



# St. Mary Orthodox Church

WEEKLY BULLETIN | AUGUST 10, 2025

**Tone 8** · 9th Sunday after Pentecost  
Sunday of the Holy Martyr and Archdeacon Lawrence of Rome

## Today's Schedule

9:00am — Matins  
9:50am — Churching: Tingstrom  
10:00am — Divine Liturgy

*Following the service:*

Fellowship Hour, offered by Group E-Kl

## This Week At St. Mary's

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

### **MONDAY, AUGUST 11**

Memorial: Bhalla | 11am-11:30am  
Paraclesis | 7pm-7:40pm

### **TUESDAY, AUGUST 12**

Paraclesis | 7pm-7:40pm  
Reel Women in the evening

### **WEDNESDAY, AUGUST 13**

Paraclesis | 7pm-7:40pm

### **THURSDAY, AUGUST 14**

Festal Vigil | 7pm-9:30pm

### **FRIDAY, AUGUST 15**

*Feast of Dormition*  
Festal Liturgy with Blessing of Flowers/  
Herbs | 10am-11:30am  
Women's Bible Study | 6:30pm-8:00pm

### **SATURDAY, AUGUST 16**

Baptism: Meltzer | 10am-12pm  
Great Vespers | 5pm-6pm

**August 1-14 — Dormition Fast**



### ***Fellowship Hour Hosting Groups:***

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 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 7. Troparion of Transfiguration*

YOU were transfigured upon the  
mount, O Christ our God, \* revealing  
Your glory to Your Disciples as much  
as they were able to bear. \* Let Your  
everlasting Light shine on us sinners,  
\* through the intercessions of the  
Birthgiver of God // O Giver of Light,  
glory to You!

*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 4. Troparion of St. Lawrence*

VICTORIOUS martyr of Christ our  
God, \* by the sign of the Cross thou  
didst give sight to the blind; \* thou  
didst distribute the riches of the  
Church to the poor; \* thou wast tried  
by fire, and no evil was found in thee.  
\* As thou didst endure burning, \* may  
thy prayers extinguish the flames of

our many sins, // blessed Archdeacon  
Lawrence!

*Tone 8. Kontakion of the Resurrection*

BY rising from the tomb, Thou didst  
raise the dead and resurrect Adam. \*  
Eve exults in Thy Resurrection, // and  
the world celebrates Thy rising from  
the dead, O greatly Merciful One!

**Glory.** *Tone 2. Kontakion of St. Lawrence*

THY heart burned with divine fire, \* as  
the flames of the passions died within  
thee. \* God-bearing Martyr Lawrence,  
the pillar of those who struggle, \* thou  
didst cry out in the midst of thy con-  
test: // “Nothing can separate me from  
the love of Christ!”

**Both now.** *Tone 7. Kontakion of Transfiguration*

YOU were transfigured upon the  
mount, O Christ our God, \* revealing  
Your glory to Your Disciples as much  
as they were able to bear. \* So that  
when they saw You crucified \* they  
would know it voluntary \* and would  
proclaim to the ends of the earth //  
that You are the Light of the Father.

## 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:** O Lord, how man-  
ifold are Thy works; / in wisdom hast  
Thou made them all.

— *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 First Epistle of St. Paul to  
the Corinthians (3:9-17)*

*Brethren, we are God's fellow workers; you are God's field, you are God's building. According to the grace of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if anyone builds on this foundation with gold, silver, precious stones, wood, hay, straw, each one's work will become clear; for the Day will declare it, because it will be revealed by fire; and the fire will test each one's work, of what sort it is. If anyone's work which he has built on it endures, he will receive a reward. If anyone's work is burned, he will suffer loss; but he himself will be saved, yet so as through fire. Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.*

*Alleluia, Tone 8:*

- ✠ *Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior!*
- ✠ *Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise!*
- ✠ *The heavens are Thine, the earth also is Thine!*

## GOSPEL

*The Reading is from the Holy Gospel  
According to St. Matthew (14:22-34)*

*At that time, immediately Jesus made His disciples get into the boat and go*

*before Him to the other side, while He sent the multitudes away. And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary. Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear. But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid." And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God." When they had crossed over, they came to the land of Gennesaret.*

## INSTEAD OF "IT IS TRULY MEET"

**In the fourth tone:** Magnify, O my soul, the Lord Who was transfigured on Mount Tabor! \* Your childbearing was without corruption; \* God came forth from your body clothed in flesh, \* and appeared on earth and dwelt among men. // Therefore we all magnify you, O Theotokos.

