



St. Mary Orthodox Church

WEEKLY BULLETIN | AUGUST 03, 2025

Tone 7 · 8th Sunday after Pentecost

Ven. Isaac, Dalmatus, and Faustus, Ascetics of the Dalmatian Monastery at Constantinople

Today's Schedule

9am — Matins

10am — Divine Liturgy

Following the service:

Fellowship Hour, offered by Group A-D

This Week At St. Mary's

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

MONDAY, AUGUST 4

Paraclesis | 7pm-7:40pm

TUESDAY, AUGUST 5

Festal Vespers | 7pm-8pm

WEDNESDAY, AUGUST 6

Feast of the Transfiguration

Festal Liturgy with Blessing of Fruit |
7am-8am

Paraclesis | 7pm-7:40pm

THURSDAY, AUGUST 7

Paraclesis | 7pm-7:40pm

FRIDAY, AUGUST 8

Paraclesis | 7pm-7:40pm

SATURDAY, AUGUST 9

Great Vespers | 5pm-6pm

SUNDAY, AUGUST 10

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

August 1-14 — Dormition Fast



Fellowship Hour Hosting Groups:

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 7. Proparion of the Resurrection

BY Thy Cross Thou didst destroy death. * To the thief Thou didst open Paradise. * For the Myrrhbearers Thou didst change weeping into joy, * and Thou didst command Thy disciples, O Christ God, * to proclaim that Thou art risen, // granting the world great mercy.

Tone 4. Proparion 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 4. Proparion of the Venerable Ones

O GOD of our Fathers, * always act with kindness towards us; * take not Thy mercy from us, * but guide our lives in peace // through the prayers of Venerable Isaac, Dalmatus, and Faustus!

Tone 7. Kontakion of the Resurrection

THE dominion of death can no longer hold men captive, * for Christ descended, shattering and destroying its powers. * Hell is bound, while the Prophets rejoice and cry: * “The Savior has come to those in faith; // enter, you

faithful, into the Resurrection!”

Glory. *Tone 2. Kontakion of the Venerable Ones*

THROUGH asceticism you shone like lights in the world, * and by your faith you overthrew heresies. * We praise you with hymns, Isaac, Dalmatus, and Faustus, // as servants of Christ, who are praying for us all.

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 seventh tone: The Lord shall give strength to his people! / The Lord shall bless His people with peace!

✠ Offer to the Lord, O ye sons of God!
Offer young rams to the Lord!

EPISTLES

*The Reading is from
the First Epistle of St. Paul to
the Corinthians (1:10-18)*

Brethren, now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly

— *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

joined together in the same mind and in the same judgment. For it has been declared to me concerning you, my brethren, by those of Chloe's household, that there are contentions among you. Now I say this, that each of you says, "I am of Paul," or "I am of Apollos," or "I am of Cephas," or "I am of Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, lest anyone should say that I had baptized in my own name. Yes, I also baptized the household of Stephanas. Besides, I do not know whether I baptized any other. For Christ did not send me to baptize, but to preach the gospel, not with wisdom of words, lest the cross of Christ should be made of no effect. For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Alleluia, Tone 7:

✠ *It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High.*

✠ *To declare Thy mercy in the morning, and Thy truth by night.*

GOSPELS

The Reading is from the Holy Gospel According to St. Matthew (14:14-22)

At that time, when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick. When it was evening, His disciples came to Him, saying, "This is a deserted place, and the hour is already late. Send the multitudes away, that they may go into

the villages and buy themselves food." But Jesus said to them, "They do not need to go away. You give them something to eat." And they said to Him, "We have here only five loaves and two fish." He said, "Bring them here to Me." Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes. So they all ate and were filled, and they took up twelve baskets full of the fragments that remained. Now those who had eaten were about five thousand men, besides women and children. Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away.

COMMUNION HYMNS

✠ Praise the Lord from the heavens! Praise Him in the highest!

✠ Alleluia, Alleluia, Alleluia!



MORE ABOUT ST. ISAAC

Saint Isaac (May 30) was a soldier before he became a monk. After he was tonsured, he attained such a degree of spiritual perfection that he was accounted worthy of beholding divine visions.

When Saint Isaac heard about how the Emperor Valens had fallen into the Arian heresy and was persecuting the Orthodox Christians, he left his monastery and traveled to Constantinople to confront the emperor. At that time Valens was planning a campaign against the Goths. Saint Isaac tried to change the emperor's mind several times, but was unable to convince him. He prophesied that Valens would die in flames because of his actions. The emperor ordered that Saint Isaac be thrown into prison, and promised to deal with him when he returned from his expedition. On August 9, 378 Valens was defeated at Adrianople and died in a fire after hiding in a barn, just as the saint had predicted.

Emperor Theodosius the Great, who had a great love for the saint, released him from prison and banned Arianism. Saint Isaac attended the Second Ecumenical Council (381), where he defended the Orthodox Faith against the Arian heresy.

Saint Isaac hoped to return to his monastic life in the wilderness, but a wealthy man built a monastery for him at Constantinople, and he became its first igumen. The monastery was later named for his disciple Dalmatus.

When Saint Isaac was approaching the end of his earthly life, he named Saint Dalmatus to succeed him as igumen. He lived to a ripe old age and reposed in the year 383.



