

THE VEIL

AUGUST 2007

The Monthly Journal Covering the News at St. Mary's

PARACLESIS: *A service of supplication and comfort.*

“Steadfast Protectress of Christians, constant advocate before the Creator, despise not the cry of us sinners, but in your goodness come speedily to help us who call on you in faith, hasten to hear our petition and to intercede for us, O Theotokos, for you always protect those who honor you.”
(Kontakion Hymn of the Theotokos)

Every August, the Orthodox Church remembers the Falling-Asleep or Dormition of the Ever-Virgin Mary. We call it Falling Asleep because we believe and we confess that no one who knows Christ and trusts in him truly dies, but has eternal life. Therefore, His mother, who knew and knows Him best still, truly lives in Him. For the two weeks before the Dormition, we keep a fast in order to redirect our minds, hearts, and bodies to Christ, remembering that someday we too will “fall asleep” in Him.

During this fast we also pray, and it is traditional in the Orthodox Churches (primarily of the “Byzantine” practice: Greeks, Romanians, Antiochians, etc. but also many of the Slavs) to hold a service of prayer and supplication for those in need of God’s mercy and help on each weeknight. This service, called Paraclesis in Greek and a Molieben in Slavonic, to the Mother of God can be done at any time of the year, and is often done at home as part of one’s personal

prayer life. At St. Mary’s, the Paraclesis has been served by the Women’s Prayer Group as well for special needs. There are also paraclesis services written to other saints as well. A very nice recording of the Paraclesis by Eikona is available at the Greek Orthodox Archdiocese webpage

http://www.goarch.org/en/special/listen_learn_share/dormition/listen/index.asp?printit=yes] that anyone can use to learn to sing along or purchase on CD.

This August we will serve the Paraclesis as a community gathered under the steadfast protection of the Theotokos, culminating in the Vigil of her Dormition on August 14th. In doing so we remember and we confess that in the Resurrection, already spiritual but one day also physical, all Christians live on and death and all distress are overcome. First of those eternally alive Christians is His Mother, and by virtue of her birth-giving of our eternal life, our mother now as well.

I encourage you all to bear witness to the power of Christ’s rising on the third day by praying with us the Paraclesis this Dormition fast. Please submit your list of names of those living for whom you wish the community to pray during the Paraclesis, either by hand when you are at church or by email to prayer@stmaryorthodox.org.

*Protection of the Mother of God Orthodox Church in Falls Church, VA
An English Speaking Parish Community of the Romanian Orthodox Episcopate, OCA*

PRESIDENT'S PAGE

Dear Brothers and Sisters in Christ,

During July, we accepted with sadness the resignation of two faithful members of the Parish Council: **Nicholas Masick**, who served as an Epitrop (someone responsible for collecting the Sunday offerings to the Church), and **Perry Cherpes**, who served as one of our Auditors. Nick and April are moving to Pennsylvania, and Perry and his family are planning to spend over a year in New Zealand. On behalf of the Council, I thank Nick and Perry for their many years of service and wish them and their families God's blessings in the years ahead.

In addition to serving with Perry on Parish Council, I have been honored to serve with him as a Church School teacher for children in Grades 3-5. St. Theophan the Recluse (1802-1894) wrote, "Of all holy works, the education of children is the most holy" (*The Path to Salvation: A Manual of Spiritual Transformation*, St. Herman of Alaska Brotherhood, p. 84). At St. Mary's, we are blessed to have teams of dedicated Church School teachers and assistants working with over 50 students in Pre- Kindergarten through Grade 12. As a parent, and not only Parish Council President, I'm grateful for the teachers who are planning to return for the 2007-2008 year. Nonetheless, we have a need for a second teacher or assistant in each of the following three classes: (a) Pre-Kindergarten-Kindergarten, (b) Grades 1-2, and (c) Grades 3-5. For 2007-2008, the Church School is arranging classes by quarters corresponding with the different seasons of the liturgical year, so it is possible to volunteer to serve for only 6-8 Sundays instead of all 28. If you are interested in serving as a Church School teacher or assistant this coming fall, winter, or spring, please speak with the Church School principal, **Marilyn Thomas**, or with Fr. David or myself. No formal teaching or parenting experience is required – only a love for children, a willingness to listen, and a desire

to share the love of Jesus and the truth of the Orthodox Faith.

