



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 5, 2023

Tone 5 • FIRST SUNDAY OF LENT: Sunday of Orthodoxy

Today's Schedule

9am — Matins

10am — Divine Liturgy

Following the service:

Coffee Hour, hosted by Group A-D
Church School

5:00pm — Sunday of Orthodoxy Vespers at Ss.
Constantine & Helen Greek Orthodox Church
in Silver Spring

This Week at St. Mary's

Lenten Hours (Online) | weekday mornings @ 7:15am–8am

WEDNESDAY, MARCH 8

Presanctified Liturgy | 7pm–8:30pm, followed by
Lenten Potluck Dinner

FRIDAY, MARCH 10

Presanctified Liturgy | 10:30am–11:30am
Philokalia Book Group | 12pm–1pm
Akathist | 7pm–8pm

SATURDAY, MARCH 11

Memorial Saturday
Divine Liturgy | 10am–11:30am
Adult Catechism | 3pm–4:30pm
Great Vespers | 5pm–6:30pm
NPF: Newly-Planted Fellowship | 6pm–7:30pm

SUNDAY, MARCH 12

St. Gregory Palamas
9am Matins, 10am Divine Liturgy
Church School | 11:45am–1pm

UPCOMING *Services, holidays, and other events farther down the calendar*

OCMC Soup Luncheon | Sunday, Mar. 19 at coffee hour

Parish Council | Monday, Mar. 20 @ 7pm-9pm

+ **ANNUNCIATION** + | Saturday, Mar. 25

St. Mary's Nats Game Outing | Sunday, May 21

Visit stmaryorthodox.org/calendar to stay updated on parish events and service times.
Additional information for an event can be found if you click on the event name.

St. Mary Orthodox Church | Parish Priest: Fr. David Subu | Parish Council President: Chris Grindstaff

7223 Roosevelt Ave, Falls Church, VA 22042 | 703.280.0770 | stmaryorthodox.org

HYMNS OF THE DAY

Tone 5. Troparion of the Resurrection

LET us, the faithful, praise and worship the Word, * co-eternal with the Father and the Spirit, * born for our salvation from the Virgin; * for He willed to be lifted up on the Cross in the flesh, * to endure death, * and to raise the dead // by His glorious Resurrection.

Tone 2. Troparion of the Sunday of Orthodoxy

WE venerate Your most pure image, O Good One; * and ask forgiveness of our transgressions, O Christ our God. * Of Your own will You were pleased to ascend the Cross in the flesh * and deliver Your creatures from bondage to the Enemy. * Therefore with thankfulness we cry

aloud to You: * “You have filled all with joy, O our Savior, // by coming to save the world.”

Glory; both now. *Tone 8. Kontakion of the Sunday of Orthodoxy*

NO one could describe the Word of the Father; * but when He took flesh from you, O Theotokos, He accepted to be described, * and restored the fallen image to its former state by uniting it to divine beauty. // We confess and proclaim our salvation in words and images.

PROKEIMENON

In the fourth tone: Blessèd art Thou, O Lord God of our fathers / and praised and glorified is Thy name forever!

∩̅ For Thou art just in all that Thou hast done for us!

EPISTLE Hebrews 11:24–26,32–12:2

Brethren, by faith Moses, when he became of age, refused to be called the son of Pharaoh’s daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the other prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the enemies. Women received their dead raised to life again. And others were tortured, not accepting deliverance, that they

might obtain a better resurrection. Still others had trial of cruel mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn asunder, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a good report through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect without us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with patience the race that is set before us, looking to Jesus, the author and finisher of our faith.

Alleluia in the fourth tone:

∩̅ *Moses and Aaron were among His priests; Samuel also was among those who called on His name.*

∩̅ *They called to the Lord and He answered them.*

GOSPEL John 1:43-51

At that time, Jesus wanted to go to Galilee, and He found Philip and said to him, “Follow Me.” Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, “We have found Him of whom Moses in the law, and also the prophets, wrote – Jesus of Nazareth, the son of Joseph.” And Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” Jesus saw Nathanael coming toward Him, and said of him, “Behold, an Israelite indeed, in whom is no deceit!”

