



St. Mary Orthodox Church

WEEKLY BULLETIN | JANUARY 4, 2026

Tone 5 • 30th Sunday after Pentecost

Forefeast of Theophany - Synaxis of the Seventy Apostles

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

*Fellowship Hour, served by Group A-Di
Church School Resumes*

This Week At St. Mary's

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

MONDAY, JANUARY 5

Royal Hours of Theophany | 10-11:30am

Vespers Liturgy of Theophany with
Blessing of Waters | 6-8pm

TUESDAY, JANUARY 6

Divine Liturgy with the Blessing of the
Waters | 10:30-11:30am

FRIDAY, JANUARY 9

Philokalia Book Study | 3-4pm
Home Blessings: Arlington (see
Calendly schedule to book)

SATURDAY, JANUARY 10

St. John Dinner Prep | 12-3pm
Great Vespers | 5-6pm

SUNDAY, JANUARY 11

Matins & Divine Liturgy | 9-11:30am
St. John Dinner | 12-1pm



Fellowship Hour Hosting Groups:

Week 1: A-Di

Week 2: Do-Ke ← Next Week's Host

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 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 Forefeast

PREPARE, O Zebulon, * and adorn yourself, O Naphtali! * River Jordan, cease flowing, * and receive with joy the Master coming to be baptized! * Adam, rejoice with our first Mother, * and do not hide yourselves as you did of old in Paradise; * for having seen you naked, * He has appeared to clothe you with the first garment. // Christ has appeared to renew all creation.

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 3. Troparion of the Apostles

HOLY Apostles of the Seventy * entreat the merciful God // to grant our souls forgiveness of transgressions!

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 4. Kontakion of the Forefeast

TODAY the Lord enters the Jordan and cries out to John: * “Do not be afraid to baptize Me. // For I have come to save Adam, the first-formed man.”

Glory. Tone 2. Kontakion of the Apostles

O FAITHFUL, let us praise with hymns * the choir of the seventy disciples of Christ. * They have taught us all to worship the undivided Trinity, * for they are divine lamps of the faith.

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 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!*

— *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 Eeskhios, Agios Athanatos, eleison imas

Spanish: Santo Dios, Santo Fuerte, Santo Inmortal, ten piedad de nosotros

EPISTLE

The Reading is from the Second Epistle of St. Paul to Timothy (4:5-8)

Timothy, my son, be watchful in all things, endure afflictions, do the work of an evangelist, fulfill your ministry. For I am already being poured out as a drink offering, and the time of my departure is at hand. I have fought the good fight, I have finished the race, I have kept the faith. Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.

Alleluia, Tone 8:

- ✠ *O God be bountiful to us and bless us, show the light of Your countenance upon us, and have mercy on us.*
- ✠ *That we may know Your way upon the earth, and Your salvation among the nations.*

GOSPEL

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

The beginning of the gospel of Jesus Christ, the Son of God. As it is written in the Prophets: "Behold, I send My messenger before Your face, Who will prepare Your way before You. The voice of one crying in the wilderness: 'Prepare the way of the LORD; make His paths straight.'" John came baptizing in the wilderness and preaching a baptism of repentance for the remission of sins. Then all the land of Judea, and those from Jerusalem, went out to him and were all baptized by him in the Jordan River, confessing their sins. Now John was clothed with camel's hair and with a leather belt around his waist, and he ate locusts

and wild honey. And he preached, saying, "There comes One after me who is mightier than I, whose sandal strap I am not worthy to stoop down and loose. I indeed baptized you with water, but He will baptize you with the Holy Spirit."

COMMUNION HYMNS

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



Synaxis of the Seventy Apostles

The Synaxis of the Seventy Apostles was established by the Orthodox Church to indicate the equal honor of each of the Seventy. They were sent two by two by the Lord Jesus Christ to go before Him into the cities He would visit (Luke 10:1).

With the Descent of the Holy Spirit the Seventy Apostles preached in various lands. Some accompanied the Twelve Apostles, like the holy Evangelists Mark and Luke, or Saint Paul's companion Timothy, or Prochorus, the disciple of the holy Evangelist John the Theologian, and others. Many of them were thrown into prison for Christ, and many received the crown of martyrdom.

There are two more Apostles of the Seventy: Saint Cephas, to whom the Lord appeared after the Resurrection (1 Cor. 15:5-6), and Simeon, called Niger (Acts 13:1). They also were glorified by apostolic preaching.

There are discrepancies and errors in some lists of the Seventy Apostles. In a list attributed to Saint Dorotheus of Tyre (June 5) some names are repeated (Rodion, or Herodion, Apollos, Tychicus, Aristarchus), while others are omitted (Timothy, Titus, Epaphras, Archippus, Aquila, Olympas). Saint Demetrius of Rostov consulted the Holy Scripture, the traditions passed down by the Fathers, and the accounts of trustworthy

historians when he attempted to correct the mistakes and uncertainties in the list in compiling his collection of Lives of the Saints.

