



St. Mary Orthodox Church

WEEKLY BULLETIN | NOVEMBER 30, 2025

Tone 8 • 25th Sunday after Pentecost

Holy and All-Praised Apostle Andrew the First-Called

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

Fellowship Hour, served by entire parish

No Church School - (Highschoolers will still meet)

This Week At St. Mary's

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

WEDNESDAY, DECEMBER 3

Confessions | 6-7pm

Vespers | 7-7:40pm

Confessions | 6-7pm

FRIDAY, DECEMBER 5

Great Vespers | 7-8pm

SATURDAY, DECEMBER 6

Divine Liturgy | 10-11am

St. Nicholas Retreat | 10am-3pm

Confessions | 3-4:30pm

Great Vespers | 5-6pm

FOCUS Retreat w/ Steve Christoforou
| 6-8pm

SUNDAY, DECEMBER 7

Matins & Divine Liturgy | 9-11:30am

Memorial: Miroy | 11:30am-12:00pm

Church School/Fellowship Hour |
12:00pm-1:00pm

Nativity Fast — November 15th-24th



Fellowship Hour Hosting Groups:

Week 1: A-Di ← Next Week's Host

Week 2: Do-Ke

Week 3: Kh-P

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 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 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. Andrew

O ANDREW, first-called of the Apos-
tles, * and brother of the foremost
disciple, * entreat the Master of all *
to grant peace to the world, // and to
our souls great mercy!

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 cele-
brates Thy rising from the dead, O greatly
Merciful One!

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

LET us praise Andrew, the herald of
God, * the namesake of courage, * the
first-called of the Savior's disciples *
and the brother of Peter! * As he once
called to his brother, * he now cries
out to us: // "Come, for we have found

the One Whom the world desires!"

Both now. *Tone 3. Kontakion of
the Forefeast of the Nativity*

ON this day the Virgin cometh to the
cave to give birth to * God the Word
ineffably, * Who was before all the
ages. * Dance for joy, O earth, on hear-
ing * the gladsome tidings; * with the
Angels and the shepherds now glorify
Him * Who is willing to be gazed on
* as a young Child Who * before the
ages is God.

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.*

EPISTLES

*The Reading is from the Epistle of
St. Paul to the Ephesians (4:1-6)*

*Brethren, I, Paul, the prisoner of the
Lord, beseech you to walk worthy
of the calling with which you were
called, with all lowliness and gen-
tleness, with longsuffering, bearing
with one another in love, endeavoring
to keep the unity of the Spirit in the
bond of peace. There is one body and
one Spirit, just as you were called in
one hope of your calling; one Lord,
one faith, one baptism; one God and
Father of all, who is above all, and
through all, and in you all.*

*The Reading is from the Epistle
of St. James (1:16-27)*

Brethren, do not be deceived. Every

— 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

good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. Of His own will He brought us forth by the word of truth, that we might be a kind of firstfruits of His creatures. So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God. Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does. If anyone among you thinks he is religious, and does not bridle his tongue but deceives his own heart, this one's religion is useless. Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.

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!*

GOSPELS

The Reading is from the Holy Gospel According to St. Luke (13:10-17)

At that time, Jesus was teaching in one

of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day." The Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound – think of it – for eighteen years, be loosed from this bond on the Sabbath?" And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

The Reading is from the Holy Gospel According to St. Matthew (6:25-34)

The Lord said, "Do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like

one of these. Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things.

COMMUNION HYMN

- ✠ *Praise the Lord from the heavens!
Praise Him in the highest!*
- ✠ *Their proclamation has gone out into
all the earth, / and their words to the
ends of the universe!*
- ✠ *Alleluia, alleluia, alleluia!*



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.



Donate to Toys for Tots

What: New, packaged toys for ages 0-12 years

Where: Donation Box in the Fellowship Hall

When: November 15-December 11



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!

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

Save the Date

Services, holidays, and other events

DECEMBER

Reel Women | Dec. 9th

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

Great Vespers & Nativity Pageant | Dec. 13 @ 5pm

Parish Council (Virtual) | Dec. 16th @ 7-9pm

Divine Liturgy | Dec. 17th @ 7-8am

Divine Liturgy | Dec. 20th @ 10-11am

Baptism: Asihel | Dec. 20th 11am-12pm

Great Vespers w/Group Confession | Dec. 20th @ 5-6:30pm

JANUARY

St. Basil Liturgy | Jan. 1st @ 10:30am-12pm

Royal Hours of Theophany | Jan. 5th @ 10-11:30am

Vespertal Liturgy of Theophany with Blessing of Waters | Jan. 5th @ 6-8pm

Divine Liturgy with the Blessing of Waters | Jan. 6th @ 10:30am-11:30am

Home Blessings: Arlington | Jan. 9th @ 7pm-8pm

St. John Dinner | Jan. 11th



Upcoming Events & Outings

Register for the St. Nicholas Retreat



Join us for this year's St. Nicholas Day Retreat, a parish gathering that brings together worship, fellowship, and a simple service project inspired by the life of St. Nicholas the Wonderworker. We will celebrate liturgy and enjoy brunch together, afterwards, the afternoon program is designed especially for children, including an opportunity to practice for the nativity pageant, a surprise visit from St. Nicholas himself, and a service activity. Though designed

for children, we encourage all ministries and parishioners to consider partnering with our children for the day! Scan or register here: <https://tinyurl.com/2bjcvfax>.



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 in the DMV. Scan or register here: <https://tinyurl.com/3a7eerup>.



Find Treasures at the No-Sales Consignment and Gift Exchange

Join us on Saturday, December 13th, 2025 @ 3-5pm to clean out your storage, bless others, and find "new-to-you" treasures--no money exchanged. Bring your gently loved, gift-worthy items (clothes, household, toys, books, accessories), browse what others have brought, and take what you'll use. Please arrive with items sorted and bring a bag to carry finds home. Leftovers will be donated. All are welcome!



Parish News & Announcements

Donate Non-Perishable Goods to Falls Church Food Pantry this Advent Season

Our Community Outreach Ministry highlights that donations will be received in the the donation box downstairs outside the restrooms.

“

When you are in church, remember that you are in the living presence of the Lord God, that you stand before His face, before His eyes, in the living presence of the Mother of God, the holy angels, and the first-born of the Church--our forefathers, the prophets, apostles, hierarchs, martyrs, Holy Fathers, and all the saints. Always be aware of this when you are in church and stand with devotion, taking part willingly with your whole heart, in the divine service.

—St. John of Kronstadt
My Life in Christ

”

Join us for the Doxacast Remix!



Our Babylon 5 panel, composed of St. Mary's parishioners, is back with a NEW episode titled The Coming of Shadows (and Light). To hear this an other conversations, visit our home on Ancient Faith Radio <https://tinyurl.com/89s9k-dj6> 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 | *extended* Monday, Dec. 15 (for Dec. issue)

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

God Grant You Many Years!



Birthdays Caleb D.

Namedays St. Anna, St. Nicholas

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
- scan this QR code with your phone 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!