



St. Mary Orthodox Church

WEEKLY BULLETIN | JUNE 15, 2025

Tone 8 · 1st Sunday after Pentecost
Sunday of All Saints · Father's Day



Today's Schedule

***Happy Father's Day to all our fathers,
grandfathers, and godfathers!***

9am — Matins

10am — Divine Liturgy

Following the service:

Fellowship Hour, offered by Group Kn-Paf

1pm-4pm — Nationals Game Outing

This Week At St. Mary's

Daily 3rd & 6th Hours — Mon-Fri @ 7:30am-8am online

MONDAY, JUNE 16

Parish Council | 7pm-9pm

FRIDAY, JUNE 20

Philokalia Book Group | 3pm-4pm

Women's Bible Study | 6:30pm-8pm

SATURDAY, JUNE 21

Great Vespers | 5pm-6pm

SUNDAY, JUNE 22

All Saints of America

Matins & Liturgy | 9am-11:30am

June 16-28 — Apostles' Fast

***Fellowship
Hour Groups***



Week 1: A-D

Week 2: E-KI

Week 3: Kn-Paf

Week 4: Pag-Z ← Next Week's Host

Week 5: Entire Parish

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 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 All Saints

AS with fine porphyry and royal pur-
ple, * Thy Church has been adorned
with Thy martyrs' blood shed
throughout all the world. * She cries
to Thee, O Christ God: * "Send down
Thy bounties on Thy people, // grant
peace to Thy habitation and great
mercy to our souls!"

Glory; both now. *Tone 8. Kontakion of
All Saints*

THE universe offers Thee the
God-bearing Martyrs * as the first
fruits of creation, O Lord and Creator *
By their prayers keep Thy Church, Thy
habitation, in abiding peace// through
the Theotokos, O most Merciful One!

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.*

In the fourth tone: God is wonderful
in His saints, the God of Israel.

EPISTLE

*The Reading is from
the Epistle from St. Paul to the
Hebrews (11:33-12:2)*

Brethren, all the saints through
faith subdued kingdoms, worked
righteousness, obtained promis-
es, 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 aliens. Women received their
dead raised to life again. Others were
tortured, not accepting deliverance,
that they might obtain a better res-
urrection. Still others had trial of
mockings and scourgings, yes, and of
chains and imprisonment. They were
stoned, they were sawn in two, were
tempted, were slain with the sword.
They wandered about in sheepskins
and goatskins, being destitute, afflict-
ed, tormented of whom the world was
not worthy. They wandered in deserts
and mountains, in dens and caves
of the earth. And all these, having
obtained a good testimony through
faith, did not receive the promise, God
having provided something better for
us, that they should not be made per-
fect apart from 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
endurance the race that is set before

— *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 Eeskhros, Agios Athanatos, eleison imas

us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Alleluia, Tone 4:

✠ *The righteous cried and the Lord heard them, and delivered them out of all their troubles.*

✠ *Many are the afflictions of the righteous; the Lord will deliver them out of them all.*

GOSPEL

The Reading is from the Holy Gospel According to St. Matthew (10:32-33, 37-38; 19:27-30)

Therefore whoever confesses Me before men, him I will also confess before My Father who is in heaven. But whoever denies Me before men, him I will also deny before My Father who is in heaven. He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me. And he who does not take his cross and follow after Me is not worthy of Me. Then Peter answered and said to Him, “See, we have left all and followed You. Therefore what shall we have?” So Jesus said to them, “Assuredly I say to you, that in the regeneration, when the Son of Man sits on the throne of His glory, you who have followed Me will also sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has left houses or brothers or sisters or father or mother or wife or children or lands, for My name’s sake, shall receive a hundredfold, and inherit

eternal life. But many who are first will be last, and the last first.

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!*



TODAY’S FEAST: THE SYNAXIS OF ALL SAINTS

The Sunday following Pentecost is dedicated to All Saints, both those who are known to us, and those who are known only to God. There have been saints at all times, and they have come from every corner of the earth. They were Apostles, Martyrs, Prophets, Hierarchs, Monastics, and Righteous, yet all were perfected by the same Holy Spirit.

The Descent of the Holy Spirit makes it possible for us to rise above our fallen state and to attain sainthood, thereby fulfilling God’s directive to “be holy, for I am holy” (Lev. 11:44, 1 Peter 1:16, etc.). Therefore, it is fitting to commemorate All Saints on the first Sunday after Pentecost.

This feast may have originated at an early date, perhaps as a celebration of all martyrs, then it was broadened to include all men and women who had borne witness to Christ by their virtuous lives, even if they did not shed their blood for Him.

Saint Peter of Damascus, in his “Fourth Stage of Contemplation,” mentions five categories of saints:

Apostles, Martyrs, Prophets, Hierarchs, and Monastic Saints (Philokalia [in English] Vol. 3, p.131). He is actually quoting from the Octoechos, Tone 2 for Saturday Matins, kathisma after the first stichology.

