



St. Mary Orthodox Church

WEEKLY BULLETIN | OCTOBER 19, 2025

Tone 2 • 19th Sunday after Pentecost

Sunday of Martyr Varus, and with him six Monk Martyrs

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

Fellowship Hour, served by Group Kh-P

12pm-1pm — Church School

6pm-8pm — Men's Fellowship

This Week At St. Mary's

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

MONDAY, OCTOBER 20

Office Closed - ACS Conference

TUESDAY, OCTOBER 21

Office Closed - ACS Conference

WEDNESDAY, OCTOBER 22

Office Closed - ACS Conference

THURSDAY, OCTOBER 23

Divine Liturgy of St. James | 7am-8:30am

FRIDAY, OCTOBER 24

Philokalia Book Study | 3:00-4:00pm

SATURDAY, OCTOBER 25

Adult Catechism I: The Faith | 3:00-4:30pm

Great Vespers | 5pm-6pm

SUNDAY, OCTOBER 26

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

OCMC Soup Luncheon & Missions Visit:
Jesse & Juanita Brandow | 12pm-1pm



Fellowship Hour Hosting Groups:

Week 1: A-Di

Week 2: Do-Ke

Week 3: Kh-P

Week 4: Q-Z ← Next Week's Host (+ Soup Luncheon)

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 2. Troparion of the Resurrection

WHEN Thou didst descend to death,
O Life immortal, * Thou didst slay hell
with the splendor of Thy Godhead. * And
when from the depths Thou didst raise
the dead, * all the powers of heaven cried
out: // “O Giver of life, Christ our God,
glory to Thee!”

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 2. Troparion of Prophet Joel

WE celebrate the memory * of Your
prophet Joel, O Lord; * through him
we beseech You: // “Save our souls!”

Tone 4. Troparion of St. Varus

YOUR holy martyr Varus, O Lord, *
through his sufferings has received
an incorruptible crown from You,
our God. * For having Your strength,
he laid low his adversaries, * and
shattered the powerless boldness of
demons. // Through his intercession,
save our souls!

Tone 2. Kontakion of the Resurrection

HELL became afraid, O almighty Savior,
* seeing the miracle of Thy Resurrec-
tion from the tomb! * The dead arose!

Creation, with Adam, beheld this and
rejoiced with Thee, // and the world, my
Savior, praises Thee forever.

Glory. *Tone 4. Kontakion of St. Varus*

FOLLOWING Christ, O Martyr Var-
us, you drank of His chalice; * you
received the crown of martyrdom and
now rejoice with the Angels. // Pray for
our souls unceasingly!

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 sup-
plications for us to the everlasting
God!

PROKEIMENON

In the second tone: The Lord is my
strength and my song, / He is become
my salvation.

✠ *The Lord has chastened me sorely,
but He has not given me over unto
death.*

EPISTLE

*The Reading is from the
Second Epistle of St. Paul to the
Corinthians (11:31-12:9)*

*Brethren, the God and Father of our
Lord Jesus Christ, who is blessed
forever, knows that I am not lying. In
Damascus the governor, under Aretas
the king, was guarding the city of the
Damascenes with a garrison, desir-
ing to arrest me; but I was let down*

— *The Trisagion in Other Languages (Transliterated)* —

Romanian: Sfinte Dumnezeule, Sfinte Tare, Sfinte Fără de moarte, Miluiește-ne pe noi
Church Slavonic: Svyati Bozhe, Svyati Krepki, Svyati Bessmertni, pomiluy nas
Arabic: Qudduson illah, Qudduson ilqawi, Qudduson illadhi, la yamoot urhamna
Greek: Agios O Theos, Agios Eeskhros, Agios Athanatos, eleison imas

in a basket through a window in the wall, and escaped from his hands. It is doubtless not profitable for me to boast. I will come to visions and revelations of the Lord: I know a man in Christ who fourteen years ago – whether in the body I do not know, or whether out of the body I do not know, God knows – such a one was caught up to the third heaven. And I know such a man – whether in the body or out of the body I do not know, God knows – how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter. Of such a one I will boast; yet of myself I will not boast, except in my infirmities. For though I might desire to boast, I will not be a fool; for I will speak the truth. But I refrain, lest anyone should think of me above what he sees me to be or hears from me. And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

Alleluia, Tone 2:

- ✠ *May the Lord hear thee in the day of trouble! May the name of the God of Jacob protect thee!*
- ✠ *Save the King, O Lord, and hear us on the day we call to Thee!*

GOSPEL

***The Reading is from the Holy Gospel
According to St. Luke (8:5-15)***

The Lord spoke this parable, “A sower went out to sow his seed. And as he

sowed, some fell by the wayside; and it was trampled down, and the birds of the air devoured it. Some fell on rock; and as soon as it sprang up, it withered away because it lacked moisture. And some fell among thorns, and the thorns sprang up with it and choked it. But others fell on good ground, sprang up, and yielded a crop a hundredfold.” When He had said these things He cried, “He who has ears to hear, let him hear!” Then His disciples asked Him, saying, “What does this parable mean?” And He said, “To you it has been given to know the mysteries of the kingdom of God, but to the rest it is given in parables, that ‘Seeing they may not see, And hearing they may not understand.’ Now the parable is this: The seed is the word of God. Those by the wayside are the ones who hear; then the devil comes and takes away the word out of their hearts, lest they should believe and be saved. But the ones on the rock are those who, when they hear, receive the word with joy; and these have no root, who believe for a while and in time of temptation fall away. Now the ones that fell among thorns are those who, when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity. But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience.

