



St. Mary Orthodox Church

WEEKLY BULLETIN | JULY 13, 2025

Tone 4 · 5th Sunday after Pentecost
Commemoration of the Holy Fathers of the First Six Ecumenical Councils

Today's Schedule

9am — Matins

10am — Divine Liturgy

Following the service:

Fellowship Hour, offered by Week E-Kl

This Week At St. Mary's

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

FRIDAY, JULY 18

Philokalia Book Group | 12pm–1pm
Women's Bible Study | 6:30pm–8pm

SATURDAY, JULY 19

Memorial: Jacobson | 4:30pm–5pm
Great Vespers | 5pm–6pm

SUNDAY, JULY 20

Holy Glorious Prophet Elijah
Matins & Divine Liturgy | 9am–11:30am
Vehicle Blessing | 11:30am–12pm
Men's Fellowship | 6pm–8pm



Next Week's Fellowship Hour Host:

Week 1: A-D

Week 2: E-Kl

Week 3: Kn-Paf ← **Next Week's Host**

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 4. Troparion of the Resurrection

WHEN the women disciples of the Lord * learned from the angel the joyous message of Thy Resurrection, * they cast away the ancestral curse * and elatedly told the apostles: * “Death is overthrown! * Christ God is risen, // granting the world great mercy!”

Tone 8. Troparion of the Fathers

THOU art most glorious, O Christ our God, * Who hast established the Holy Fathers as lights on the earth. * Through them Thou has guided us to the True Faith. // O greatly compassionate One, glory to Thee!

Tone 4. Kontakion of the Resurrection

MY Savior and Redeemer * as God rose from the tomb and delivered the earth-born from their chains. * He has shattered the gates of hell, * and as Master, // He has risen on the third day!

Glorify. *Tone 8. Kontakion of the Fathers*

THE Apostles’ preaching and the Fathers’ doctrines have established one Faith for the Church. * Adorned with the robe of truth, woven from heavenly theology, // It defines and glorifies the great mystery of piety.

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 fourth tone: O Lord, how manifold are Thy works! / In wisdom hast Thou made them all!

✠ *Bless the Lord, O my soul! O Lord my God, Thou art very great!*

In the fourth tone: Blessed art Thou, O Lord God of our fathers, / and praised and glorified is Thy Name forever!

EPISTLES

*The Reading is from
the Epistle of St. Paul to
the Romans (10:1-10)*

Brethren, my heart’s desire and prayer to God for Israel is that they may be saved. For I bear them witness that they have a zeal for God, but not according to knowledge. For they being ignorant of God’s righteousness, and seeking to establish their own righteousness, have not submitted to the righteousness of God. For Christ is the end of the law for righteousness to everyone who believes For Moses writes about the righteousness which

— *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

is of the law, “The man who does those things shall live by them.” But the righteousness of faith speaks in this way, “Do not say in your heart, ‘Who will ascend into heaven?’ (that is, to bring Christ down from above) or, ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say? “The word is near you, in your mouth and in your heart” (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

***The Reading is from
the Epistle of St. Paul to
the Hebrews (13:7-16)***

Brethren, remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct. Jesus Christ is the same yesterday, today, and forever. Do not be carried about with various and strange doctrines. For it is good that the heart be established by grace, not with foods which have not profited those who have been occupied with them. We have an altar from which those who serve the tabernacle have no right to eat. For the bodies of those animals, whose blood is brought into the sanctuary by the high priest for sin, are burned outside the camp. Therefore Jesus also, that He might sanctify the people with His own blood, suffered outside the gate. Therefore let us go forth to Him, outside the camp, bearing His reproach. For here we have no

continuing city, but we seek the one to come. Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name. But do not forget to do good and to share, for with such sacrifices God is well pleased.

Alleluia, Tone 4:

✠ *Go forth, proper and reign, for the sake of meekness, righteousness, and truth!*

✠ *For Thou lovest righteousness and dost hate iniquity.*

Alleluia, Tone 1:

✠ *The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting.*

GOSPELS

***The Reading is from the Holy Gospel
According to St. Matthew (8:28-9:1)***

At that time, when He had come to the other side, to the country of the Gergesenes, there met Him two demon-possessed men, coming out of the tombs, exceedingly fierce, so that no one could pass that way. And suddenly they cried out, saying, “What have we to do with You, Jesus, You Son of God? Have You come here to torment us before the time?” Now a good way off from them there was a herd of many swine feeding. So the demons begged Him, saying, “If You cast us out, permit us to go away into the herd of swine.” And He said to them, “Go.” So when they had come out, they went into the herd of swine. And suddenly the whole herd of swine ran violently down the steep place into the sea, and perished in the water. Then those who kept them fled; and they went

away into the city and told everything, including what had happened to the demon-possessed men. And behold, the whole city came out to meet Jesus. And when they saw Him, they begged Him to depart from their region. So He got into a boat, crossed over, and came to His own city.