ABOUT ST. DALMATUS

Saint Dalmatus served in the army of the holy emperor Theodosius the Great (379-395) and attracted his notice. The saint was soon filled with the desire to dedicate himself to his Lord and Creator. Therefore, sometime between the years 381-383, he left the service of an earthly ruler in order to serve the King of Heaven. He went with his son Faustus to Saint Isaac's monastery near Constantinople in order to speak with him. Saint Isaac (May 30) tonsured both father and son into monasticism, and they both began to lead a strict ascetic life.

Saint Dalmatus excelled all the other monks in virtue. Once, during Great Lent, Saint Dalmatus did not eat any food for the forty days. Later he regained his strength and was found worthy of a divine vision.

The holy ascetic was chosen to be the igumen after the death of the most devout Isaac. In fact, at the Third Ecumenical Council which met in Ephesus in 431 A. D. which condemned the heresy of Nestorius, Saint Dalmatus was honored for his defense of the Orthodox Faith.

After the Council the holy Fathers elevated Saint Dalmatus to be the archimandrite of his monastery, where he died peacefully at the age of ninety (after 446). He was succeeded by his son Faustus, who proved to be a worthy successor of his father.

--from OCA.org

Register for Adult Catechism Fall 2025: The Faith

This Fall, we are offering an Adult Catechism course—by the end, catechumens of St. Mary's will be well-prepared for reception into the Orthodox Church. The course will help you understand the history, purpose, and meaning of Orthodox dogma as outlined in the Nicene Creed.

The first class begins at 3:00pm on September 13th. To join the Fall Session (covering the Creed and basics of Orthodox doctrine), visit [Realm](#) here!

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.



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*

AUGUST

Dormition Fast | Aug. 1-14

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

Festal Vigil | Thursday, Aug. 14 @ 7pm-9:30pm

Festal Liturgy for Dormition | Friday, Aug. 15 @ 10am–11:30am

Women's Bible Study | Aug. 15 @ 6:30pm-8pm

Baptism: Meltzer | August 16 @ 10am-12pm

Office Closed | August 25-30

SEPTEMBER

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

FARTHER AHEAD

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

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





Join us for the Doxacast Remix!

What can Babylon 5 show Christians about passions and virtue? How does filmmaker David Lynch invite viewers to participate in a still-enchanted world? In what ways does The Legend of Zelda reflect Christ-like self-sacrifice? Doxacon's podcast, the Doxacast Remix, addresses these questions and more. To hear these conversations at the intersection of Faith and Fandom, visit our home on Ancient Faith Radio [here](#)

or check us out on Spotify, Apple Podcasts, or Pocketcasts.

Latest episode: Baptizing the Culture through Science Fiction, featuring Doxacon's 2025 Lay Keynote speaker, M.R. Leonard.

Save the Date - 2025 Connect Conference

Early Registration for Connect 2025 in Washington, D.C. Oct. 3-5 is now open! Registration includes keynote addresses from featured guests, Q&A sessions, social activities, and meals (Friday dinner, Saturday breakfast and social night, Sunday lunch). Visit www.connectorthodox.org to learn more!



Early Bird Registration Is Open!

Tickets are \$55 until August 31

Doxacon's theme this year is catharsis. Scroll down our homepage at www.doxacon.org to see all the ways our speakers plan to address this theme. You may even see a couple of familiar faces. Doxacon takes place this year at the Catholic University of America, Oct. 31 - Nov. 1. Visit

our [website](#) to register and learn more—we hope to see you there!

Upcoming: Reel Women Movie Night

Join us the evening of Tuesday, August 12th for our next Reel Women gathering! Movie options will be posted in the Realm group the week before—don't forget to log in and vote for your pick!





Help Host Fellowship Hour!

Love connecting with others over coffee and cookies? Want to help build up our parish community one joyful gathering at a time? **The Fellowship Hour Planning Team needs YOU as our current volunteers cycle out!** We're looking for friendly, organized volunteers to co-lead teams for our Sunday Fellowship Hour. No culinary expertise required—just a heart for hospitality and the ability to coordinate your team once a month. We're looking for:

Week 1 (A-D): 1 Leader

Week 2 (E-K): 1 Leader

Week 4 (Pag-Z): 2 Leaders

Immediate short-term help welcome during the transition, as well! Interested? Talk to Alyssa M. or Dsa. Irene L. **Be part of the joy--join us in hosting Sunday Fellowship Hour!**



Join us for our Annual Parish Picnic and Ministry Fair!

We'll have a cookout at the parish hall/outside area. Feel free to bring games, instruments, lawn chairs, and other picnic essentials!

We're looking for volunteers to bring food, help with setup/cleanup, or assist with grilling. Please [click here](#) or scan the code to volunteer, bring an item, or reserve a ministry table.

Rain or shine, we can't wait to see you there! Questions? Contact Yara C. (Picnic) or Ioana M. (Ministry Fair). Thank you!



Submit items for the weekly bulletin or *The Veil*

Contact Lacie at lacie@stmaryorthodox.org

Newsletter deadline | Monday, August 25 (for September issue)

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

God Grant You Many Years!



Birthdays Maria A., Maria B., Thomas J., Nicholas K., David M.

Namedays None

Anniversaries Brian & Inna S.

Regularly Scheduled Activities

Sunday Liturgy | 9am Matins, 10am Divine Liturgy

Saturday Great Vespers | Saturday, 5pm-6pm

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, usually on 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!