



St. Mary Orthodox Church

WEEKLY BULLETIN | NOVEMBER 9, 2025

Tone 5 • 22nd Sunday after Pentecost

*Sunday of Martyrs Onesiphorus and Porphyrius of Ephesus
Saint Nectarius the Wonderworker, Metropolitan of Pentapolis*

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

Fellowship Hour, served by Group Do-Ke

12pm-1pm — Church School

This Week At St. Mary's

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

MONDAY, NOVEMBER 10

Reel Women Movie Night | 6pm-9pm
(Details on Realm)

FRIDAY, NOVEMBER 14

Philokalia Book Study | 3-4pm

SATURDAY, NOVEMBER 15

Nativity Pageant Practice | 4-4:45pm

SUNDAY, NOVEMBER 16

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

Church School | Noon-1pm

Men's Fellowship @ the Faber Residence | 6pm-8pm

Reminder: Office Closed -
November 4th-20th

Nativity Fast — November 15th-24th



Fellowship Hour Hosting Groups:

Week 1: A-Di

Week 2: Do-Ke

Week 3: Kh-P ← **Next Week's Host**

Week 4: Q-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 5. Troparion of the Resurrection

LET us, the faithful, praise and worship 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 church

TODAY the faithful celebrate the feast with joy * illuminated 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 the Martyrs

YOUR holy martyrs Onesiphorus and Porphyrius, O Lord, * through their sufferings have received incorruptible crowns from You, our God. * For having Your strength, they laid low their adversaries, * and shattered the powerless boldness of demons. // Through their intercession, save our souls!

Tone 1. Troparion of St. Nectarius

O FAITHFUL, let us honor Nektarios the divine servant of Christ, * offspring of Silyvria and guardian of Aegina, * who appeared in these last times as a true friend of virtue, * pouring forth all manner of healing upon those who reverently cry: * Glory to Him who gave you strength! * Glory to Him who granted you a crown! * Glory to Him who through you grants healing to all!

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!”

Tone 2. Kontakion of the Martyrs

THE pair of glorious martyrs, Onesiphorus and Porphyrius, * endured their suffering with strength, * dashing down to the earth the arrogance of the enemy, * and shining with the grace of the uncreated Trinity; * together with the Angels, // they unceasingly pray for us all.

Glory. Tone 8. Kontakion of St. Nectarius

LET us sing praises with gladness of heart * to the newly-shining star of Orthodoxy, the newly-built ram-part of the Church. * Being glorified by the power of the Spirit, he pours forth the abundant grace of healings upon those who cry: * “Rejoice, Father Nektarios.”

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!

— *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

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

EPISTLE

The Reading is from the Epistle of St. Paul to the Galatians (6:11-18)

Brethren, see with what large letters I have written to you with my own hand! As many as desire to make a good showing in the flesh, these would compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world. For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation. And as many as walk according to this rule, peace and mercy be upon them, and upon the Israel of God. From now on let no one trouble me, for I bear in my body the marks of the Lord Jesus. Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.

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.*

GOSPEL

The Reading is from the Holy Gospel According to St. Luke (8:41-56)

At that time, there came a man named Jairus, and he was a ruler of the synagogue. And he fell down at Jesus' feet and begged Him to come to his house, for he had an only daughter about twelve years of age, and she was dying. But as He went, the multitudes

thronged Him. Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, came from behind and touched the border of His garment. And immediately her flow of blood stopped. And Jesus said, "Who touched Me?" When all denied it, Peter and those with him said, "Master, the multitudes throng and press You, and You say, 'Who touched Me?'" But Jesus said, "Somebody touched Me, for I perceived power going out from Me." Now when the woman saw that she was not hidden, she came trembling; and falling down before Him, she declared to Him in the presence of all the people the reason she had touched Him and how she was healed immediately. And He said to her, "Daughter, be of good cheer; your faith has made you well. Go in peace." While He was still speaking, someone came from the ruler of the synagogue's house, saying to him, "Your daughter is dead. Do not trouble the Teacher." But when Jesus heard it, He answered him, saying, "Do not be afraid; only believe, and she will be made well." When He came into the house, He permitted no one to go in except Peter, James, and John, and the father and mother of the girl. Now all wept and mourned for her; but He said, "Do not weep; she is not dead, but sleeping." And they ridiculed Him, knowing that she was dead. But He put them all outside, took her by the hand and called, saying, "Little girl, arise." Then her spirit returned, and she arose immediately. And He commanded that she be given something to eat. And her parents were astonished, but He charged them to tell no one what had happened.

COMMUNION HYMN

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

✠ *Alleluia, alleluia, alleluia*



Saint Nectarius Kephalas, Metropolitan of Pentapolis

On November 7, 1875, Anastasius Kephalas received monastic tonsure at the Nea Moni Monastery on Chios, and the new name Lazarus. Two years later, he was ordained a deacon. On that occasion, his name was changed to Nectarius.

Later, when he was a priest, Father Nectarius left Chios and went to Egypt. There he was elected Metropolitan of Pentapolis. Some of his colleagues became jealous of him because of his great virtues, because of his inspiring sermons, and because of everything else which distinguished Saint Nectarius from them.

