



St. Mary Orthodox Church

WEEKLY BULLETIN | JULY 20, 2025

Tone 5 · 6th Sunday after Pentecost
The Holy Glorious Prophet Elijah

Today's Schedule

9am — Matins

10am — Divine Liturgy

Following the service:

11:30am — Vehicle Blessing

Fellowship Hour, offered by Group Kn-Paf

This Week At St. Mary's

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

MONDAY, JULY 21

Parish Council | 7pm-9pm

TUESDAY, JULY 22

Council of Ministries (Online) | 7pm-8pm

FRIDAY, JULY 25

Dormition of St. Anna

Divine Liturgy | 7am-8am

Mom's Group Playdate | 8am-9am

Philokalia Book Group | 12pm-1pm

SATURDAY, JULY 26

Archdiocesan Choir Practice | 10am-1pm

Great Vespers | 5pm-6pm

YAM Game Night | following vespers
at St. Nina's

SUNDAY, JULY 27

St. Panteleimon

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



Fellowship Hour Hosting 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 5. Troparion of the Resurrection

LET us, the faithful, praise and wor-ship the Word, * co-eternal with the Father and the Spirit, * born for our salvation from the Virgin; * for He willed to be lifted up on the Cross in the flesh, * to endure death, * and to raise the dead // by His glorious Resurrection.

Tone 4. Troparion of the Prophet Elijah

An angel in the flesh and the corner-stone of the Prophets, * the second forerunner of the coming of Christ, * glorious Elijah sent grace from on high to Elisha, * to dispel diseases and to cleanse lepers. // Therefore he pours forth healings on those who honor him.

Tone 5. Kontakion of the Resurrection

THOU didst descend into hell, O my Savior, * shattering its gates as Almighty, * resurrecting the dead as Creator, * and destroying the sting of death. * Thou hast delivered Adam from the curse, O Lover of man, // and we cry to Thee: “O Lord, save us!”

Glory. *Tone 2. Kontakion of the Prophet Elijah*

O Prophet Elijah of great renown, * seer of the mighty works of God, * by your command you held back the rain. // Pray for us to the only Lover of man!

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

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

In the fourth tone: Thou art a priest forever / after the order of Melchizedek.

EPISTLES

*The Reading is from
the Epistle of St. Paul to
the Romans (12:6–14)*

Brethren, having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate

— *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

to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

The Reading is from the Universal Letter of James (5:10–20)

Brethren, take the prophets, who spoke in the name of the Lord, as an example of suffering and patience. Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord – that the Lord is very compassionate and merciful. But above all, my brethren, do not swear, either by heaven or by earth or with any other oath. But let your “Yes” be “Yes,” and your “No,” “No,” lest you fall into judgment. Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain; and it did not rain on the land for three years and six months. And he prayed again, and the heaven gave rain, and the earth produced its fruit. Brethren, if anyone among you wanders from

the truth, and someone turns him back, let him know that he who turns a sinner from the error of his way will save a soul from death and cover a multitude of sins.

Alleluia, Tone 5:

✠ *I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.*

✠ *For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens.*

Alleluia, Tone 4:

✠ *Moses and Aaron were among His priests; Samuel also was among those who called on His Name.*

GOSPELS

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

At that time, Jesus got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, “Son, be of good cheer; your sins are forgiven you.” And at once some of the scribes said within themselves, “This Man blasphemes!” But Jesus, knowing their thoughts, said, “Why do you think evil in your hearts? For which is easier, to say, ‘Your sins are forgiven you,’ or to say, ‘Arise and walk’? But that you may know that the Son of Man has power on earth to forgive sins” – then He said to the paralytic, “Arise, take up your bed, and go to your house.” And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

*The Reading is from the Holy Gospel
According to St. Luke (4:22–30)*

At that time, all bore witness to Jesus, and marveled at the gracious words which proceeded out of His mouth. And they said, “Is this not Joseph’s son?” He said to them, “You will surely say this proverb to Me, ‘Physician, heal yourself! Whatever we have heard done in Capernaum, do also here in Your country.’” Then He said, “Assuredly, I say to you, no prophet is accepted in his own country. But I tell you truly, many widows were in Israel in the days of Elijah, when the heaven was shut up three years and six months, and there was a great famine throughout all the land; but to none of them was Elijah sent except to Zarephath, in the region of Sidon, to a woman who was a widow. And many lepers were in Israel in the time of Elisha the prophet, and none of them was cleansed except Naaman the Syrian.” So all those in the synagogue, when they heard these things, were filled with wrath, and rose up and thrust Him out of the city; and they led Him to the brow of the hill on which their city was built, that they might throw Him down over the cliff. Then passing through the midst of them, He went His way.