Some parish activities, such as the Church School or the **August 18 men's pilgrimage to St. Tikhon's Monastery** in Pennsylvania, may focus on only some members of our parish. Others, such as the **September 9 parish picnic** at Roundtree Park off Annandale Road in Falls Church, are intended for everyone. This is because we are a diverse community, including members from many different ethnic and religious backgrounds, as well as people who vary in terms of age, marital status, and the presence of our children in our households. Yet, together, we are members of one family, gathering in worship at the Divine Liturgy, and residing in "God's household, the Church of the living God, the pillar and foundation of the truth" (1 Timothy 3:15). Thank you to each person who contributes time and talents to the life of the Protection of the Holy Mother of God parish!

Your Brother in Christ,

Jonathan Jacobson

"The Veil" Monthly Journal Protection of the Mother of God Orthodox Church

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Protection of the Holy Mother of God Orthodox Church

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Church School Registration Form 2007-2008

Please complete the following and return it to a member of the church school faculty no later than the first day of class (September 16, 2007). Please fill out the form completely.

Child's name _____ Date of birth _____

Address _____ Phone _____

Day school attended _____ Grade in school _____

Parent's name(s) _____

E-mail address _____

Child's patron saint & feast day (both, please) _____

Where was child baptized/christmated? _____

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MINISTRIES IN FOCUS:

A monthly look at programs that enrich our parish and

"THE READING CONNECTION"

By Jeff Beranek, Parish Coordinator

Every August for many years St. Mary's has collected donations of reading materials and school supplies for The Reading Connection (www.thereadingconnection.org), an Arlington-based 501(c)(3) organization dedicated to bringing books and a lifelong love of reading to children in housing crisis. These items are used for the 'back to school' bags that TRC puts together for children who otherwise wouldn't have school supplies. According to Judy Hijikata of TRC,

"We are in desperate need of washable, nontoxic markers and kids' scissors this year. These are among the more expensive school supply options, so we always get fewer of them than paper and pencils, for example. Also we need glue sticks and boxes of crayons with 8 to 24 crayons. "

I will be collecting back to school supplies for TRC through Sunday, August 19. A box will be placed downstairs outside the library, and another in the coffee room. Please give generously. For any questions or clarification contact me at 703-875-3090 or by email at jmberanek@msn.com, or in person at coffee hour.

Ministry 'Minders:

- *No Women's Bible Study in August. We will resume in September!*
- *Next "Men's Breakfast" is Saturday, August 4th at 9:30 a.m. in the home of Andy Podolak.*
- *"Men's Retreat" at St. Tikhon's on Saturday, August 18. All day*

"M.O.O.P.S-MOTHERS OF ORTHODOX PRE-SCHOOLERS"

By Kami Cleary & Sally Apodaca, Coordinators

The Mothers of Orthodox Preschoolers (MOOPS) is a Pan-Orthodox play group providing a Christian environment for families with infants through preschool-age children (0-3 years) servicing the Washington DC-metro community. This pan-Orthodox ministry will be a great opportunity for new moms to: interact with experienced ones; to meet and befriend mothers in other parishes; and allow children to play with others who share the same faith. It is a Mother's support group, a children's play group, and most importantly, a fellowship for Orthodox families.

M.O.O.P.S will:

- **For the Parents**, the fellowship provides support information about child development and opportunities to contribute their talent and experience.
- **For the Children**, the fellowship provides the opportunity to: (a) share experiences, (b) establish long lasting friendships, (c) instill a commitment to Christ and the Orthodox Church.
- **For the Community**, the fellowship provides a group that has a commitment to our Orthodox Faith and bring all the families closer to each other.

