



St. Mary Orthodox Church

WEEKLY BULLETIN | JULY 06, 2025

Tone 3 · 4th Sunday after Pentecost
Sunday of Venerable Sisoës the Great

Today's Schedule

9am — Matins

9:45am — Blessing of Catechumens

10am — Diving Liturgy

Following the service:

Fellowship Hour, offered by Week A-D

2:00pm — Baptism: Ciofoaia

This Week At St. Mary's

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

FRIDAY, JULY 11

Philokalia Book Group | 12pm–1pm

SATURDAY, JULY 12

Baptism: Christenson | 10am–12pm

Great Vespers | 5pm–6pm

SUNDAY, JULY 13

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



Next Week's Fellowship Hour Host:

Week 1: A-D

Week 2: E-KI ← **Next Week's Host**

Week 3: Kn-Paf

Week 4: Pag-Z

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 3. Troparion of the Resurrection

LET the heavens rejoice! * Let the earth be glad! * For the Lord has shown strength with His arm. * He has trampled down death by death. * He has become the first born of the dead. * He has delivered us from the depths of hell, * and has granted to the world // great mercy.

Tone 4. Troparion of the Church

TODAY the faithful celebrate the feast with joy * illumined 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 1. Troparion of Ven. Sisoës

O DWELLER of the wilderness and angel in the body, * thou wast a wonderworker, O our God-bearing Father Sisoës. * Thou didst receive heavenly gifts through fasting, vigil, and prayer, * healing the sick and the souls of those drawn to thee by faith. * Glory to Him Who gave thee strength! * Glory to Him Who granted thee a ^crown! // Glory to Him Who grants healing to all!

Tone 3. Kontakion of the Resurrection

ON this day Thou didst rise from

the tomb, O Merciful One, * leading us from the gates of death. * On this day Adam exults as Eve rejoices; * with the Prophets and Patriarchs // they unceasingly praise the divine majesty of Thy power.

Glory. *Tone 4. Kontakion of Ven. Sisoës*

IN asceticism thou wast revealed to be an earthly Angel, * continually enlightening the thoughts of the faithful with divine signs. // Therefore we honor thee with faith, venerable Sisoës.

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

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 third tone: Sing praises to our God, sing praises! / Sing praises to our King, sing praises!

✠ *Clap your hands, all ye people,
shout to God with loud songs of joy!*

— **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

EPISTLE

*The Reading is from
the Epistle of St. Paul to
the Romans (6:18-23)*

Brethren, having been set free from sin, you became slaves of righteousness. I speak in human terms because of the weakness of your flesh. For just as you presented your members as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness. For when you were slaves of sin, you were free in regard to righteousness. What fruit did you have then in the things of which you are now ashamed? For the end of those things is death. But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Alleluia, Tone 3:

- ✠ *In Thee, O Lord, have I placed my hope; let me not be put to shame.*
- ✠ *Be Thou a God of protection for me, a house of refuge in order to save me.*

GOSPEL

*The Reading is from the Holy Gospel
According to St. Matthew (8:5-13)*

At that time, as Jesus entered Capernaum, a centurion came to Him, pleading with Him, saying, "Lord, my servant is lying at home paralyzed, dreadfully tormented." And Jesus said to him, "I will come and heal him." The centurion answered and said, "Lord, I am not worthy that You

should come under my roof. But only speak a word, and my servant will be healed. For I also am a man under authority, having soldiers under me. And I say to this one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this,' and he does it." When Jesus heard it, He marveled, and said to those who followed, "Assuredly, I say to you, I have not found such great faith, not even in Israel! And I say to you that many will come from east and west, and sit down with Abraham, Isaac, and Jacob in the kingdom of heaven. But the sons of the kingdom will be cast out into outer darkness. There will be weeping and gnashing of teeth." Then Jesus said to the centurion, "Go your way; and as you have believed, so let it be done for you." And his servant was healed that same hour.

COMMUNION HYMNS

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



SAINT SISOES THE GREAT

Saint Sisoes the Great (+ 429) was a solitary monk, pursuing asceticism in the Egyptian desert in a cave sanctified by the prayerful labors of his predecessor, Saint Anthony the Great (January 17). For his sixty years of labor in the desert, Saint Sisoes attained to sublime spiritual purity and he was granted the gift of wonderworking, so that by his prayers he once restored a dead child back to life.

Extremely strict with himself, Abba Sisoes was very merciful and compassionate to others, and he received everyone with love. To those who visited him, the saint first of all always taught humility. When one of the monks asked how he might attain to a constant remembrance of God, Saint Sisoes remarked, "That is no great thing, my son, but it is a great thing to regard yourself as inferior to everyone else. This leads

to the acquisition of humility." Asked by the monks whether one year is sufficient for repentance if a brother sins, Abba Sisoes said, "I trust in the mercy of God that if such a man repents with all his heart, then God will accept his repentance in three days."