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!



**COMMENTARY: THE
PROPHET ELIJAH**

*Living souls believe in the powerful
miracles of the Prophet Elijah*

Writing about the life of his sister St. Macrina, St. Gregory of Nyssa hesitates to enumerate her miracles, “that I not be,” says he, “responsible for the sin of unbelief among helpless men.” He calls helpless, those who do not believe. Truly, there is nothing more helpless than a man without faith. The man without faith believes in the power of dead things and dead elements of nature and does not believe in the power of God or in the strength of the men of God. That is spiritual dullness and that dullness is equated with spiritual death.

Thus, the living souls believe and the dead souls do not believe. Living souls believe in the powerful miracles of the Prophet Elijah. These miracles give them courage and joy, for they know that they are a manifestation of the might of God. When God manifests His might through lifeless things and elements of nature, why then would He not manifest it through living and holy men? That which especially gives joy to the faithful is that the Prophet Elijah appeared alive on Mount Tabor at the time of the Transfiguration of the Lord. During his life on earth, this great prophet gave proof of the existence of the One and Living God and, after his death, and even after several hundred years, by his appearance on Mt. Tabor, he gave to mankind visible proof of life after death.

—from [The Prologue from Ohrid](#), entry for July 20, by St. Nikolai Velimirovič



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.

Connect with the Parish Online

Our Website:

stmaryorthodox.org

Our Livestream:

youtube.com/@stmary-orthodoxchurch/live

Our Online Community (Realm):

tinyurl.com/stmarysrealm

God arranges for us to meet certain people so that we could pass on the good given to us by God and enrich each other's souls. The devil will try to do everything to make sure these meetings become useless and even harmful. Keep this in mind!

— ST. THEOPHAN THE RECLUSE



Save the Date

*Services, holidays,
and other events*

JULY

Vacation Church School | Thursday, July 31–Saturday, Aug. 2 @ 8:30am–1:00pm

AUGUST

Dormition Fast | Aug. 1–14

Divine Liturgy with the Blessing of Water | Friday, Aug. 1 @ 9am

Great Vespers with Group Confession | Saturday, Aug. 2 @ 5pm–6pm

Paraclesis | Aug. 4, 6, 7, 8, 11, 12, and 13 @ 7pm–7:40pm

Festal Vespers for Transfiguration | Tuesday, Aug. 5 @ 7pm–8pm

Festal Liturgy for Transfiguration | Wednesday, Aug. 6 @ 10am–11:30am

FARTHER AHEAD

St. Mary's Annual Parish Picnic | Sunday, Sept. 7

Active Shooter Response Training Session | Sunday, Sept. 21

Estate Planning Fireside Chat | Sunday, Sept. 28 during Fellowship Hour

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

Doxacon | Friday, Oct. 31 & Sunday, Nov. 1 @ Catholic University

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:

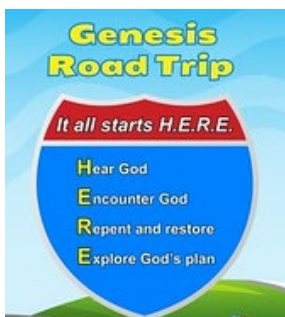


TODAY! Vehicle Blessing

Join us 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.



Register for Vacation Church School



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!](#)



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



Submit your Articles for the August Newsletter

— Articles due next Monday, July 28 —



Ministries, this is your issue to gather volunteers, support, and RSVPs for September activities! As the final month in the liturgical year, August also contains the fast and feast of Dormition, as well as Transfiguration. Please limit articles to 300–500 words or ask if there's space for a longer article. Submit entries to Lacie and Sophia at lacie@stmaryorthodox.org or undertheveilofherprotection@gmail.com.



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!

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.

Mark your calendars for an Active Shooter Training Session in September

(Sunday, Sept. 21 @ 12:30pm) — 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, St. Mary's will be hosting a C.R.A.S.E. (Civilian Response to Active Shooter Events) presentation conducted by the Fairfax County Police Department. Sign-up details forthcoming.



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 Svetlana M.

Namedays Prophet Elias (7/20), St. Mary Magdalene (7/22), St. Christina of Tyre (7/24), St. Anna, Mother of the Theotokos (7/25)

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-8pm

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 a Tuesday



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!