Schedule:

When - The 2nd and 4th Thursday of each month

Time - 10:30am - 12:30pm

Where - St. Mary's Orthodox Church

Why - To fellowship, network, and play

Email : orthodoxmothersdc@gmail.com



MANY YEARS! MANY CHEERS!

July Birthdays

- 1 Anna Caravelli
- 5 Elias Lerner
- 6 Sarah Zimmerli
- 6 Protodeacon Peter Danilchick
- 9 Stacy Gulette
- 10 Arthur Cherpes
- 15 Colleen Webster
- 18 Beverly Webster Denny
- 20 Nina Campbell
- 21 Anna Videll
- 24 Eleni Xenos
- 26 Alexander Beranek
- 27 Elizabeth Chaves
- 28 Viorel Poplacean
- 29 Stephanie Kozemchak
- 29 Daniel Athanasaw Jr.

July Anniversaries

- 1 Daniel & Yvonne Athanasaw
- 4 Nina & Chuck Campbell
- 13 Protodeacon Peter & Dsa. Tanya Danilchick
- 15 Asihel Betsuamlak & Mana Mussi
- 20 Mike & Stacy Gulette
- 24 David & Gemma Phelps
- 26 Stephanie Kozemchak
- 28 John & Janice Ivivic

July Saint's Name Days

- 5 St Elizabeth the New Martyr: Lisanne Migyanko, Lisa Jones
- 16 St. Julia of Carthage: Julie Grecco
- 20 Prophet Elijah: Elias Lerner
- 22 Holy Myrrhbearer and Equal of the Apostles Mary Magdalene: Rachel Marie Jacobson, Erika Cherpes, Renee Mary Lerner

August Birthdays

- 8 Athanasios Rick Hanson
- 8 Lisa Robertson
- 9 Victoria Cherpes
- 11 Marie Ficken
- 11 Juliana Subu
- 12 Timothy Yuskavage
- 12 Cathy Dujmovic
- 15 Linda Cheplick
- 16 Andrew Berry
- 16 Mana Mussi
- 23 Panagiotes (Perry) Cherpes
- 24 Alex Yuskavage
- 27 Annalee Robertson

August Anniversaries

- 10 Lori Monica and Jonathan Jacobson
- 14 Lisa and Dave Robertson
- 16 Fr David and Psa Stephanie Subu
- 19 Eva Marie and Jeffrey Michael Beranek
- 26 George and Eleni Woglom

August Saint's Name Days

- 26 St. Natalia: Natalya Sophia Beranek
- 30 St. Alexander of Constantinople: Alexander Woglom

If you see a mistake or know someone is missing, please contact us at: updates@stmaryorthodox.org

St. Mary Orthodox Church Annual

End of Summer



Sunday, September 9, 2007
12:00 Noon

ROUNDTREE PARK

W. Annandale Rd Falls Church, VA

(New Location! On Site Restrooms! Ample Private Parking!)



*** Tennis & Basketball Courts * Baseball & Soccer Field * Nature Trail * Horseshoes * Bocce Ball * Playground * BBQ * *Refreshments ***

Long-time members, new members, inquirers, and guests—all are welcome! Look for a sign-up sheet in the fellowship room for bringing delicious food to share. Directions to Roundtree Park will be available on the day of the picnic.

AROUND THE COFFEE URN:
News, Updates, Events, & More...



CAN WE TALK TRASH?

Please do not put plates, cups, napkins, etc., directly into the outdoor trash containers. This is an invitation to pests. Instead, please bring items to the kitchen-area trash, and encourage your children to do the same. The outdoor trash containers are for full, closed trash bags only.

