



# St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 17, 2024

**Tone 8** • Cheesefare Sunday: Expulsion of Adam from Paradise • Forgiveness Sunday

## Today's Schedule

9am — Matins  
10am — Divine Liturgy  
11:30am — Forgiveness Vespers

*Following the service:*

Fellowship Hour, offered by Group L-O  
Church School

## This Week at St. Mary's

### MONDAY, MARCH 18

*Great Lent Begins • Clean Monday*

Confessions | 6pm-7pm

Great Canon | 7pm-8:30pm

### TUESDAY, MARCH 19

Confessions | 6pm-7pm

Great Canon | 7pm-8:30pm

### WEDNESDAY, MARCH 20

Pre-sanctified Liturgy | 10:30am-12pm

Confessions | 6pm-7pm

Great Canon | 7pm-8:30pm

### THURSDAY, MARCH 21

Confessions | 6pm-7pm

Great Canon | 7pm-8:30pm

### FRIDAY, MARCH 22

Pre-sanctified Liturgy | 10:30am-12pm

Philokalia Book Group | 1pm-2pm

Confessions | 6pm-7pm

Akathist | 7pm-8pm

### SATURDAY, MARCH 23

Adult Catechism | 3pm-4:30pm

Memorial: Devine | 4:40pm-5pm

Great Vespers | 5pm-6pm

### SUNDAY, MARCH 24

*Sunday of Orthodoxy*

Matins & Divine Liturgy | 9am-11:30am

Church School

Fellowship Hour, offered by **Group P-Z**

Next week's fellowship hour (Mar 24): **Group P-Z**

## SAVE THE DATE

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

**Vesperal Liturgy for Annunciation** | March 25 @ 7pm-8:30pm

**Sitka Icon Visit** | Friday, March 29, following Akathist and Holy Unction, refreshments to follow

**Men's Fellowship** | Sunday, March 31 @ 6pm-8pm at the residence of Marcus S. and Caleb P.

**Church School Visit to St. Mark Coptic** | April 6 @ 8:50am-10am

**The Path of a Sacred Passion: A Byzantine Music Concert** | April 20 @ 7pm at St. Katherine's (purchase \$40 tickets at [dkgreeks.com](http://dkgreeks.com))

**Palm Sunday Baby Diaper Drive** | Sunday, April 28 (collecting diapers @ 11:30am-12:30pm at St. Katherine's)

**Pascha** | May 5

**Nats Game** | June 9 (RSVPs due by Pascha, May 5)

Visit [stmaryorthodox.org/calendar](http://stmaryorthodox.org/calendar) to stay updated on parish events and service times.

**St. Mary Orthodox Church** | Parish Priest: Fr. David Subu | Parish Council President: David Dill

7223 Roosevelt Ave, Falls Church, VA 22042 | 703.280.0770 | [stmaryorthodox.org](http://stmaryorthodox.org)

## HYMNS OF THE DAY

*Tone 8. Troparion of the Resurrection*

THOU didst descend from on high, O Merciful One! \* Thou didst accept the three day burial to free us from our sufferings! // O Lord, our Life and Resurrection, glory to Thee!

*Tone 4. Troparion of the Protection*

TODAY the faithful celebrate the feast with joy \* illuminated by your coming, O Mother of God. \* Beholding your pure image, we fervently cry to you: \* Encompass us beneath the precious veil of your protection. \* Deliver us from every form of evil, \* by entreating Christ, your Son and our God, // that He may save our souls!

**Gloria.** *Tone 6. Kontakion from the Lenten Triodion*

O MASTER, Teacher of wisdom, \* Bestower of virtue, \* Who teach the thoughtless and protect the poor, \* strengthen and enlighten my heart! \* O Word of the Father, \* let me not restrain my mouth from crying to You: \* “Have mercy on me, a transgressor, // O merciful Lord!”

**Both now.** *Tone 3. Kontakion of the Protection*

THE Virgin is present today in the Church \* And with the fellowship of saints she prays to God on our behalf. \* The angels and the bishops worship! \* The apostles and the prophets make glad! // For the Theotokos makes supplications for us to the everlasting God!

## PROKEIMENON

**In the eighth tone:** Pray and make your vows / before the Lord, our God!

∿ *In Judah God is known; His name is great in Israel.*

## EPISTLE

***The Reading from the Epistle of St. Paul to the Romans (13:11–14:4)***

*Brethren*, now our salvation is nearer than we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk honestly, as in the day, not in revelry and drunkenness, not in debauchery or wantonness, not in strife and envy. Rather, let us clothe ourselves with the Lord Jesus Christ, and in fulfilling the needs the flesh, transform them not into lust. Receive them that is weak in the faith, not disputing over opinions. For one believes he may eat all things, but another who is weak eats only herbs. Let not him that eats despise him that does not eat, and let not him that eats not cast judgement on him that eats; for God has received him. Who art thou to judge another man's servant? It is before his own master that he stands or he falls. Yes, he shall be made to stand, for God is able to make him stand.