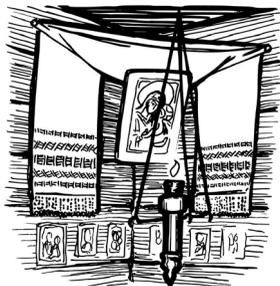
Nathanael said to Him, “How do You know me?” Jesus answered and said to him, “Before Philip called you, when you were under the fig tree, I saw you.” Nathanael answered and said to Him, “Rabbi, You are the Son of God! You are the King of Israel!” Jesus answered and said to him, “Because I said to you, ‘I saw you under the fig tree,’ do you believe? You will see greater things than these.” And He said to him, “Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man.”

INSTEAD OF “IT IS TRULY MEET”

All of creation rejoices in you, O Full of Grace: * the assembly of angels and the race of men. * O sanctified temple and spiritual paradise, * the glory of virgins, * from whom God was incarnate and became a Child – * our God before the ages. * He made your body into a throne, * and your womb He made more spacious than the heavens. * All of creation rejoices in you, O Full of Grace. * Glory to you!

COMMUNION HYMNS

Praise the Lord from the heavens! Praise Him in the highest!
Rejoice in the Lord, O you righteous! Praise befits the just!
Alleluia, Alleluia, Alleluia!

**GENERAL LENTEN SERVICE SCHEDULE**

Extra services you can attend this Lenten season

Presanctified Liturgy

- Wednesdays @ 7pm–8:30pm, *followed by the Lenten Potluck Dinner*
- Fridays @ 10:30am–11:30am

Akathist | Fridays @ 7pm–8:30pm

Lenten Hours | Weekdays, online @ 7:15am–8am

Saturday Divine Liturgy | Saturdays @ 10am–11:30am

Parish News & Announcements



Birthdays Kieran H., Lydia T.

Anniversaries Scott & Kristen S.

TODAY: Sunday of Orthodoxy Vespers — Pan-Orthodox Vespers for the Sunday of Orthodoxy will be held at Ss. Constantine & Helen Greek Orthodox Church (721 Norwood Rd, Silver Spring, MD), today at 5pm. The service will be followed by a talk given by Dr. Lewis Patsavos, Professor of Canon Law emeritus at Holy Cross Greek Orthodox School Of Theology. His topic is entitled *The Triumph of Orthodoxy: Its Peril and Challenge*.

Support the Annual Lenten Soup Luncheon for OCMC Missions (Sunday, Mar. 19) — The parish needs your help to make this year's Lenten Soup Luncheon, immediately following liturgy, a big success. Please help support this very worthy cause! Sign up to make soup, bring food/drinks, and help with set up/clean up at tinyurl.com/lenten-soup-luncheon-2023. Bring your checkbooks (or pay on Realm) with "OCMC Soup Luncheon" in the memo line. All proceeds go to the support of OCMC missionaries in Romania and Guatemala.

Lenten Gift Shop Sale (Mar. 4–26) — Take advantage of Lent to catch up on spiritual reading and spiritual music, as well as to partake of religious icons, religious jewelry, and other religious items. To help your Lenten journey, all items in the gift shop are 50% off their ticketed price between Saturday, March 4 and Sunday, March 26. Please contact Ileana C. if you have any questions.

Please check for your items in the Lost & Found — The Lost & Found is building up! If you've been missing anything at home or forget your items from time to time, please come by to check if anything belonging to you or your family has ended up here.

Connect with the parish at the Connections Corner — Stop by the Connections Corner in the fellowship hall during coffee hour to check out our ministries, newsletter, or meet a couple friendly faces. Great for visitors, inquirers, or if you just want to get more involved at church.



Next week's coffee hour host (Mar. 12): **Group E-K**



Are you visiting? Welcome to St. Mary's!

We're delighted that you've joined us! Please feel free to watch, participate, or ask the person next to you if you have any questions. Here are a few things you can do to get acquainted with us:

- sign the **visitor's log** at the entrance of the church (called the "narthex")
- check out the **Connections Corner** in the fellowship hall to learn more about us, Orthodoxy, pick up a copy of our **newsletter** and **ministry brochure**, and meet a few friendly faces

We try to avoid entering or exiting the nave during readings, processions, or the sermon. Please note that to receive Holy Communion in our church, one must be baptized Orthodox, recently-confessed, and at peace with one's fellows. At the end of the service, everyone is welcome to come up to kiss the Cross, greet the priest, and receive blessed bread.

Please join us for coffee hour downstairs in the fellowship hall after liturgy. We'd love to meet you!