

July 5, 2026



The Divine Liturgy

Fifth Sunday of Matthew

Commemoration:

Fifth Sunday of Matthew; Athanasius of Mount Athos; Righteous Father Lampadus the Wonderworker; Kyprianos the New Martyr of Koutloumousiou Monastery; Uncovering of the Holy Relics of Our Righteous Father Sergius of Radonezh

Morning Gospel: Luke 24:12-35 Tone: 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, Fourth Tone

The joyful news of your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with his 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 for the Devout Man, Third Tone

Angelic hosts on high were filled with wonderment, seeing your life in the flesh: how with your body you courageously went out to wrestle with invisible foes; and to the demonic hordes you inflicted serious wounds. Therefore, Athanasios, you received from the Master Christ, a wealth of gifts. Holy Father, intercede on our behalf with Christ our God, to save 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 γενήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ κοιμήσει 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..... *Galatians 5:22–6:2*

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

Gospel..... *Matthew 8:28–9:1*

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

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

Today

Prosforo is provided by **Solveig Colaiani; Photine Saar; Yana Patridge.**



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



Clergy Out of Office

Members of our clergy and ministry staff will be out of the office this week at St. Mary's Summer Camp. During this time at least one member of staff will be in the office during weekday business hours and can assist in contacting a member of the clergy in an emergency. If a pastoral emergency arises during the overnight hours, please call our main telephone number (612.825.9595). When the voice message begins, dial 104 and leave a message. Someone will be in touch soon.



Senior Citizens' Meeting

Tuesday, July 14

Saint Mary's Senior Citizens will meet on Tuesday, July 14, at noon in the Terrace Room. Following our customary formalities, we will celebrate the 250th birthday of our Nation. 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.

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 *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:

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; Dawn, 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, 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, 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 July 12



Spam

July's recipient is FOCUS MINNESOTA

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

Calendar of the Week

Sunday, July 5: Fifth Sunday of Matthew

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

Summer Camp This Week

Sunday, July 12: Sixth Sunday of Matthew

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

11:45 a.m. – Seekers' Q&A Gathering, Fireside Room



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**



*Scan to
Sign Up*

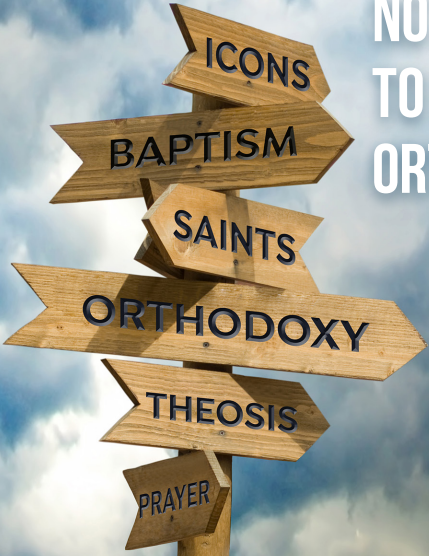
2026 St. George Antiochian Orthodox Church's Middle Eastern Festival: July 18 and 19—Volunteers Requested!

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



“If a person believes that he is not doing anything good, if—in the good sense of the word—he despairs in himself, in his ‘self’, if he believes that by his deeds he constantly adds zeros to zeros, but still continues his spiritual struggle with hope for God—this is a sign that he has reached spiritual maturity. In this case, Good God, seeing the zeros of his good will, feels sorry for him and puts 1 at the beginning of those zeros. Thus, his zeros rise in price, and he becomes spiritually rich. Good spiritual state lies in a meek state of disappointment in yourself.”

— Saint Paisios the Athonite



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, July 6

Romans 16:17-24 • Matthew 13:10-23,43

Tuesday, July 7

Galatians 3:23-29; 4:1-5 • Mark 5:24-34

Wednesday, July 8

I Timothy 4:9-15 • Luke 6:17-19, 9:1-2, 10:16-21

Thursday, July 9

I Corinthians 3:18-23 • Matthew 13:36-43

Friday, July 10

I Corinthians 4:5-8 • Matthew 13:44-54

Saturday, July 11

II Corinthians 6:1-10 • Luke 7:36-50

Sunday, July 12: Sixth Sunday of Matthew

Romans 12:6-14 • Matthew 9:1-8



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

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!*
- *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.





Deepen your daily prayer life with The Encounter Orthodox Prayer App

Join thousands of Orthodox Christians around the world praying daily with **the Encounter App**

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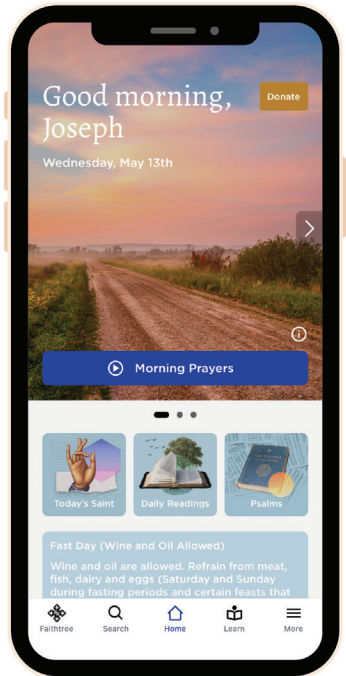
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