



# St. Mary Orthodox Church

WEEKLY BULLETIN | FEBRUARY 1, 2026

**Tone 1 • Beginning of the Lenten Triodion**

*Sunday of the Publican and the Pharisee*

## Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

*Following the service:*

*Fellowship Hour hosted by Parish Council  
& Group A-Di*

*(No Church School)*

1:00pm — Festal Vespers

## This Week At St. Mary's

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

### **MONDAY, FEBRAURY 2**

Festal Liturgy with Blessing of Candles | 7-8am

### **WEDNESDAY, FEBRUARY 4**

Intro. to Byzantine Notation | 7:30-8:30pm

### **FRIDAY, FEBRUARY 6**

Philokalia Book Study | 3-4pm

### **SATURDAY, FEBRUARY 7**

Baptism: Thompson | 11am-12pm

Adult Catechism | 3-4:30pm

Great Vespers | 5-6pm

### **SUNDAY, FEBRUARY 8**

Matins & Divine Liturgy | 9-11:30am

Dn. Nicholas & Dsa. Cathy Farewell

Church School | 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 1. Troparion of the Resurrection*

WHEN the stone had been sealed by the Jews, \* while the soldiers were guarding Thy most pure body, \* Thou didst rise on the third day, O Savior, \* granting life to the world. \* The powers of heaven therefore cried to Thee, O Giver of Life: \* “Glory to Thy Resurrection, O Christ! \* Glory to Thy Kingdom! // Glory to Thy dispensation, O Thou Who lovest mankind!”

*Tone 1. Troparion of the Forefeast*

THE celestial choir of heavenly Angels \* bends down to the earth \* and sees the First-born of all creation being carried into the Temple as a Babe \* by a Mother who has not known man, \* and in amazement they sing along with us // a hymn of the Forefeast.

**Glory.** *Tone 4. Kontakion  
from the Triodion*

LET us flee from the pride of the Phar-isee! \* Let us learn humility from the Publican's tears! \* Let us cry to our Savior: \* “Have mercy on us, // O only merciful One!”

**Both now.** *Tone 6. Kontakion  
of the Forefeast*

THE Word unseen with the Father, \* now is seen in the flesh, ineffably born of the Virgin, \* and is given into the arms of the priest and Elder. // Let us worship Him, our True God.

## 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!*

## EPISTLE

*The Reading is from the Second Epistle  
of St. Paul to Timothy (3:10-15)*

*Brethren*, you have carefully followed my doctrine, manner of life, purpose, faith, longsuffering, love, perseverance, persecutions, afflictions, which happened to me at Antioch, at Iconium, at Lystra – what persecutions I endured. And out of them all the Lord delivered me. Yes, and all who desire to live godly in Christ Jesus will suffer persecution. But evil men and impostors will grow worse and worse, deceiving and being deceived. But you must continue in the things which you have learned and been assured of, knowing from whom you have learned them, and that from childhood you have known the Holy Scriptures, which are able to make you wise for salvation through faith which is in Christ Jesus.

*Alleluia, Tone 1:*

✠ *God gives vengeance to me, and subdues people under me!*

✠ *He magnifies the salvation of the King and deals mercifully with*

— **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

*David, His anointed, and his seed forever.*

## GOSPEL

***The Reading is from the Holy Gospel  
According to St. Luke (18:10-14)***

*The Lord said this parable, "two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank You that I am not like other men – extortioners, unjust, adulterers, or even as this tax collector. I fast twice a week; I give tithes of all that I possess.' And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted."*

## COMMUNION HYMNS

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



## CROSSROAD 2.0

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### Open to Young Adults

AGES 21-35

**March 18-22, 2026**  
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#### 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**  
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<https://crossroadc20.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](mailto:info@crossroadinstitute.org) | (617) 468-2004

# CGS LENTEN RETREAT



3 days | \$100/camper | 2 nights

## March 6-8, 2026

Camp Plankatank  
1586 Stampers 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](https://bit.ly/4qRZ94q)



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## 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](mailto:lacie@stmaryorthodox.org)) and we'll get you set up!



# Save the Date

*Services, holidays, and other events*

## FEBRUARY

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

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

**Meatfare/Last Judgement** | Feb. 15th

**Reel Women** | Feb. 16th

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

**Baptism: Martinez** | Feb. 21st @ 11am-12pm

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

**Cheesefare/Forgiveness Sunday** | Feb. 22nd

**Great Canon** | Feb. 23-26 @ 7-8:30pm

**Pre-Sanctified Liturgy** | Feb. 27 @ 10:30am-12pm

**Akathist** | Feb. 27 @ 6-7pm

**Baptism: Salem** | Feb. 28 @ 11am-1pm

## MARCH

**Sunday of Orthodoxy & Parish Assembly (& Children's Movie)** | Mar. 1st @ 12:30-2pm

**Pre-Sanctified Liturgy** | Mar. 4 @ 7-8:30pm

**Pre-Sanctified Liturgy** | Mar. 6 @ 10:30am-12pm

**Akathist** | Mar. 6 @ 6-7pm

*Visit [stmaryorthodox.org/calendar](http://stmaryorthodox.org/calendar) for complete and updated listings!*

# Upcoming Events & Outings



## **\*\*New Date\*\* Parish Assembly is on Mar. 1st**

All parishioners are warmly invited to attend St. Mary's Annual Parish Assembly on Sunday, March 1st, after Divine Liturgy. This important gathering is an opportunity to 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

## Welcome to Winter 2026!

What a winter it has been—as many of us are still digging out—or even axing out—from the aftermath of Winter Storm Fern, we wanted to take a moment to express our hope that everyone has fared well and has the provisions and support needed during this season.

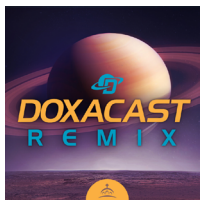
As we begin the new year and enter the pre-Lenten period, our parish leadership is working thoughtfully to balance a challenging reality: while some terrain and weather-related issues may persist, we are also called to continue our life together as a community as best we can. This often means rescheduling events and activities, navigating calendar conflicts, coordinating preparations across multiple ministries, and absorbing the financial and logistical impacts that can accompany last-minute changes and competing needs.

In this season, we also invite parishioners to look for simple ways to serve one another—shoveling a neighbor's driveway, offering a ride to someone snow-bound, or checking in on those who may need extra help. The health of our parish community depends on each of us.

We humbly ask for your grace and patience as leadership seeks to balance the many needs of our parishioners and ministries, and we encourage one another to live at peace as we prayerfully discern what best serves the parish as a whole. Many of these decisions are unfolding quickly, and while that can be difficult, please know we remain committed to transparent and frequent communication across our parish platforms. Thank you for your flexibility, care, and continued love for one another as we walk this season together.

## 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 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](mailto: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** Sdn. Nick J., Alexis K., Helena K., Sarah V.  
**Namedays** St. Anne  
**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!***