***Alleluia, Tone 6:***

∿ *It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!*

∿ *To declare Thy mercy in the morning and Thy truth by night.*

## GOSPEL

***The Reading from the Holy Gospel According to St. Matthew (6:14–21)***

THE Lord said: “If you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their

— ***The Trisagion in Other Languages (Transliterated)*** —

**Romanian:** Sfinte Dumnezeule, Sfinte Tare, Sfinte Fără de moarte, Miluiește-ne pe noi

**Church Slavonic:** Svyati Bozhe, Svyati Krepki, Svyati Bessmertni, pomiluy nas

**Arabic:** Qudduson illah, Qudduson ilqawi, Qudduson illadhi, la yamoot urhamna

**Greek:** Agios O Theos, Agios Eeskhiros, Agios Athanatos, eleison imas

trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

### COMMUNION HYMNS

- ✠ Praise the Lord from the heavens! Praise Him in the highest!
- ✠ Alleluia, Alleluia, Alleluia!



*At the conclusion of Divine Liturgy, please join us for Forgiveness Vespers and the Rite of Forgiveness, where we will share in mutual forgiveness for one another.*

## SUNDAY OF CHEESEFARE: EXPULSION OF ADAM FROM PARADISE

As we begin the Great Fast, the Church reminds us of Adam’s expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendants became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: “Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit....”

—from oca.org



## GENERAL LENTEN SERVICE SCHEDULE

*Extra services you can attend this Lenten season · Check the website calendar for exceptions*

### Presanctified Liturgy

- Wednesdays @ 7pm–8:30pm
- Fridays @ 10:30am–12pm

**Akathist** | Fridays @ 7pm–8pm

**Memorial Divine Liturgy** | 2nd & 3rd Saturdays of Lent @ 10am–11:30am

# Parish News & Announcements



**Birthdays** Talia B.  
**Namedays** Patrick O.  
**Anniversaries** David & Amy D.

**Lent begins tomorrow! Sign up to pray with the Psalter Prayer Group** — Pray the Psalter with the Psalter Prayer Group this Lent. Sign up by joining the Psalter Prayer Group on Realm, then let Libby know that you'd like a kathisma assignment by posting on the page or using the group chat.

**Bp. Alexei of Alaska will be visiting St. Mary's to present the Sitka Icon of the Mother of God (Friday, Mar. 29 @ 7pm)** — On March 29 we will chant the Akathist to the Mother of God (Part II) followed by Holy Unction with visitation of the wonderworking Sitka Icon of the Mother of God presented by Bp. Alexei of Alaska. Refreshments to follow. Learn more about the "Our Lady of Sitka" Icon of the Mother of God from the OCA website: [tinyurl.com/mr2szknx](http://tinyurl.com/mr2szknx). See where else the icon is visiting at [wdcoca.org](http://wdcoca.org).

**Men's Fellowship: Lent and Fasting: What do they mean for me? (Sunday, Mar. 31 @ 6pm-8pm)** — Men's Fellowship will meet at the residence of Marcus S. and Caleb P. Find the address on Realm.

**Church School will be visiting St. Mark Coptic Church (Saturday, Apr. 6 @ 8:50am-10am)** — Church School parents and students will be visiting St. Mark Coptic Orthodox Church for their child-friendly liturgy, where they'll gain a better understanding of Oriental Orthodoxy and its relationship to Eastern Orthodoxy, while appreciating the history and depth of our traditions in the Middle East.

**Claim an area to care for in the parish yard** — Help us keep the parish gardens beautiful by claiming a small area to weed. Tools are provided, though you may want to bring your own gardening gloves. Sign up on the list of areas to be weeded posted in the Fellowship Hall.

**(\$8) Nats Game tickets (RSVPs due May 5)** — Join us at National Park on June 9th to watch the Nats host the Atlanta Braves! Those under two years old are free assuming they don't need their own seat. Reserve tickets with Christina Z. at [c.zrake1701@hotmail.com](mailto:c.zrake1701@hotmail.com) by Pascha (May 5th). Payment can be taken via Realm or check to St. Mary Orthodox Church with "Nationals Game" in the memo line.

**Love Mealtrains? Help us coordinate them!** — We are looking for a couple people to team up and coordinate meal trains for families recovering at home from childbirth, hospitalizations, etc. Consider this a great opportunity to help fulfill the Lord's command to visit the sick and feed the hungry! Contact Fr. David or David D. on Realm if interested.

**Doxacon has released its call for papers** — This year's theme is **Echoes of the Incarnation**. Interested in speaking? Read our call for papers at [Doxacon.org](http://Doxacon.org) and submit a proposal by April 15, 2024.

**Articles for the April issue of The Veil are due March 25** — Write updates for your group or ministry, share a special interest, or other interesting topics in the parish newsletter! Submit to 300-500 word articles to Sophia P. at [undertheveilofherprotection@gmail.com](mailto:undertheveilofherprotection@gmail.com).

**Connect with the parish at the Connections Corner!** Stop by the Connections Corner in the fellowship hall during fellowship hour to check out our ministries, newsletter, or meet a couple friendly faces. It's a great place to learn for visitors, inquirers, or parishioners who want to get more involved at church.

## 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 fellowship hour downstairs in the fellowship hall after liturgy. We'd love to meet you!*