When Saint Sisoes lay upon his deathbed, the disciples surrounding the Elder saw that his face shone like the sun. They asked the dying man what he saw. Abba Sisoes replied that he saw Saint Anthony, the prophets, and the apostles. His face increased in brightness, and he spoke with someone. The monks asked, "With whom are you speaking, Father?" He said that angels had come for his soul, and he was entreating them to give him a little more time for repentance. The monks said, "You have no need for repentance, Father." Saint Sisoes said with great humility, "I do not think that I have even begun to repent."

A young monk said to Abba Sisoes: "Abba, what should I do? I fell." The elder answered: "Get up!" The monk said: "I got up and I fell again!" The elder replied: "Get up again!" But the young monk asked: "For how long should I get up when I fall?" "Until your death," answered Abba Sisoes. "For a man heads to his judgement either fallen or getting back up again."

-Ven. Sisoes the Great



Help Survivors of St. Elias Church

A relief fund has been established for the St. Elias Church near Damascus, Syria that was bombed by terrorists. In many cases, the families who lost their loved ones lost their main financial providers. Others will need long-term financial support as they have sustained the loss of bodily parts, making them permanent dependents unable to work to sustain their families. Needless to say, after this traumatic and life-changing event, they need counseling, medical help, and the basic necessity of life for some time. Should you feel led to support our brothers and sisters in Christ, please scan the code or visit tinyurl.com/2mmrpuky.



Fellowship Hour Groups & 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.

Save the Date

*Services, holidays,
and other events*

JULY

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

Baptism - Christenson | Satur-
day, July 12 @ 10am-12pm

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

Parish Council | Monday, June
16 @ 7pm-9pm

Memorial: Jacobson | Saturday,
July 19 @ 4:30-5pm

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

Divine Liturgy for the Dormition
of St. Anna | Friday, July 25 @
10am-11am

**Vacation Church School for Ages
K-8th Grade** | Thursday, July
31-Saturday, August 2nd @
8:30am-1:00pm

AUGUST

Dormition Fast | August 1-14

Divine Liturgy with the Blessing
of Water | Friday, August 1 @
7am-8:30am

FARTHER AHEAD

St. Mary's Annual Parish Picnic |
September 7th

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

Doxacon | Oct. 31-Nov. 1

Hop on the Meal Train for the Tingstrom Family

Consider supporting the Tingstrom family as they adjust to life with two kiddos and savor this time together with their new little one!



Please sign-up to bring a meal at <https://www.mealtrain.com/trains/dv7yn4> or scan:



Vehicle Blessing

Join us on Sunday, July 20th after Divine Liturgy for the opportunity to have our cars blessed on the feast of Prophet Elijah, who ascended into heaven on a fiery chariot.



NEW GROUP!

Surviving the Times

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!

JOIN ON REALM

We Can Help You Join Realm Today!

Our parish uses [Realm](#) (available on browser or app) to share realtime updates on activities, ministries, and other church activities. It's an easy and secure way to contact members of the parish in order to coordinate the many activities taking place each week. We encourage parishioners to routinely check in on Realm and/or set up a daily digest of activity to be sent to your email to stay engaged with the community. If you're not yet on Realm, please reach out to Ileana C. at the Connections Center during Fellowship Hour and we'll get you set up!



Pray
the
News

Don't just read the news. *Pray it.*

We deliver the top news stories without partisan bias and offer up each one to God, all in less than 15 minutes a day. It's prayer, not politics—promised.

www.praythenewstoday.com



Parish News & Announcements

REGISTER TODAY: Vacation Church School (VCS) is taking place for youth ages K-8th grade July 31st-August 2nd from 8:30am-1:00pm. We invite your children to explore the Orthodox faith and deepen their relationship with God through hands-on activities. This summer's theme is Genesis Road Trip: It All Starts H.E.R.E. Each day, children will learn about one of our saints through crafts, music, and games. Snacks and lunch will be provided. Details and registration on Realm!

Make a difference by helping at VCS! —Join us in making a direct impact by teaching lessons, bringing and serving food, and helping with crafts at this year's VCS. To sign up as a volunteer, please contact Caleb P. or Ioana M via email (found on Realm).

Teach 1st-3rd Grade for the 2025-2026 School Year — Thank you to those who have volunteered to teach for next year! We are still seeking one teacher for 1st-3rd Grade. For more information, please reach out to our new Church School Director Caleb F. via Realm or email.

Prepare for an active shooter event: September is National Preparedness Month, and it is a timely reminder that, as a community, we must take a more proactive approach to safety and emergency preparedness. In that spirit, the Fairfax County Police Department will be conducting a C.R.A.S.E. (Civilian Response to Active Shooter Events) presentation on Sunday, September 21st at 12:30pm. Sign-up details forthcoming.



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.



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 Peter D., Anya F., John G., Stacy G.

Namedays St. Sophrony (7/11), St. Paisios (7/12)

Anniversaries Seth & Jehan C., Mihai & Cristina B., Liviu & Phuong D.

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, often 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!