***The Reading is from the Holy Gospel
According to St. John (17:1-13)***

Jesus spoke these words, lifted up His eyes to heaven, and said: "Father, the hour has come. Glorify Your Son, that Your Son also may glorify You, as You have given Him authority over all flesh, that He should give eternal life to as many as You have given Him. And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. I have glorified You on the earth. I have finished the work which You have given Me to do. And now, O Father, glorify Me together with Yourself, with the glory which I had with You before the world was. I have manifested Your name to the men whom You have given Me out of the world. They were Yours, You gave them to Me, and they have kept Your word. Now they have known that all things which You have given Me are from You. For I have given to them the words which You have given Me; and they have received them, and have known surely that I came forth from You; and they have believed that You sent Me. I pray for them. I do not pray for the world but for those whom You have given Me, for they are Yours. And all Mine are Yours, and Yours are Mine, and I am glorified in them. Now I am no longer in the world, but these are in the world, and I come to You. Holy

Father, keep through Your name those whom You have given Me, that they may be one as We are. While I was with them in the world, I kept them in Your name. Those whom You gave Me I have kept; and none of them is lost except the son of perdition, that the Scripture might be fulfilled. But now I come to You, and these things I speak in the world, that they may have My joy fulfilled in themselves.

COMMUNION HYMNS

- ✠ Praise the Lord from the heav-
ens! Praise Him in the highest!
- ✠ Rejoice in the Lord, O you right-
eous! Praise befits the just!
- ✠ Alleluia, Alleluia, Alleluia!



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.



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 mealtrain.com/trains/dv7yn4 or scan:



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

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

Parish Council | July 21st @ 7pm–9pm

Divine Liturgy for the Dormition of St. Anna | Friday, July 25 @ 7am–8am

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

AUGUST

Dormition Fast | August 1–14

Great Vespers with Group Confession | August 2 @ 5pm–6pm

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

FARTHER AHEAD

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

Active Shooter Response Presentation | September 21st

Estate Planning Fireside Chat | September 28th during Fellowship Hour

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

Doxacon | Oct. 31–Nov. 1

Sunday of the Holy Fathers of the Fourth Ecumenical Synod

The Holy Fourth Ecumenical Synod took place in Chalcedon, near Constantinople, in the Church of Saint Euphemia, in the year 451, when Marcian was the Roman Emperor. 630 Bishops were present. The synod of Chalcedon was concerned, once again, with the nature of our Lord Jesus Christ. The teaching arose that Christ's human nature (less perfect) dissolved itself in His divine nature (more perfect): like a cube of sugar in a cup of water. Thus, in reality, Christ only had one nature, the Divine. Hence, the term: Monophysites ("mono" - one, and "physis" - nature). Monophysitism overemphasized the divine nature of Christ, at the expense of the human. The Holy Synod condemned Monophysitism and proclaimed that Christ has two complete natures: the divine and the human, as defined by previous Synods. These two natures function without

confusion, are not divided nor separate (against Nestorius), and at no time did they undergo any change (against Eutyches and the Monophysites).

— From johnsanidopoulos.com



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!



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

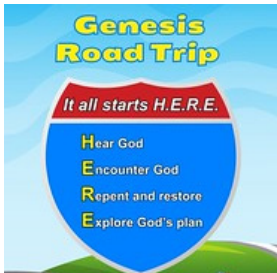
VCS Volunteers: Anyone volunteering (or wanting to volunteer) with VCS this year is asked to gather with Caleb P. today during Fellowship Hour to prepare. Please meet just outside the door near the kitchen. Thank you!

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.



New Merchandise at the Church Store

Stop by downstairs to view our new shipment of North American Saints icons, including St. Olga, St. Innocent of Alaska, St. Herman of Alaska, and St. Raphael of Brooklyn -- just to name a few! We've also restocked with new prayer ropes, large beeswax candles, icons of the Theotokos and Jesus the Pantocrator, and a fresh selection of incense!



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!](#)

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 Paige B., Narcisa D., Lacie F., Eve F., Leo F., Lucy J., Lydia J.

Namedays Ss. Aquila & Priscilla (7/14), St. Alexandra (7/17)

Anniversaries Peter & Tanya D., Armand & Amanda S.

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!