By the way, if you see that a bag in the kitchen is full, feel free to close it and take it to a container outside! Also, if you are able, occasionally, to take a full bag home to throw away, this help is appreciated. Thank you. ~ *Building & Grounds Committee*

FROM PILGRIM TO MISSIONARY

The **Monastery of the Transfiguration** in Ellwood City, PA, will be marking its 40th Anniversary and **Mother Christophora's** 20th year as abbess during its annual pilgrimage August 5-6, 2007. Sunday, August 5, the Vigil of the Great Feast of the Transfiguration will be held at 5:00 p.m. On Monday, August 6, the greeting and vesting of **Metropolitan Herman** will begin at 9:30 a.m, followed by the Hierarchal Divine Liturgy. At noon, lunch will be served. The Service of Holy Unction will be celebrated at 2:30 p.m. For further information or a list of area hotels, call 724.758-4002.

Ginger Miroy and **Agazit Asihel** returned recently from A.R.O.Y's "girl's only" mission trip to Rosarito for **Project Mexico!** They took eight rolls of film during their eventful week, and are working on a presentation to show us later this fall. Thank you and welcome home!

Lenten Recipe of the Month:
Ideas for the Vegan Impaired!

- 1 16oz can black beans, rinsed and drained
 - 2 tomatoes chopped
 - 4 green onions, sliced
 - 1 clove of garlic crushed (I mince finely instead)
 - 3 T. fresh chopped cilantro
 - 2 1/2 T. vegetable oil (I use olive oil)
 - 2 T fresh lime juice (I used bottled)
 - 1/2 t. ground cumin
 - 1/4 t. salt
 - 1/4 t. pepper (I omitted salt and pepper)
- Combine all ingredients, cover and refrigerate 8 hours. Drain liquids. Serve.

If you have a simple recipe you would like to share with us, please submit it to newsletter@stmaryorthodox.org !

Libby Hall's Black Bean Salsa



RIGHT ON TARGET!



From July 11-15, **Michael Thola**, son of **Nadine** and **Forrest Thola**, competed in the NRA National Pistol Championships and CMP National Trophy Matches at Camp Perry, OH. A total of 742 competitors competed in all categories. In the junior shooter category, Michael fired three pistols in both .22 and .45 caliber competition, achieving a 14th place National ranking in Centerfire Slow Fire and a 17th place National ranking in .22 caliber Timed Fire. Michael has been shooting since the age of 14 and competing since he was 16. He holds an individual conventional pistol qualification of "Distinguished Expert" and is separately classified by the NRA as an "Expert" in indoor Bullseye competition.

Many Thanks to **Mark** and **Victoria Cherpes** for donating two new picnic tables! We appreciate your kind generosity and your vision of providing a much needed place to fellowship with one another on our church grounds!



CONGRATULATIONS!!!



Miss Kaitlyn Campbell, daughter of **Nina Campbell**, received the "Presidential Academic Award", which is the highest elementary award given to 5th graders going to middle school!

Timothy Peter Yuskavage, youngest son of members **Robert** and **Paula Yuskavage**, graduated from Annandale High School on June 13. One St. Mary's faithful altar servers, Timothy was involved in a wide variety of activities, including president of the math club, co-president of the model UN club, National Honor Society, Latin Honor Society, lacrosse team, and the copy editor on the school newspaper, in which he had his own column, "Tim's Take." One of the highlights of his senior year was appearing on "It's Academic" and meeting Mack McGarry. Tim was also a member of the Annandale Symphonic Band and was selected as an all-district tuba player. He also earned the rank of Eagle Scout from the Boy Scouts of America and participated in the American Legion's "Boys State" program. This fall, Timothy will attend Penn State University where he intends to major in geography in the College of Earth and Mineral Sciences.

**SUBMISSION DEADLINE
FOR NEXT ISSUE:
AUGUST 20th!**

SAVE THE DATE ...

... TO MOVE YOUR FEET!

Delicious Food! Great Entertainment!
Join St. Mary's for this very special social event
in celebration of our Patronal Feast Day!

SATURDAY, OCTOBER 13

LOOK IN OUR NEXT ISSUE FOR DETAILS!



THE VEIL JOURNAL
St Mary Orthodox Church
7223 Roosevelt Avenue
Falls Church, Virginia 22042

In this issue: Parish Picnic, M.O.O.P.S., Church School Registration, Parish News, and more...!