COMMUNION HYMN

- ✠ *Praise the Lord from the heavens!
Praise Him in the highest!*
- ✠ *Alleluia, alleluia, alleluia*



Martyr Varus, and seven Monastic Martyrs with him

Martyr Varus lived in Egypt during the period of several persecutions against Christians (late third to early fourth century). Varus (Ouaros) was a military commander and secretly a Christian. He gave assistance to many of the persecuted and imprisoned Christians, and he visited the prisoners at night. He also brought food to the prisoners, dressed their wounds, and gave them encouragement.

Once Varus spent a whole night talking with seven imprisoned monks. These men were Christian teachers who had been beaten and starved. Varus marched with the teachers when they were led to their execution. The judge, seeing Varus' strong faith, had him fiercely beaten. Varus died during the beating. After his death, the monks were beheaded.

--OCA.org



ST. MARY'S 2025
DINNER
DANCE

Thank You!

We heartily express gratitude
for everyone who helped
make this delightful
community event a success!

With your partnership we
raised over **\$5500** to support
our parish accommodations
and growth needs!



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

Week 1: A-Di — Jon C. & Matt C.

Week 2: Do-Ke — Edward H. & Allison 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!

Lost & Found

Our lost and found basket is almost full—please look and see if any of the items are your lost treasures. The items will be donated at the end of October.

Save the Date

Services, holidays, and other events

OCTOBER

Semi-Annual OCMC Soup Luncheon & Missionary Visit | Oct. 26 @ 12pm-1pm

Divine Liturgy (St. Olga) | Oct. 27 @ 7-8am

Reel Women | Oct. 28

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

NOVEMBER

Office Closed | Nov. 4-20

Reader's Vespers | Nov. 5 @ 7-7:40pm

Reel Women | Nov. 10

Nativity Pageant Practice (Children/Youth) | Nov. 8, 15, 22

YAM Game Night | Nov. 8th @ 5pm

Nativity Fast | Nov. 15th - Dec. 24th

Men's Fellowship | Nov. 16th @ 6-8pm

Women's Bible Study | Nov. 21 @ 6:30-8pm

Baptism: Shin | Nov. 29 @ 11am-1pm

DECEMBER

St. Nicholas Retreat & Nativity Pageant Practice | Dec. 6th

FOCUS Presentation | Dec. 6th @ 6-8pm

Gift Exchange Party (No-Sales Consignment) | Saturday, Dec. 13 @ 3-5pm

Great Vespers w/Group Confession | Dec. 14th 5-6:30pm

Upcoming Events & Outings

Hike Sky Meadows State Park

St. Mary's youth aged 12-18 are invited to join us for a fall hike at Sky Meadows State Park on Saturday, Oct. 25 (7 AM–1 PM)! We'll meet in Sterling and then carpool to hike the Piedmont Overlook Trail—a low-moderate 2-mile route with beautiful Blue Ridge views. Bring water, lunch, and good shoes. (Rain date: Sunday, Oct. 26.) Register here: <https://tinyurl.com/2ftet5ae>



Learn about Vampires and Zombies in the Byzantine Tradition

Join a special Halloween Talk and Romp Through the Halls of Death with Fr. Patrick Viscuso, with dinner to follow sponsored and provided by St. Andrew's Brotherhood on October 30th @ 6:30pm at Holy Apostles Greek Orthodox Church in Chantilly, VA. RSVP by Oct. 23: <https://tinyurl.com/mrxpcj33>



Less than two weeks to Doxacon!

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. Register here: tinyurl.com/3vks2hs6
We hope to see you there!



Attend a FOCUS Service Retreat with Steve Christoforou

FOCUS North America is hosting three evening service retreats this fall as we explore launching a FOCUS Center in the DMV. Each night begins with Vespers at 5pm, followed by dinner, presentation, and Q&A until 8pm. St Mary's will be hosting on Sat., Dec. 6th. Register here: <https://tinyurl.com/3a7eerup>



Save the Date: Reel Women Movie Night!

Join us the evening of Tuesday, October 28th for our next Reel women gathering! Movie options will be posted in the Realm group the week before—don't forget to login and vote for your pick!



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

Join the Psalter Group for Nativity Fast

Prepare for the Nativity Fast by joining our Psalter Prayer Group, a simple yet powerful way to grow in daily prayer. Each participant is assigned a portion of the Psalter so that, together, we pray through all 150 psalms every day of the fast. The group meets virtually through Realm and prays individually from Nov. 15–Dec. 24. No special Psalter book is needed—your Bible works just fine! Sign up begins Oct. 24th to get assigned portions for the upcoming fast. Simply join the “Psalter Prayer Group” on Realm!

Screen El Tonto por Cristo

Join Holy Fool Films for a one-night-only screening of *El Tonto Por Cristo*—a luminous new Orthodox film following monks on the Texas Gulf in their journey toward holiness. Includes a filmmaker Q&A afterward. The screening will take place Monday, Nov. 17th @ 7pm at Greenbelt Cinema in MD. Get tickets here: <https://tinyurl.com/2s36548w>



Click with Caution: Recognizing Scams and Staying Safe in the Age of AI

We all know the internet can be a dangerous place. In Click with Caution, you will learn how to recognize some of the latest AI-enabled online cons, from phishing emails, to spoofed text messages, and even phone and voice calls impersonating your loved ones. Join cyber intelligence analyst and fellow parishioner Jeff M. on Nov. 23rd @ 12:30pm during fellowship hour to learn all about how to mitigate these risks!

Join us for the Doxacast Remix!



Grab the popcorn and enjoy our NEW Godzilla-friendly episode: Monsters from the Deep and Visitations from the Sky: Kaiju, Aliens, and Catharsis. 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 Faber at lacie@stmaryorthodox.org

Newsletter deadline | Monday, Oct. 27 (for November issue)

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

God Grant You Many Years!



Birthdays Marie H., Claudia S., August V., Chris V.
Namedays None.
Anniversaries None.

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!