



St. Mary Orthodox Church

WEEKLY BULLETIN | JANUARY 18, 2026

Tone 7 • 32nd Sunday after Pentecost

Ss. Athanasius the Great and Cyril, Archbishops of Alexandria

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

*Fellowship Hour hosted by Group Kh-P
Church School*

This Week At St. Mary's

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

MONDAY, JANUARY 19

Reel Women Movie Night | 2-7pm

WEDNESDAY, JANUARY 21

Divine Liturgy | 7-8am

FRIDAY, JANUARY 23

Philokalia Book Study | 3-4pm

Women's Bible Study | 6:30-8pm

SATURDAY, JANUARY 24

Wedding: Cheshire | 2-8pm

SUNDAY, JANUARY 25

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

Week 4: Q-Z ← Next Week's Host

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 7. Troparion of the Resurrection

BY Thy Cross Thou didst destroy death. * To the thief Thou didst open Paradise. * For the Myrrhbearers Thou didst change weeping into joy, * and Thou didst command Thy disciples, O Christ God, * to proclaim that Thou art risen, // granting the world great mercy.

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 3. Troparion of Ss. Athanasius and Cyril

YOU shone forth with works of Orthodoxy and quenched all heresy, * and became victorious trophy-bearers, hierarchs Athanasius and Cyril. * You enriched all things with piety and greatly adorned the Church, * and worthily found Christ God, // Who grants His great mercy to all.

Tone 7. Kontakion of the Resurrection

THE dominion of death can no longer hold men captive, * for Christ descended, shattering and destroying its powers. * Hell is bound, while the Prophets rejoice

and cry: * “The Savior has come to those in faith; // enter, you faithful, into the Resurrection!”

Glory. Tone 4. Kontakion of the Ss. Athanasius & Cyril

Athanasius and Cyril, great hierarchs of true piety, and noble champions of the Church of Christ, * Preserve all who sing: // “O Compassionate Lord, save those who honor You!”

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 seventh tone: The Lord shall give strength to his people! / The Lord shall bless His people with peace!

✠ Offer to the Lord, O ye sons of God!
Offer young rams to the Lord!

EPISTLE

The Reading is from the First Epistle of St. Paul to Timothy (1:15-17)

Brethren, this is a faithful saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners, of whom I am chief. However, for this reason I obtained mercy,

— *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

that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life. Now to the King eternal, immortal, invisible, to God who alone is wise, be honor and glory forever and ever. Amen.

Alleluia, Tone 7:

- ✠ *It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!*
- ✠ *To declare Thy mercy in the morning and Thy truth by night.*

GOSPEL

The Reading is from the Holy Gospel According to St. Luke (18:35-43)

At that time, as He was coming near Jericho, a certain blind man sat by the road begging. And hearing a multitude passing by, he asked what it meant. So they told him that Jesus of Nazareth was passing by. And he cried out, saying, "Jesus, Son of David, have mercy on me!" Then those who went before warned him that he should be quiet; but he cried out all the more, "Son of David, have mercy on me!" So Jesus stood still and commanded him to be brought to Him. And when he had come near, He asked him, saying, "What do you want Me to do for you?" He said, "Lord, that I may receive my sight." Then Jesus said to him, "Receive your sight; your faith has made you well." And immediately he received his sight, and followed Him, glorifying God. And all the people, when they saw it, gave praise to God.

COMMUNION HYMNS

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



The Holy Mysteries are called the Holy Gifts because they are given to us by the Lord freely, for nothing, undeservedly on our part. The Lord, in the Holy Mysteries, grants us forgiveness and cleansing from our sins. He gives us sanctification, the peace of our spiritual powers, healing and health of soul and body, and every blessing according to our faith. If, then, the Lord gives us Himself in His Divine Mysteries, should we not therefor give to others freely, for nothing? Should we not give such perishable goods as money, food, drink, clothes to all who ask for them? How can we become angry with those who eat our bread for nothing, when we ourselves partake freely of the priceless and immortal food of the Body and Blood of the Lord?

