Bring
them here to me." Then he ordered the crowds to sit down on the grass; and taking the
five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the
loaves to the crowds. And they all ate and were satisfied. And they took up twelve baskets
full of the broken pieces left over. And those who ate were about five thousand men,
besides women and children. Then he made the disciples get into the boat and go before
him to the other side, while he dismissed the crowds.

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

Today

Prosforo is provided by **Yana Patridge; Andy Theodotou**.

Memorial Prayers today are offered for **Robert Kennedy (40 days)**

The coffee hour today is hosted by **Joan Calott, Bea Murdakes, and Veula Possis** and sponsored by **John & Sandra Anderson** in celebration of their 40th wedding anniversary and in memory of **Bob Kennedy** whose 40-day memorial we observe today.



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



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!

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.



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



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, July 26: Eighth Sunday of Matthew; Saint Paraskevi

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

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

Monday, July 27: Saint Panteleimon

9:30 a.m. – Divine Liturgy

Saturday, August 1

Dormition Fast Begins

Sunday, August 2: Ninth Sunday of Matthew

“The Messenger” news item deadline

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



Dormition Fast Worship Schedule

Monday, August 3

Small Paraklesis – 6:00 p.m.

Tuesday, August 4

Great Paraklesis – 9:30 a.m.

Wednesday, August 5

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

Thursday, August 6

Holy Transfiguration – Orthros, 8:30 a.m., Divine Liturgy, 9:30 a.m.

Friday, August 7

Small Paraklesis – 6:00 p.m.

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.



SALT Seminar at St. George Coptic Orthodox Church

Saint George Coptic Orthodox Church (10605 36th Avenue N., Plymouth, MN 55441) is hosting its annual SALT adult seminar on Saturday, August 1, 8:00 a.m.-4:00 p.m., at the church. The guest speaker will be Dr. George Tadros. The theme of the seminar is: *From Image to City: Living God's Mission Through Vocation*. A concise, powerful look at how God's mission becomes real in everyday life...moving from who we are in His image to how we shape our communities and city through our vocation. By God's grace, it will be a thoughtful and grounded session for anyone seeking to live their faith with purpose and impact.



NEW THIS SUMMER

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

We're excited to announce the opening of the **St. Mary's Lending Library**! 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 will be available **beginning today**, and every other 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—we can't wait to share these great books with you!***



"Prayer must be said so often so it can implant itself in our hearts. A warmth occurs in a place a little bit above our carnal heart, and then the mind descends into the heart. The mind and the heart must unite, because people often think something, but feel something else. If the mind unites itself with the heart, we no longer feel enmity; we become human, genuinely human, decent human beings. This is the miracle that can change modern people's lives."

—Saint Sofian of Antim Monastery,
from Daily Readings in the Tradition of the Philokalia,
St. George Press, 2025

Philoptochos News



*Scan to
Sign Up*

2026 Taste of Greece

Let the Baking Continue!

Since May, Festival Cookie Captains led volunteers to fill St. Mary's freezers with thousands of koulouria, kourambietes, 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! Please join us in July and September for these events:

- Thursday, July 30, 12:00 noon-4:00 p.m. – *Gluten-free Amygdalota*
- 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 kourambietes, 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.



*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 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.



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, 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 2



Individually wrapped bars of soap

August's recipient is Community Emergency Service (CES)

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.

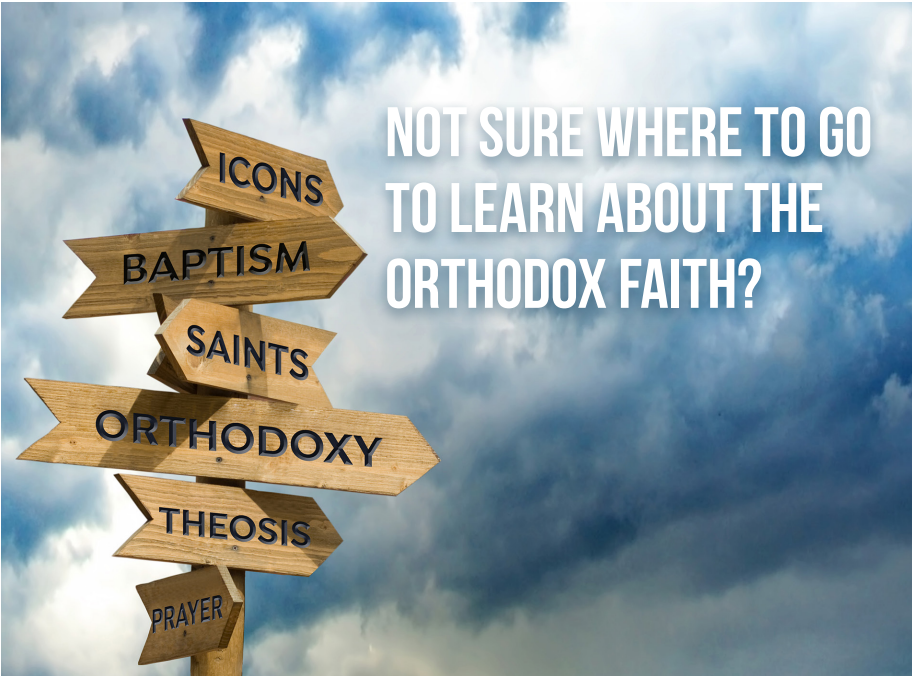
Early Bird Registration Period AUGUST 1 –15	\$160 + Convenience Fee* / Camper
Regular Rate Registration Period AUGUST 16 –31	\$170 + Convenience Fee* / Camper

*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***

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 27: Saint Panteleimon

II Timothy 2:1-10 • John 15:17-27; 16:1-2

Tuesday, July 28

Acts 6:1-7 • Matthew 18:18-22; 19:1-2; 13-15

Wednesday, July 29

I Corinthians 13:4-13; 14:1-5 • Matthew 20:1-16

Thursday, July 30

Acts 15:35-41 • Matthew 20:17-28

Friday, July 31

I Corinthians 14:26-40 • Matthew 21:12-14; 17-20

Saturday, August 1

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

Sunday, August 2: Ninth Sunday of Matthew

I Corinthians 3:9-17 • Matthew 14:22-34



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Weekly Bulletin Submissions to: Communications@stmarysgoc.org

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