



St. Mary Orthodox Church

WEEKLY BULLETIN | SEPTEMBER 21, 2025

Tone 6 • 15th Sunday after Pentecost

Sunday After the Exaltation of the Cross • Leavetaking of the Exaltation of the Cross

Today's Schedule

9:00am — Matins

9:50am — Churaching: Naumenko

10:00am — Divine Liturgy

Following the service:

Fellowship Hour, served by Group Kh-P

Church School & Active Assailant Training

6:00pm — Men's Fellowship

This Week At St. Mary's

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

WEDNESDAY, SEPTEMBER 24

Divine Liturgy | 7am–8am

Vespers | 7pm–7:40pm

Financial Peace University | 7:45pm–9pm

FRIDAY, SEPTEMBER 26

Philokalia Book Study | 3pm–4pm

Women's Bible Study | 6:30pm–8pm

SATURDAY, SEPTEMBER 27

Baptism: Williamson @ St. John DC | 12pm

Adult Catechism | 3pm–4:30pm

Great Vespers | 5pm–6:00pm

SUNDAY, SEPTEMBER 28

Matins & Divine Liturgy | 9:00–11:30am

Church School | 12:00pm–1:00pm

Strategic & Charitable Giving Fireside

Chat | 12:30pm–1:00pm



Fellowship Hour Hosting Groups:

Week 1: A-Di

Week 2: Do-Ke

Week 3: Kh-P

Week 4: Q-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

THE FIRST ANTIPHON

God, my God, attend to me! Why have You forsaken me? (Ps. 21:1a)

℟̥ Through the prayers of the Theotokos, O Savior, save us!

Why are You so far from helping me, from the words of my groaning? (Ps. 21:1b) *℟̥*

O my God, I cry by day, but You do not answer; and by night, but find no rest. (Ps. 21:2) *℟̥*

You dwell in the sanctuary, the praise of Israel. (Ps. 21:3) *℟̥*

Glory; both now. *℟̥*

THE SECOND ANTIPHON

O God, why do You cast us off forever? (Ps. 73:1a)

℟̥ O Son of God, crucified in the flesh, save us who sing to You: Alleluia!

Remember Your congregation, which You have gotten of old! (Ps. 73:2) *℟̥*

Remember Mount Zion, where You have dwelt! (Ps. 73:3b) *℟̥*

God is our King before the ages; He has worked salvation in the midst of the earth. (Ps. 73:13) *℟̥*

Glory; both now. *℟̥*

(“Only-begotten Son and immortal Word of God...”)

THE THIRD ANTIPHON

The Lord reigns, let the people tremble! (Ps. 98:1a)

Tone 1. Troparion of the Feast

℟̥ O Lord, save Your people, * and bless Your inheritance! * Grant victories to the Orthodox Christians * over their adversaries; * and by virtue of Your Cross, // preserve Your habitation!

The Lord reigns, let the people tremble! He sits enthroned upon the cherubim; let the earth quake! (Ps. 98:1) *℟̥*

The Lord is great in Zion; He is exalted over all the people. (Ps. 98:2) *℟̥*

Bow down in worship to the Lord in His holy court! (Ps. 98:10) *℟̥*

ENTRANCE VERSE

Extol the Lord our God: worship at His footstool for He is holy! (Ps. 98:5)

HYMNS OF THE DAY

Tone 6. Troparion Of the Resurrection

THE Angelic Powers were at Thy tomb; * the guards became as dead men. * Mary stood by Thy grave, * seeking Thy most pure body. * Thou didst capture hell not being tempted by it. * Thou didst come to the Virgin, granting life. * O Lord, Who didst rise from the dead, // glory to Thee.

Tone 1. Troparion of the Feast

O LORD, save Your people, * and bless Your inheritance! * Grant victories to the Orthodox Christians * over their

— **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

adversaries; * and by virtue of Your Cross, // preserve Your habitation!

Glory. *Tone 6. Kontakion of the Resurrection*

WHEN Christ God, the Giver of Life, * raised all of the dead from the valleys of misery with His mighty hand, * He bestowed resurrection on the human race. // He is the Savior of all, the Resurrection, the Life, and the God of all.

Both now. *Tone 4. Kontakion of the Feast*

AS YOU were voluntarily raised upon the Cross for our sake, * grant mercy to those who are called by Your Name, O Christ God; * make all Orthodox Christians glad by Your power, * granting them victories over their adversaries // by bestowing on them the invincible trophy, Your weapon of peace!

PROKEIMENON

In the sixth tone: O Lord, save Thy people / and bless Thine inheritance!

✠ *To Thee, O Lord, will I call. O my God, be not silent to me!*

In the seventh tone: Extol the Lord our God: / Worship at His footstool for He is holy!

EPISTLES

The Reading is from the Epistle of St. Paul to the Galatians (2:16-20)

Brethren, knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified. But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I

destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

The Reading is from the Second Epistle of St. Paul to the Corinthians (4:6-15)

Brethren, it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed —always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. So then death is working in us, but life in you. And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak, knowing that He who raised up the Lord Jesus will also raise us up with Jesus, and will present us with you. For all things are for your sakes, that grace, having spread through the many, may cause thanksgiving to abound to the glory of God.

Alleluia, Tone 6:

✠ *He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.*

✠ *He will say to the Lord: "My Protector and*

my Refuge: my God, in Whom I trust."

Alleluia, Tone 1:

✠ *Remember Your congregation, which
You have gotten of old!*

GOSPELS

***The Reading is from the Holy Gospel
According to St. Mark (8:34-9:1)***

The Lord Said, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels." And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power."