Saint Nikodēmos of the Holy Mountain (July 14) adds the Righteous to Saint Peter's five categories. The list of Saint Nikodēmos is found in his book *The Fourteen Epistles of Saint Paul* (Venice, 1819, p. 384) in his discussion of I Corinthians 12:28.

The hymnology for the feast of All Saints also lists six categories: "Rejoice, assembly of the Apostles, Prophets of the Lord, loyal choirs of the Martyrs, divine Hierarchs, Monastic Fathers, and the Righteous...."

Some of the saints are described as Confessors, a category which does not appear in the above lists. Since they are similar in spirit to the martyrs, they are regarded as belonging to the category of Martyrs. They were not put to death as the Martyrs were, but they boldly confessed Christ and came close to being executed for their faith. Saint Maximus the Confessor (January 21) is such a saint.

The order of these six types of saints seems to be based on their importance to the Church. The Apostles are listed first, because they were the first to spread the Gospel throughout the world.

The Martyrs come next because of their example of courage in professing their faith before the enemies and persecutors of the Church, which encouraged other Christians to remain faithful to Christ even unto death.

Although they come first chronologically, the Prophets are listed after

the Apostles and Martyrs. This is because the Old Testament Prophets saw only the shadows of things to come, whereas the Apostles and Martyrs experienced them firsthand. The New Testament also takes precedence over the Old Testament.

The holy Hierarchs comprise the fourth category. They are the leaders of their flocks, teaching them by their word and their example.

The Monastic Saints are those who withdrew from this world to live in monasteries, or in seclusion. They did not do this out of hatred for the world, but in order to devote themselves to unceasing prayer, and to do battle against the power of the demons. Although some people erroneously believe that monks and nuns are useless and unproductive, Saint John Climacus had a high regard for them: "Angels are a light for monks, and the monastic life is a light for all men" (LADDER, Step 26:31).

The last category, the Righteous, are those who attained holiness of life while living "in the world." Examples include Abraham and his wife Sarah, Job, Saints Joachim and Anna, Saint Joseph the Betrothed, Saint Juliana of Lazarevo, and others.

—*from oca.org*





Your Fellowship Hour Co-Leaders

- ▶ **Week 1: A-D** — Dsa. Cathy D., Jonathan C.
- ▶ **Week 2: E-KI** — Edward H., Allison J.
- ▶ **Week 3: Kn-Paf** — Melanie K., Tom P.
- ▶ **Week 4: Pag-Z** — Elaine P., Nathan & Charity W.
- ▶ **Week 5: Entire Parish** — Dsa. Irene L., Alyssa M.



Support Mason Crest Elementary School

Our "5th Sunday" fellowship hour (June 29) will consist of our annual fundraiser to purchase school supplies for local Mason Crest Elementary school. We will simultaneously celebrate the feast of Ss. Peter and Paul with pizza and ice cream sundaes. Please consider donating using any of our easy giving options!

Teach 1st-3rd Grade for the 2025- 2026 Church School Year



Thank you to those who have volunteered to teach for next year! We are still seeking two for 1st-3rd Grade. For more information, please reach out to our new Church School Director Caleb F. via [Realm](#).

Save the Date

*Services, holidays,
and other events*

JUNE

Apostles' Fast | June 16–28

Divine Liturgy | Tuesday, June 24
@ 7am-8am

School Supply Fundraiser | Sunday, June 29 during Fellowship Hour

JULY

Baptism - Ciofoaia | Sunday, July 6 @ 2:30pm-3:30pm

Baptism - Christenson | Saturday, July 12 @ 10:00am-12:00pm

OCA All-America Council (Phoenix) | July 14th-18th

Parish Council | Monday, June 16 @ 7:00pm–9:00pm

Vehicle Blessing | Sunday, July 20 @ 11:30am-12:00pm

Divine Liturgy | Friday, July 25 @ 10:00am-11:00am

FARTHER AHEAD

St. Mary's Dinner Dance | Oct. 11 @ 6pm at St. Luke's in McLean

Doxacon | Oct. 31–Nov. 1

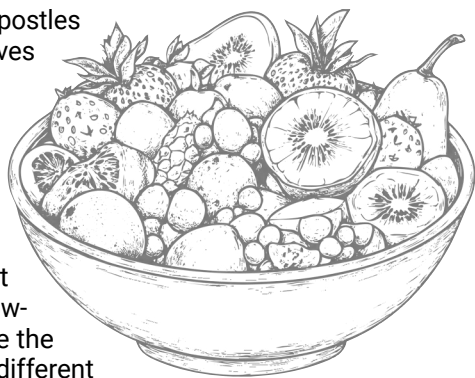


What is the Apostles' Fast?

Apostle's Fast: June 16–28, concluding on the Feast of Ss. Peter & Paul on June 29

For faithful Orthodox today, the Fast of the Apostles can be an occasion for reflection upon the lives and example of the Holy Apostles.

One aspect of this fast is recognizing that in Christ, we have a unity that goes far beyond our personal opinions, likes or dislikes. The Acts of the Apostles tells us that the Apostles themselves recognized this very early. The occasion was an argument which took place regarding whether the followers of Christ needed to continue to observe the Law of Moses. At first, Peter and Paul took different sides in the discussion. Paul even says that he opposed Peter to his face (Galatians 2:11 ff.).