## COMMUNION HYMNS

- ✠ Praise the Lord from the heavens! Praise Him in the highest!
- ✠ O Lord, we will walk in the light of Thy countenance, and will exult in Thy Name forever.
- ✠ Alleluia, Alleluia, Alleluia!



## ABOUT THE AFTERFEAST OF THE TRANSFIGURATION OF OUR LORD

The hymns of Vespers remind us that the Transfiguration is not merely a historical event, but something which also has implications for us. Those who “desire to see and hear things past understanding” must ascend from earthly concerns to “the height of the contemplation of the virtues.” This may be achieved by “directing our minds to heavenly things” and by “being formed anew in piety into the image of Christ.”



## 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) click here: <https://tinyurl.com/ppfxmexn>



## We Can Help You Join Realm Today!

Our parish uses [Realm](#) (available on browser or app) to share real-time updates on activities, ministries, and other church activities. 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!

## 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.

### Join us for a Marriage Retreat with Fr. Alexander Goussetis

Sponsored by the  
Holy Apostles Philoptochos

Saturday, September 13  
at Holy Apostles Church  
9:00AM - 1:00PM

Sessions on Orthodox Marriage Basics  
and Improving Marital Communication for  
couples of all ages, as well as engaged couples  
preparing for marriage.



Director of the Center  
for Family Care of the  
Greek Orthodox  
Archdiocese

Registration - \$40 per Couple

Visit: [www.holyapostlesgreekorthodox.org/retreat](http://www.holyapostlesgreekorthodox.org/retreat)

25350 POLAND RD. CHANTILLY, VA 20152

## Save the Date

*Services, holidays,  
and other events*

### AUGUST

**Dormition Fast** | Aug. 1-14

**Paraclesis** | Aug. 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



## 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.





## 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

<https://tinyurl.com/89s9kdj6> 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](http://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](http://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 <https://doxacon2025.brownpapertickets.com> to register. We hope to see you there!

## Watch a Film at Reel Women Movie Night

Calling all women to a movie outing on Tuesday, August 12th. Voting is open until 5pm today (Sunday)! 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. for any questions!





## Help Host Fellowship Hour!

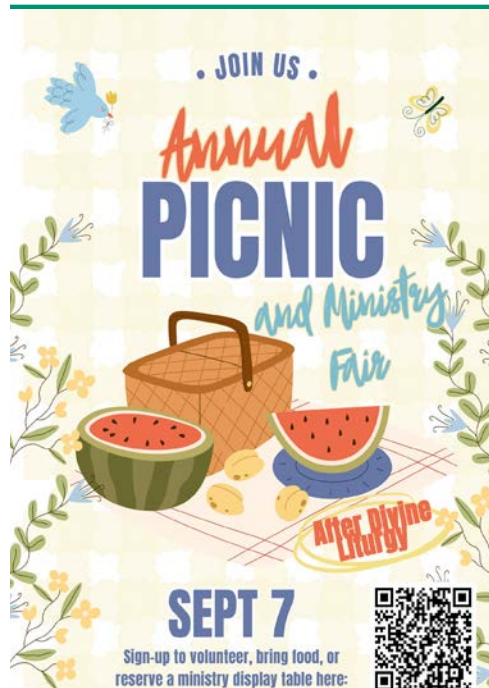
Love connecting with others over coffee and cookies? Want to help build up our parish community one joyful gathering at a time? **The Fellowship Hour Planning Team needs YOU as our current volunteers cycle out!** We're looking for friendly, organized volunteers to co-lead teams for our Sunday Fellowship 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 visit [tinyurl.com/sdwfea5s](https://tinyurl.com/sdwfea5s) 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 F. at [lacie@stmaryorthodox.org](mailto: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** Richard S., Juliana S., Abby E., Cathy D., Natnael A.

**Namedays** St. Mary

**Anniversaries** Jonathan & Lori J., Fr. David & Stephanie 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, 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!*