***The Reading is from the Holy Gospel
According to St. Matthew (22:35-46)***

At that time, one of them, a lawyer, asked Him a question, testing Him, and saying, "Teacher, which is the great commandment in the law?" Jesus said to him, "'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the Law and the Prophets." While the Pharisees were gathered together, Jesus asked them, saying, "What do you think about the Christ? Whose

Son is He?" They said to Him, "The Son of David." He said to them, "How then does David in the Spirit call Him 'Lord,' saying: 'The LORD said to my Lord, sit at My right hand, till I make Your enemies Your footstool'? If David then calls Him 'Lord,' how is He his Son? And no one was able to answer Him a word, nor from that day on did anyone dare question Him anymore.

INSTEAD OF "IT IS TRULY MEET"

Tone 8. Magnify, O my soul, the most precious Cross of the Lord!

*You are a mystical Paradise, O Theotokos, * who, though untitled, have brought forth Christ; * through Him the life-bearing wood of the Cross was planted on earth. * Now at its Exaltation, * as we bow in worship before it, we magnify you.*

COMMUNION HYMNS

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

✠ *The light of Thy countenance is signed upon us, O Lord.*

✠ *Alleluia, alleluia, alleluia*





****Updated****
Fellowship Hour
Groups & Leaders

Week 1: A-Di — Jon C. & Matt C.

Week 2: Do-Ke — Edward H. & Alison J.

Week 3: Kh-P — Melanie K. & Tom P.

Week 4: Q-Z — Nathan & Charity W.

Week 5: Entire Parish — Dsa. Irene L., Alyssa M.

**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 Lacie Faber during Fellowship Hour (or email lacie@stmaryorthodox.org) and we'll get you set up!



Save the Date

Services, holidays, and other events

SEPTEMBER

Financial Peace University | Sept. 10 - Nov. 5 @ 7:45pm-9pm

Adult Catechism I: The Faith | Saturdays, Sept. 13 - Nov. 15 @ 3pm

Festal Vespers | Tuesday, Sept. 30 @ 7pm-8pm

OCTOBER

Parish Feast Day Divine Liturgy (Protection of the Mother of God) | Oct. 1 @ 7am-8am

Hierarchical Divine Liturgy | Sunday, Oct. 5 @ 9am-11:30am

Connect DC Young Adults Conference | Oct. 3-5

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

Divine Liturgy of St. James | Oct. 23 @ 10am-11:30am

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

Upcoming Events & Outings

Purchase Tickets for My Big Fat Greek Dinner Dance 2025

Join us Saturday, Oct. 11 @ 6pm for an adults-only evening full of authentic Mediterranean cuisine, Greek dancing, a silent auction, dessert auction, and more—all to support fellowship hour improvements and accessibility upgrades at St. Mary's. Tickets are \$75 and ticket sales close October 3. Sign up today: tinyurl.com/35ernpuz.



Join the Parishwide trip to Renaissance Festival hosted by YAM

The Young Adult Ministry is organizing a group trip to the Ren Faire over in Annapolis! All are welcome, not just young adults. If you are willing to be a car-pool driver, please let us know. Contact John G. on Realm to RSVP or ask any questions. \$14 tickets can be paid for via Realm or check (to St. Mary Orthodox Church with "Ren Fair" in the memo line).

Calling all Women for Reel Women Movie Night

Calling all women to a movie outing on September 23rd. Voiting is open until today at 5pm. 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. or Anna C. for any questions.

Get Your Doxacon Tickets or T-Shirts Today!

Regular tickets are \$65 | \$25 student | \$20 t-shirts

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. Scan the code to register. We hope to see you there!



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



Attend an Active Assailant Training

Today @ 12:30pm-2:30pm — 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. Please RSVP on Realm.

Cultivate Stewardship Skills at a Strategic & Tax-Efficient Charitable Giving Fireside Chat

Next Sunday, Sept. 28, during Fellowship Hour — Join expert Lori J. in a relaxed and conversational setting to explore charitable giving strategically throughout our lives — for example, through donor-advise funds, IRAs, wills, and estate planning — and how it can bless both our parish and loved ones.

Celebrate Our Growing Parish

On Saturday, September 27th, baby Williamson will be baptised at St. John the Baptist Church in Washington, DC. It will be co-celebrated by our Fr. David and Fr. David of St. John's. It starts at noon, and all in the parish are invited to join!

On Saturday, October 4th, baby Tingstrom will be baptized at St. Mary's at 10am. All are welcome to attend the baptism!

On Sunday, October 12th, baby Hobbs is getting baptized at 2:30pm at Ss. Peter & Paul in Potomac, MD. It will be co-celebrated with Fr. David and Fr. Luke, and all are invited to join!

Join us for the Doxacast Remix!

Catch our NEW episode on Saints, Grails, and Ghouls: Wasteland Tropes from Ancient Classics to Incensepunk. And we give a couple of shoutouts to Fr. Roman Braga in the episode. To hear this and other conversations, visit our home on Ancient Faith Radio <https://tinyurl.com/89s9kdj6> or check us out on Spotify, Apple Podcasts, or Pocketcasts.



Submit items for the weekly bulletin or *The Veil*

Contact Lacie F. at lacie@stmaryorthodox.org

Newsletter deadline | Monday, Sept 29 (for October issue)

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

God Grant You Many Years!



Birthdays Jesse D., Eva F., Natalie F., Sally M., Elias V.
Namedays None.
Anniversaries Matt & Melanie T.

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, after a morning Divine Liturgy TBD
Philokalia Book Group | Fridays, 3pm–4pm
Reel Women | Monthly, on a Tuesday TBD



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!