



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 31, 2024

Tone 2 • SECOND SUNDAY OF LENT: St. Gregory Palamas

Today's Schedule

9am — Matins

10am — Divine Liturgy

Following the service:

Fellowship Hour, as a **Parishwide Effort**

Church School

6pm-8pm — Men's Fellowship

This Week at St. Mary's

WEDNESDAY, APRIL 3

Confessions | 6pm-7pm

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

FRIDAY, APRIL 5

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

Philokalia Book Group | 1pm-2pm

Confessions | 6pm-7pm

Akathist | 7pm-8pm

SATURDAY, APRIL 6

Church School Visit to St. Mark | 8:50am-10am

Memorial Liturgy | 10am-11:30am

Parish Gardening Day | 12pm-3pm

Adult Catechism | 3pm-4:30pm

Great Vespers | 5pm-6pm

SUNDAY, APRIL 7

Veneration of the Cross

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

Church School

Fellowship Hour, offered by **Group A-D**

Next week's fellowship hour (April 7): **Group A-D**

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

Archdiocesan Choir Practice | Sat, April 13

OCMC Soup Luncheon | Sun, April 21

Lazarus Saturday Retreat & Cleanup Day | Sat, April 27

Great Vespers w/ Group Confession | Sat, April 27

Easter Bake Sale | Palm Sun, April 28

Pascha | Sun, May 5

Nats Game | Sun, 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 2. Troparion of the Resurrection

WHEN Thou didst descend to death, O Life immortal, *
Thou didst slay hell with the splendor of Thy Godhead. *
And when from the depths Thou didst raise the dead,
* all the powers of heaven cried out: // “O Giver of life,
Christ our God, 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!

Tone 8. Troparion of St. Gregory Palamas

O LIGHT of Orthodoxy, teacher of the Church, its
confirmation, * O ideal of monks and invincible
champion of theologians, * O wonderworking Gregory,
glory of Thessalonica and preacher of grace, // always
intercede before the Lord that our souls may be saved!

Tone 4. Kontakion from the Lenten Triodion

NOW is the time for action! * Judgment is at the doors!
* So let us rise and fast, * offering alms with tears of
compunction and crying: * “Our sins are more in
number than the sands of the sea; * but forgive us, O
Master of all, // so that we may receive the
incorruptible crowns!”

Glory. *Tone 8. Kontakion of St. Gregory*

HOLY and divine instrument of wisdom, * joyful
trumpet of theology, * together we sing your praises, O
God-inspired Gregory. * Since you now stand before
the Original Mind, guide our minds to Him, O
Father, // so that we may sing to you: “Rejoice,
preacher of grace!”

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 fifth tone: Thou, O Lord, shalt protect us and
preserve us from this generation forever!

∿ *Save me, O Lord, for there is no longer any that is
godly.*

In the first tone (for St. Gregory): My mouth shall speak
wisdom and the meditation of my heart shall be
understanding.

EPISTLE

The Reading from the Epistle of St. Paul to the Hebrews (1:10-2:3)

In the beginning, Thou, O Lord, didst lay the foundation
of the earth, and the heavens are also the work of Thy
hands. They shall all perish, but Thou shall endure.
They shall all wear out like a garment; Thou changest
them like raiment, and they pass away, but Thou art
ever the same, and Thy years have no end. But to
which of the angels has He ever said: “Sit Thou at My
right hand, until I make Thine enemies Thy footstool”?
Are they not all ministering spirits sent forth to
minister for them who shall inherit salvation?
Therefore we must give the most earnest heed to the
things we have heard, lest any time we should drift
away. For if the word spoken by angels was steadfast,
and every transgression and disobedience received a
just recompense and reward, how shall we escape if
we neglect so great salvation, which at the first began
to be spoken by the Lord, and was confirmed unto us
by them that heard Him.

The Reading from the Epistle of St. Paul to the Hebrews (7:26-8:2) *(St. Gregory Palamas)*

Brethren, it was fitting that we should have such a High
Priest, holy, innocent, undefiled, separated from
sinners, and made higher than the heavens; who

— *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 Eeskhios, Agios Athanatos, eleison imas

needeth not daily, as other priests, to offer sacrifices first for His own sins and then for the people's, for this He did once, in offering Himself. For the law maketh men priests who have infirmity, but the word of the oath, which was since the law, maketh the Son, Who is perfected forevermore. Now this is the sum of the things of which we have spoken: We have such a High Priest, Who is seated at the right hand of the throne of the Majesty in the, heavens, a Minister of the Holies and of the true Tabernacle which the Lord hath erected, and not man.

Alleluia, Tone 2:

- ✠ *May the Lord hear thee in the day of trouble! May the Name of the God of Jacob protect thee!*
- ✠ *Save the King, O Lord, and hear us on the day we call upon Thee!*
- ✠ *(Tone 2) The mouth of the righteous shall meditate wisdom and his tongue shall speak of judgment.*

GOSPEL

The Reading from the Holy Gospel According to St. Mark (2:1-12)

At that time, Jesus entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." And some of the scribes were sitting there and reasoning in their hearts, "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?" But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins," He said to the paralytic, "I say to you, arise, take up your bed, and go to your house." Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

The Reading from the Holy Gospel

According to St. John (10:9-16) (St. Gregory Palamas)

The Lord said to the Jews that came to Him: I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

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!
- ✠ The righteous will be remembered forever; he is not afraid of evil tidings.
- ✠ Alleluia, Alleluia, Alleluia!



GENERAL LENTEN SERVICE SCHEDULE

Check the website calendar for exceptions

Presanctified Liturgy

- ▶ Wednesdays @ 7pm–8:30pm, followed by potluck dinner
- ▶ Fridays @ 10:30am–12pm

Akathist | Fridays @ 7pm–8pm

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

Parish News & Announcements



Birthdays Tatiana S.

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

THIS SATURDAY: Church School will be visiting St. Mark Coptic Church (Sat, April 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.

THIS SATURDAY: Mini Gardening Day (Sat, April 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.

UPDATE: Wednesday Night Pre-sanctified Liturgy potlucks will now be offered by everyone. For flexibility, we're no longer organizing by last-name groups. If you're attending, please consider bringing a simple Lenten dish to share!

Support the Annual Lenten Soup Luncheon for OCMC (Sun, April 21) — We need your lenten soups, stews, and chilis to support our OCMC missionaries once again! We also will need bread for sides and fruit for dessert, as well as help with cleanup. If you can help with this very worthy cause, please contact Dsa. Tanya via phone or email (find them on Realm or the printed bulletin) and let her know what you'll bring.

Lenten Gift Shop Sale! (March 23 – April 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!

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. Event with more details to be released on Realm soon.

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. via email (find on Realm or the printed bulletin) by Pascha (May 5th). Payment can be taken via Realm (select "Nats Game Tickets" from the Funds dropdown menu) or via check to St. Mary Orthodox Church with "Nats Game Tickets" in the memo line.

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 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!