



St. Mary Orthodox Church

WEEKLY BULLETIN | JANUARY 11, 2026

Tone 6 • 31st Sunday after Pentecost

Afterfeast of Theophany - Ven. Theodosius the Great, the Cenobiarch

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

*St. John Dinner for Pro Vita Orphanage,
with additional hosting by Group Do-Ke
Church School*

This Week At St. Mary's

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

MONDAY, JANUARY 12

Parish Council | 7-9pm

WEDNESDAY, JANUARY 14

Divine Liturgy | 7-8am

FRIDAY, JANUARY 16

Philokalia Book Study | 3-4pm

SATURDAY, JANUARY 17

Men's Fellowship | 8-10am

Fellowship of Moms Pedicure Outing |
11am-12pm

Adult Catechism Pt. 2 Begins |

3-4:30pm

Great Vespers | 5-6pm

SUNDAY, JANUARY 18

Matins & Divine Liturgy | 9-11:30am

Church School | 12-1pm



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 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

WHEN You, O Lord, were baptized in the Jordan, * the worship of the Trinity was made manifest. * For the voice of the Father bore witness to You, * and called You His beloved Son; * and the Spirit in the form of a dove * confirmed the truthfulness of His word. * O Christ our God, You have revealed Yourself // and have enlightened the world, glory to You.

Tone 8. Troparion of Ven. Theodosius

BY a flood of tears you made the desert fertile, * and your longing for God brought forth fruits in abundance. * By the radiance of miracles you illuminated the whole universe. // Our Father Theodosius, pray to Christ God to save our souls!

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.

Glory. Tone 8. Kontakion of Ven. Theodosius

PLANTED in the courts of your Lord, you blossomed beautifully with virtue, * and increased your children in the desert, showering them with streams of your tears, * O chief shepherd of the divine flock of God. * Therefore, we cry to you: Rejoice, O Father Theodosius!

Both now. Tone 4. Kontakion of the Feast

TODAY You have shone forth to the world, O Lord, * and the light of Your countenance has been marked on us. * Knowing You, we sing Your praises: * “You have come and revealed Yourself, // O unapproachable Light.”

PROKEIMENON

In the first tone: Let Thy mercy, O Lord, be upon us / as we have set our hope on thee.

✠ *Rejoice in the Lord, O ye righteous! Praise befits the just!*

In the seventh tone: Precious in the sight of the Lord / is the death of His saints.

EPISTLES

The Reading is from the Epistle of St. Paul to the Ephesians (4:7-13)

Brethren, to each one of us grace was given according to the measure of Christ's gift. Therefore He says: “When He ascended on high, He led captivity captive, and gave gifts to men.” (Now

— *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

this, “He ascended” – what does it mean but that He also first descended into the lower parts of the earth? He who descended is also the One who ascended far above all the heavens, that He might fill all things.) And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ.

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 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.*

Alleluia, Tone 6:

✠ *Blessed is the man who fears the Lord, who greatly delights in His commandments.*

GOSPELS

The Reading is from the Holy Gospel According to St. Matthew (4:12-17)

At that time, when Jesus heard that John had been put in prison, He departed to Galilee. And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, that it might be fulfilled which was spoken by Isaiah the prophet, saying: “The land of Zebulun and the land of Naphtali, by the way of the sea, beyond the Jordan, Galilee of the Gentiles: The people who sat in darkness have seen a great light, and upon those who sat in the region and shadow of death Light has dawned.” From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.”

The Reading is from the Holy Gospel According to St. Matthew (11:27-30)

The Lord said to them, “All things have been delivered to Me by My Father,

and no one knows the Son except the Father. Nor does anyone know the Father except the Son, and the one to whom the Son wills to reveal Him. Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

HYMN TO THE THEOTOKOS FOR THE FEAST

Magnify, O my soul, the most pure Virgin Theotokos, * more honorable than the heavenly hosts!

No tongue knows how to praise you worthily, O Theotokos; * even Angels are overcome with awe praising you. * But since you are good, accept our faith; * for you know our love inspired by God! * You are the defender of Christians, and we magnify you.

COMMUNION HYMNS

- ✠ *Praise the Lord from the heavens!*
Praise Him in the highest!
- ✠ *The righteous shall be in everlasting remembrance. He shall not fear evil tidings.*
- ✠ *Alleluia, Alleluia, Alleluia*



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





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

Reel Women | Jan. 19th @ 2-7pm

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

Women's Bible Study (New Date) | Jan. 23 @ 6:30-8pm

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 (& Children's Movie) | Feb. 1st @ 12:30-2pm

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

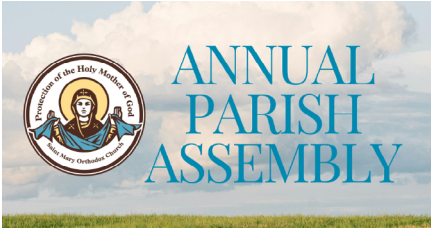
Festal Liturgy with Blessing of Candles | Feb 2nd @ 7-8am

St. Mary Tea | Feb. 14th @ 2:30-4:30pm

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!



St. Mary Tea

EVERYONE IS INVITED!

All are welcome to this family-friendly event and encouraged to invite guests!

Saturday, Feb 14, 2026
2:30-4:30pm

Enjoy sweets, snacks, tea & coffee--a great Valentine's Day treat!

RSVP TODAY!



Parish News & Announcements

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

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. (AFPVO). Enjoy a delicious meal of traditional Eastern European favorites including smoked sausage, stuffed cabbage, mashed beans, and mamaliga (polenta).



Pro Vita
AMERICAN FRIENDS OF
PRO VITA ORPHANAGE



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. Scan and select "St. John Dinner" in the drop-down to donate. Come hungry, bring a friend, and

support this life-giving ministry!



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 Merryn G., Anghelina G., Lucy F., Mina C., Adrian A.
Namedays St. Tatiana, St. Anthony the Great, St. Nina of Georgia,
St. Jacob of Nisibis, St. Vitalis
Anniversaries Anthony & Anya F.

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!