



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 24, 2024

Tone 1 • FIRST SUNDAY OF LENT: Sunday of Orthodoxy • Forefeast of the Annunciation

Today's Schedule

9am — Matins

10am — Divine Liturgy, *followed by a procession and parish photo*

Following the service:

Fellowship Hour, offered by Group P-Z

Church School

6pm — Vigil for the Annunciation @ St. Mark OCA in Bethesda

This Week at St. Mary's

MONDAY, MARCH 25

Annunciation

Vespersal Liturgy | 7pm-8:30pm

WEDNESDAY, MARCH 27

Confessions | 6pm-7pm

Pre-sanctified Liturgy | 7pm-8:30pm

FRIDAY, MARCH 29

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

Philokalia Book Group | 1pm-2pm

Akathist & Unction with Sitka Icon | 7pm-9pm

SATURDAY, MARCH 30

Memorial Liturgy | 10am-11:30am

City of Jerusalem crafting | *following liturgy*

Adult Catechism | 3pm-4:30pm

Great Vespers | 5pm-6pm

SUNDAY, MARCH 31

St. Gregory Palamas

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

Church School

Fellowship Hour, offered by **Everyone**

(Parishwide)

Men's Fellowship | 6pm-8pm

Next week's fellowship hour (March 31) is a **parishwide effort**

Food Theme: Beans & Greens — bring a batch of your favorite bean dish or go-to salad to share

SAVE THE DATE *Services, holidays, and other events farther down the calendar*

Memorial Liturgy | Saturday, April 6 @ 10am-11:30am

Mini Workday | April 6, following liturgy (weeding the grounds)

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 (\$40 tickets: dgreeks.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 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

HYMNS OF THE DAY

Tone 1. Troparion of the Resurrection

WHEN the stone had been sealed by the Jews, * while the soldiers were guarding Thy most pure body, * Thou didst rise on the third day, O Savior, * granting life to the world. * The powers of heaven therefore cried to Thee, O Giver of Life: * “Glory to Thy Resurrection, O Christ! * Glory to Thy Kingdom! // Glory to Thy dispensation, O Thou Who lovest mankind!”

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.”

Tone 4. Troparion of the Forefeast of Annunciation

TODAY is the prelude of joy for the universe! * Let us anticipate the feast and celebrate with exultation: * Gabriel is on his way to announce the glad tidings to the Virgin; * he is ready to cry out in fear and wonder: // “Rejoice, O Full of Grace, the Lord is with you!”

Glory. *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.

Both now. *Tone 8. Kontakion of the Forefeast of Annunciation*

YOU are the beginning of salvation for all of us on earth, Virgin Mother of God. * For the great Archangel Gabriel, God’s minister, was sent from heaven to stand before you to bring you joy: // Therefore, we all cry to you: “Rejoice, O unwedded Bride!”

PROKEIMENON

In the fourth tone (*Song of the Fathers*): 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

*The Reading from the Epistle of
St. Paul to the 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.

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

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

Church Slavonic: Svyati Bozhe, Svyati Kreпки, Svyati Bessmertni, pomiluy nas

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

Greek: Agios O Theos, Agios Eeskhios, Agios Athanatos, eleison imas

Alleluia, Tone 4:

- ✠ *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

The Reading from the Holy Gospel According to St. 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!



SYNODIKON OF ORTHODOXY

As the Prophets beheld, as the Apostles have taught, as the Church has received, as the Teachers have dogmatized, as the Universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ has awarded, let us declare, let us assert, let us preach in like manner Christ our true God and honor His Saints in words, in writings in thoughts, in deeds, in churches, in holy icons -- worshipping Him as God and Lord and honoring them as His true servants.

Then the Creed: I believe in One God...



GENERAL LENTEN SERVICE SCHEDULE

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

Presanctified Liturgy

- Wednesdays @ 7pm–8:30pm, followed by Lenten Potluck
- Fridays @ 10:30am–12pm

Akathist | Fridays @ 7pm–8pm

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

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.

Parish News & Announcements



Birthdays Sarah J., Pete D., Sophia D., Nadine T., Bogdan M.

Please join us after the service for a procession, after which we will recite the Synodikon of Orthodoxy and take a parish photo.

THIS FRIDAY: Bp. Alexei of Alaska will be visiting St. Mary's to present the Sitka Icon of the Mother of God (Friday, Mar. 29 @ 7pm) — Akathist and Holy Unction with veneration 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. Full icon schedule at wdcoca.org.

NEXT SATURDAY: Please consider helping us set up the "City of Jerusalem" model for our parish's 3-6 year olds! (Saturday, Mar. 30, following liturgy) It will go in our Atrium, which is the Sunday School classroom for Catechesis of the Good Shepherd. The children will use this for many years to come to learn about the Passion narratives and each of the places Jesus went during Holy Week. If you can assist, meet Jessica O. in the parish hall after liturgy on Saturday! It should take about 2-3 hours to assemble, glue, and paint.

NEXT SUNDAY: 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. Address on Realm.

Lenten Gift Shop Sale! (Mar. 23 – Apr. 7) — *Journey to Reality*, Zachary Porcu's new book, is a discounted \$12! All other books and CDs are a free-will offering. Everything else is half off, including new gift shop items thanks to the donations of parishioners!

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.

MINI-WORKDAY! (Saturday, Apr. 6) — We need your help in the gardens before Lazarus Saturday's clean-up day! If you can, please help us mulch and spruce up the garden beds following liturgy on Saturday, April 6.

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. Contact Ellen R. with any questions.

Pilgrimage to St. Nina Women's Monastery in Union Bridge, MD (weekend of May 18) — Save the date! All are welcome to come for the day on Saturday, no registration needed. If you would like to stay overnight on Friday, Saturday, or both, a registration link will be available shortly. Only 21 spots! Contact David D. or Nathan L. with questions.

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 and submit a proposal by April 15, 2024.

(\$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 by Pascha (May 5th). Payment can be taken via Realm or check to St. Mary Orthodox Church with "Nationals Game" in the memo line.

DUE TOMORROW: Items for the April/May issue of *The Veil* are due March 25 — Submit photos with brief captions and/or 300-500 word articles to Sophia P. at undertheveilofherprotection@gmail.com.

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 our parish or Orthodoxy, pick up a copy of our **newsletter** and **Parish Groups list**, 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!