They told the patriarch that the Metropolitan of Pentapolis merely made an outward show of piety in order to win favor with the people. So the patriarch and his synod removed Saint Nectarius from his See. Patriarch Sophronius wrote an ambiguous letter of suspension which provoked scandal and speculation about the true reasons for the saint's removal from his position (but not his rank).

Eventually, Saint Nectarius was appointed to be a humble preacher in the diocese of Vitinea and Euboea. The saint did not regard this as humiliating for him, even though a simple monk could have filled that position. He went to Euboea to preach in the churches, eagerly embracing his duties. Later, Saint Nectarius was appointed Director of the Rizarios Seminary in Athens on March 8, 1894. He was to remain in that position until December of 1908.

The saint celebrated the services in the seminary church, taught the students, and wrote several edifying and useful books. Since he was a quiet man, Saint Nectarius did not care for the noise and bustle of Athens. He wanted to retire somewhere where he could pray. On the island of Aegina he found an abandoned monastery dedicated to the Holy Trinity, which he began to repair with his own hands.

He gathered a community of nuns, appointing the blind nun Xenia as abbess, while he himself served as Father Confessor. Since he had a gift for spiritual direction, many people came to Aegina to confess to him. Eventually, the community grew to thirty nuns. He used to tell them, "I am building a lighthouse for you, and God shall put a light in it that will shine forth to the world. Many will see this light and come to Aegina." They did not understand what he was telling them, that he himself would be that beacon, and that people would come there to venerate his holy relics.

Near the end of his life, while in the hospital, there was a man who was paralyzed in the next hospital bed. As soon as the saint had breathed his last, the nurse and the nun who sat with him began to dress him in clean clothing to prepare him for burial at Aegina. They removed his sweater and placed it on the paralyzed man's bed. Immediately, the paralytic got up from his bed, glorifying God.

Saint Nectarius was glorified by God, since his whole life was a continuous doxology to the Lord. Both during his life and after his death, Saint Nectarius has performed thousands of miracles, especially for those suffering from cancer. There are more churches dedicated to Saint Nectarius than to any other modern Orthodox saint.

—Text adapted from www.oca.org



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!



CELEBRATE IOCC'S WORK
IOCC Sunday | Nov. 23, 2025

Get started at ioccsunday.org

Save the Date

Services, holidays, and other events

NOVEMBER

Office Closed | Nov. 4-20

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

Men's Fellowship | Nov. 23rd @ 6-8pm (Faber Residence)

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

Memorial: Milroy | Dec. 7th @ 11:30am

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

Nativity Pageant | Dec. 13 @ 5pm

Great Vespers w/Group Confession | Dec. 13th 5-6:30pm

Christmas Schedule

Christmas Eve (Dec. 24th)

Royal Hours | 10am - 12pm

Vespertal Liturgy | 5pm-6:30pm

Candlelight Vigil | 10pm - 11:30pm

Christmas Day (Dec. 25th)

Christmas Liturgy | 10am-11:30am

Upcoming Events & Outings

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!

Calling all Women for Reel Women Movie Night on Tuesday!

Reel Women is alling all women to a movie outing on November 10th. Voting 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 Monday. See Christina J. or Anna C. for any questions.



Register for the Ancient Faith Singles retreat at the Antiochian Village

Registration is now live for the Ancient Faith Singles Retreat ages 30+. Join us at Antiochian Village in Bolivar, PA for a long weekend for Orthodox Christian singles (age 30 and up) full of socializing, church services, speak sessions, trivia, games, speed dating, and free time for relaxation and fellowship. Get out of your comfort zone and meet other singles from all over th country! Visit <https://www.ancient-faith.com/events/singles-retreat/> to learn more!



Learn about FOCUS North America and Help Bring a Center to the DMV

Register to attend a FOCUS retreat on Sat., Dec. 6th (after the St. Nicholas Retreat for a double dose of fun!) which includes dinner, talk, and Q&A with Steve Christoforou with the goal of building momentum for a FOCUS Center int eh DMV. Register here: <https://tinyurl.com/3a7eerup>



Parish News & Announcements

Be sure to welcome our guest, Fr. Patrick V., who is serving our parish while Fr. David is away!



Help Us Reach our Matching Campaign Goal

Our parish has outgrown its space, and we're preparing for the next stage of growth! Two generous donors are matching all gifts up to \$20,000 toward our Capital Fund now through the end of the year. Every dollar you give will be doubled to help us build a more spacious and accessible St. Mary's.

Calling all Church School Students to Join Nativity Pageant Practice!

As we enter the nativity season, our youth are invited to celebrate by joining in preparations for our nativity pageant on Dec. 13th after vespers. Practices will be held on Nov. 15th and Nov. 22nd from 4pm-4:45pm and on Dec. 6th during the St. Nicholas Retreat (details forthcoming).



Join us for the Doxacast Remix!

NEW! "Young Goodman Brown and the Ladder of Diabolic Descent." Turn off the lights, light an atmospheric candle, and listen to our late Halloween Treat as Fr. David Subu joins us to talk and read through Nathaniel Hawthorne's spooky tale of a young Puritan's journey into the heathen forest at night. 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, Nov. 24 (for Dec. issue)

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

God Grant You Many Years!



Birthdays Bobby A., Hans C., Svetlana D., Kurt E., Allison J., Ellen R.
Namedays St. Matthew the Apostle, St. Philip the Apostle
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!