These events remind us to seek God when we have disagreements within the Church. This requires humility on our part, and the willingness to accept others even when we might not have agreed with them before. We let go of our own personal wishes or demands, and pray for the good of the Church and for a recognition of the will of God for all of us together.

At the conclusion of the Fast, therefore, we celebrate Peter and Paul together. The icon of the Feast depicts the two men standing side-by-side, holding the Church together in their hands. This is a powerful symbol of the supernatural love for one another which is given by the Holy Spirit. In the Holy Spirit we have agreement and new life. For this reason, Orthodox Christians today can regard the Fast of the Apostles as one of the most important times of the year, a time to humble ourselves and pray for genuine love and unity in the Church around the world.

— adapted from a printout available at st-philip.net/files/Resources/What-is-the-Apostles-Fast.pdf



Connect with the parish at the Connections Corner!

Stop by 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

TODAY: St. Mary Outing to the Nationals Game! If you RSVP'd to the event, your tickets have been forwarded to you. please ensure you have accepted them in the MLB Ballpark app on your phone before heading to the game. Also, please note you were sent an email with additional detail regarding the outing. To those applicable, payment can be made via Realm (select "Nationals Game Tickets" from the 'Funds' dropdown menu) or via check to St. Mary Orthodox Church with "Nationals Game Tickets" in the memo line.

/// GOOD NEWS! If you did not RSVP for the outing before the deadline, but would still like to join us, there are tickets available near us in section 403. You can still purchase tickets via the MLB ballpark app or other ticket websites. ///

THIS TUESDAY: Calling all women to a movie outing on Tuesday June 17th with Reel Women! Voting is open until today at 5pm. Please join the [Reel Women](#) group on Realm to see the choices for voting and to find out the timing/location of the movie on Tuesday. See Christina J. with any questions.

NEXT SUNDAY: Pack Lunches for the Homeless (Sunday, June 22) — We're switching dates this month and providing lunches next Sunday. Please let me know if you'd like to help. Opportunities are: 1) Purchasing items for the lunches; 2) Coordinating lunch packing; 3) Helping with lunch packing; 4) Delivery to Baileys shelter in Falls Church. Let us know if you can help on [Realm](#) in the Community Outreach Serving Group!

NEXT TUESDAY: Post-Liturgy Playtime! (Tuesday, June 24) After 7am Divine Liturgy, the Fellowship of Moms is hosting a playtime for young children. Bring some fast-appropriate muffins, fruit, or other snacks to share if you wish. Please let us know you're interested by signing up on [Realm](#)!

Join "Surviving the Times", A New Support Group on Realm — Need support navigating today's challenging economic climate? Whether you're updating your résumé, preparing for interviews, or simply need encouragement, this group is here to help. We're looking to band together to offer both practical assistance—like mock interviews or résumé reviews—and emotional support. Join the group to give and receive help as we face these tough times together!

Help Keep Our Church Grounds Beautiful — Join the Weeding Group in caring for the flower beds around St. Mary's. A few extra hands are needed for weeding, trimming, replanting, and watering. Love plants? We'd love your help! Contact Ellen R. or Jenni S. to volunteer and keep our grounds thriving.

Bless Someone with a Meal Train — Know someone with a new baby or going through a tough time? Let us organize a meal train to help nourish and support them! To request or recommend one, contact mealtrainsatstmary@gmail.com



Submit items for the weekly bulletin or *The Veil*

Contact Lacie & Sophia at undertheveilofherprotection@gmail.com

Newsletter deadline | Monday, July 28 (for August issue)

Weekly bulletin deadline | by end-of-day Wednesday each week

God Grant You Many Years!



Birthdays Rafael A., Elena B., Nina K., Nora D., Alexis M., Nicholas M., Paula R., Julie S., Grace S., Emma W., Alex W.

Namedays None

Anniversaries None

Regularly Scheduled Activities

Sunday Liturgy | 9am Matins, 10am Divine Liturgy

Saturday Great Vespers | Saturday, 5pm-6pm

Wednesday Vespers | Wednesdays, 7pm-7:45pm

3rd & 6th Hours | Monday–Friday, 7:30am–8am

Women's Bible Study | 3rd Friday of the month. 6:30pm

Men's Fellowship | Monthly on a Sunday TBD, 6pm-8pm

Fellowship of Moms | Monthly TBD, after a morning Divine Liturgy

Philokalia Book Group | Fridays, 12pm-1pm (summer hours)

Reel Women | Monthly TBD, usually Tuesdays



Giving to St. Mary's

There are three easy ways to give:

- in the collection bowl in the narthex
- in the collection plate in the nave as you exit for the Fellowship Hall
- [click here](#) to give online

Thank you for your generosity!

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. Check out the Connections Corner in the fellowship hall to learn more about us or Orthodoxy, to pick up a copy of our newsletter and ministry brochure, or to just 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!