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

CROSSROAD 2.0

Five days to deepen your faith, connect with other Orthodox young adults, and discover your vocation in this busy life.



Open to Young Adults

AGES 21-35

March 18-22, 2026
Pompano Beach, Florida

Apply by **February 1, 2026**

Join us at the beach!

- Quiet mornings to reflect and enjoy the beach.
- Short educational sessions by distinguished theologians.
- Afternoon free time to relax, hang out, and enjoy the beach.
- Lenten worship with local parish communities.
- Evenings to kick back on the roof-top deck, enjoying tapas and fellowship!

Learn More & Apply
Space is limited so apply today!



<https://crossroadc26.org>

CrossRoad 2.0 is a ministry of the CrossRoad Institute which seeks to inspire young people to develop a lifelong faith.

CONTACT US:
info@crossroadinstitute.org | (617) 468-2004



DMV KICK-OFF MEETING

Join us as we begin developing a local ministry in the DMV!

The Fellowship of Orthodox Christians United to Serve (FOCUS) is a pan-Orthodox ministry that mobilizes communities to serve our neighbors in need.

Light refreshments will be served. All are invited!

SATURDAY, JANUARY 31, 2026 @ 4 PM

Ss. Peter and Paul Antiochian Orthodox Church
10620 River Rd, Potomac, MD 20854

SCAN THE QR CODE OR VISIT
[FOCUSNA.ORG/DMV](https://focusna.org/dmv)
TO RSVP BY JANUARY 24



CGS LENTEN RETREAT



3 days	\$100/camper	2 nights
--------	--------------	----------

March 6-8, 2026

Camp Plankatank
1586 Stammers Bay Rd Box 435
Hartfield, VA 23071

Retreat Theme: Coming Home

"Return to the Lord your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love." Joel 2:13

Register Here:



bit.ly/4qRZ94q



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 — Allison J. & Vacancy

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 (Ss. Ephraim & Isaac the Syrian) | Jan. 28th @ 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

Baptism: Thompson | Feb. 7th @ 11am-12pm

Memorial Liturgy | Feb. 14th @ 10-11:30am

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

Meatfare/Last Judgement | Feb. 15th

Parish Council | Feb. 16th @ 7-9pm

Financial Peace University begins | Feb. 21st @ 10-11:30am

Cheesefare/Forgiveness Sunday | Feb. 22nd

Visit stmaryorthodox.org/calendar for complete and updated listings!

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! ***Update* Children/Youth will be hosted in the basement for movie and snacks during the assembly.**



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

Lost & Found

Please check the Lost and Found for missing treasures! There are currently plates, coats and much more in the basket.

Reel Women

Calling all women to a movie outing tomorrow, January 19th! 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 tomorrow. See Christina J. or Anna C. for any questions.

An Evening Teaching Series: What Does Jesus Have to Say About...?

We're invited to an upcoming class in a broader teaching series hosted by The Falls Church Anglican, and we're especially glad to share that our own Fr. David will be one of the speakers. In a divided society marked by ongoing culture wars, Christians often feel caught between silence and shouting—either fearing that speaking will cause more harm, or that silence may signal approval of what is



wrong. But when it comes to the most pressing spiritual and moral issues of our time, might the Gospel call us to something more? Fr. David's participation will be Wednesday, January 28th, 2026 (7:00 pm - 8:30 pm) but you can find additional details about the series and register by scanning the code or visiting: <https://tinyurl.com/ae7trzs>

Join us for the Doxacast Remix!

Check out our NEWEST episodes on Myst and Stranger Things: Ages of Myst(ery) and Heroes Just fo One Day: An End to Stranger Things. Ages of Myst(ery) features St. Mary's parishioners Jos and Maggie Johnson alongside our 2025 Clergy Keynote, Fr. Evan Cummings. To hear these 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, Feb. 16 (for Mar/Lent Issue)

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

God Grant You Many Years!



Birthdays Lauren C., Maria L., Leilah R.

Namedays St. Timothy, St. Maximus, St. Mark of Ephesus, St. Xenia

Anniversaries Bodan & Galina M., Mark & Elizabeth S.

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!