The Church in particular venerates and praises the Seventy Apostles because they taught us to honor the Trinity One in Essence and Undivided.

In the ninth century Saint Joseph the Hymnographer composed the Canon for the Synaxis of the Seventy Apostles of Christ.

--From oca.org



"In the church and its adornment, the whole divine economy of salvation is presented. We see this in the icons, in the divine services, in the reading of the Holy Scriptures, the singing, the rites, the entire Old Testament, New Testament, and Church history. Great is the marvel of a divine service in our Orthodox Church, for those who understand it, who penetrate into its essence, its spirit, its meaning!"

--St. John of Kronstadt, *My Life in Christ*



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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

JANUARY

Divine Liturgy (St. Nina) | Jan. 14th @ 7-8am

Women's Bible Study | Jan. 16th @ 6:30-8pm

Men's Bible Study | Jan. 17th @ 8-10am

Adult Catechism | Jan. 17th @ 3-4:30pm

Reel Women | Jan. 19th @ 6-9pm

Divine Liturgy (St. Maximus the Confessor) | Jan. 21st @ 7-8am

Wedding: Cheshire | Jan. 24th @ 2-8pm

Divine Liturgy (Ss. Ephraim & Isaac the Syrian) | Jan. 21st @ 7-8am

Divine Liturgy (Three Holy Hierarchs) | Jan. 30th @ 10-11am

Baptism @ St. Mark OCA: Subu | Jan. 31st @ 11am-1pm

Great Vespers with Group Confession | Jan. 31 @ 5-6pm

FEBRUARY

Parish Assembly | Feb. 1st @ 12:30-2pm

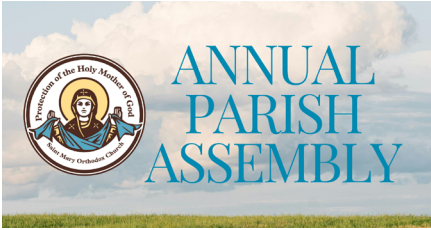
Festal Vespers | Feb. 1st @ 2:30-3:30pm

Festal Liturgy with Blessing of Candles | Feb 2nd @ 7-8am

Meatfare/Last Judgement | Feb. 15th

Cheesefare/Forgiveness Sunday | Feb. 22nd

Upcoming Events & Outings



St. Mary Parish Assembly is on Feb. 1st

All parishioners are warmly invited to attend St. Mary's Annual Parish Assembly on Sunday, February 1st, after Divine Liturgy. This important gathering is an opportunity reflect on the life of our parish over the past year, hear updates from clergy

and parish leadership, review financial and ministry reports, and look ahead to the year to come!

Adult Catechism Winter 2026: Worship & Sacraments

This winter, we are offering an Adult Catechism course covering worship & the sacraments starting on January 17th (3-4:30pm). This course will help you articulate the history, purpose, value, and meaning of the Eastern Orthodox Church's approach and the Holy Mysteries. Scan to register!



Home Blessing Scheduling is Live!

Following the upcoming Feast of Theophany, it is our longstanding Orthodox tradition to invite the blessing of holy water into our homes as we begin the new year. During this annual home blessing season, Fr. David visits parishioners' homes to pray with families and ask God's blessing upon all who dwell there. Please use this link to schedule your visit: <https://calendly.com/frdavid-p308/home-blessings>. Consider coordinating with your local neighbors so that Fr. David can correlate his visits to an area on the same day.



Parish News & Announcements

Dine at the St. John Dinner Fundraiser for Pro Vita Orphanage

Join us for the St. John Dinner on Sunday, January 11 after Divine Liturgy, in the Fellowship Hall, as we come together in fellowship and charity to support the Pro-Vita Orphanage in Valea Plopului, Romania, in partnership with American Friends of Pro Vita Orphanage, Inc. (AF-PVO). Enjoy a delicious meal of traditional Eastern European favorites including smoked sausage, stuffed cabbage, mashed beans, and mamaliga (polenta). Everyone is welcome, and all collections from the day will go toward our 2026 Pro-Vita donation, with a parish goal of \$5,000. Volunteers are also welcome to help with meal preparation on Saturday, January 10, from 12–2 pm. Come hungry, bring a friend, and support this life-giving ministry!



2026 ROEA Calendars (English & Romanian) Available

We have a number of ROEA hand calendars and a few liturgical wall calendars available free to parishioners with interest. Please find them located in the narthex. Thank you!

Join us for the Doxacast Remix!

Enjoy TWO NEW episodes of the Doxacast Remix: "Beginning the End of Stranger Things" and "Body and Soul and the Cinema of Frankenstein" (with Amy D.). To hear these and other conversations To hear this an 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, Jan. 12 (for Jan. Issue)

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

God Grant You Many Years!



Birthdays Demitri A., Christina H., Theodore K., Benton L., Victoria O., Elaine R., Armand S.

Namedays None.

Anniversaries Michael & Emma W.

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!