



St. Mary Orthodox Church

WEEKLY BULLETIN | FEBRUARY 15, 2026

Tone 3 • Meatfare Sunday
Sunday of the Last Judgment

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

Fellowship Hour Sponsored by Group

Kh-P

Church School

This Week At St. Mary's

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

MONDAY, FEBRUARY 16

Reel Women Movie Night | 4–8pm

Parish Council | 7–9pm

WEDNESDAY, FEBRUARY 18

Vespers | 7–7:45pm

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

FRIDAY, FEBRUARY 20

Philokalia Book Study | 3–4pm

Women's Bible Study | 6:30–8pm

SATURDAY, FEBRUARY 21

Financial Peace University | 10–11:30am

Baptism: Martinez | 11am–12pm

Adult Catechism | 3–4:30pm

Great Vespers | 5–6pm

SUNDAY, FEBRUARY 22

Forgiveness Sunday

Matins & Divine Liturgy | 9–11:30am

Forgiveness Vespers | 11:30am–12pm

No Church School



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 3. Troparion of the Resurrection

LET the heavens rejoice! * Let the earth be glad! * For the Lord has shown strength with His arm. * He has trampled down death by death. * He has become the first born of the dead. * He has delivered us from the depths of hell, * and has granted 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!

Glory. Tone 1. Kontakion from the Triodion

WHEN You, O God, shall come to earth with glory, * all things shall tremble, * and the river of fire shall flow before Your judgment seat; * the books shall be opened, and the hidden things disclosed; * then deliver me from the unquenchable fire, // and make me worthy to stand at Your right hand, O Righteous Judge!

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 third tone: Great is our Lord, and abundant in power, / His understanding is beyond measure.

∞ Praise the Lord! For it is good to sing praises to our God!

EPISTLE

The Reading is from the First Epistle of St. Paul to the Corinthians (8:8-9:2)

Brethren, food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse. But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? If I am not an apostle to others, yet doubtless I am to you. For you are the seal of my apostleship in the Lord.

— 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

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 presence with thanksgiving; let us make a joyful noise to Him with songs of praise.*

GOSPEL

The Reading is from the Holy Gospel According to St. Matthew (25:31-46)

The Lord said, "When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. And He will set the sheep on His right hand, but the goats on the left. Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you

did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' And these will go away into everlasting punishment, but the righteous into eternal life."

THE LORD'S PRAYER (IN MANDARIN)

我們在天上的父
願人都尊你的名為聖，
願你的國降臨，
願你的旨意行在地上，
如同行在天上。
我們日用的飲食，
今日賜給我們。
免我們的債，
如同我們免了人的債，
不叫我們遇見試探，
救我們脫離凶惡。
因為國度、權柄、榮耀
全是你的，
直到永遠。
阿們。

Waw men dzai tien shang duh fu
Our Father who art in heaven
Yuan ren doh zwun nee duh ming wei sheng
Hallowed be Thy name
Yuan nee duh guaw jiang lin
Thy kingdom come

Yuan nee duh jir yee shing dzai dee shang

They will be done on earth

Ru tuhng shing dzai tien shang

As it is in heaven

Waw men rir yuhng duh yin shir

Our daily food and drink

Jin rir tsih gei waw men

Give us this day

Mien waw men duh jai

Forgive us our debts

Ru tuhng waw men mien liao ren duh jai

As we forgive others of their debt to us

Bu jiao waw men yü jien shir tahn

Lead us not into temptation

Jeeoh waw men twaw lee shiung uh

But deliver us from evil

Yin wei gwaw du, chwen bing, ruhng yow

For the kingdom, authority, honor

Chwen shir ni duh

All are yours

Jir dao yuhng yuen; Ah men.

Until eternity [Amen]

COMMUNION HYMNS

∞ *Praise the Lord from the heavens!*
Praise Him in the highest!

∞ *Alleluia, Alleluia, Alleluia*





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

FEBRUARY

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

Pre-Sanctified Liturgy | Mar. 11 @ 7-8:30pm

Pre-Sanctified Liturgy | Mar. 13 @ 10:30am-12pm

Akathist | Mar. 13 @ 6-7pm

Pre-Sanctified Liturgy | Mar. 18 @ 7-8:30pm

Women's Bible Study | Mar. 20 @ 6:30-8pm

Annunciation of the Theotokos - Vespertal Liturgy | Mar. 25 @ 7-8:30pm

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

Akathist | Mar. 27 @ 6-7pm

Great Vespers with Group Confession | Mar. 28 @ 5-6pm

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

Upcoming Events & Outings

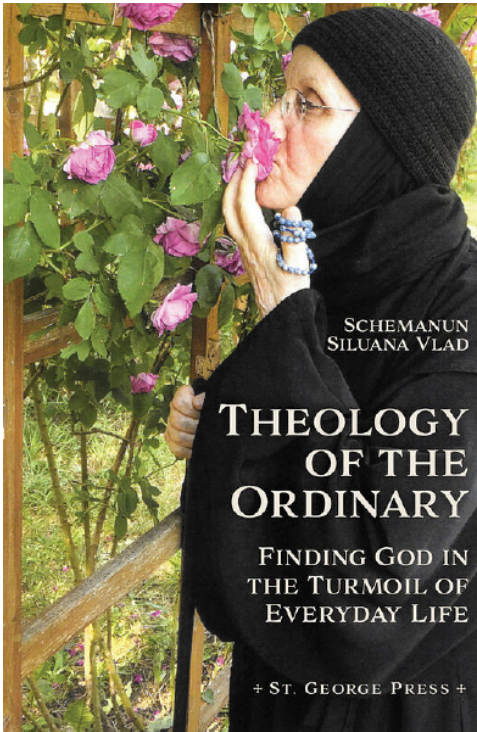
Join Fellowship of Moms after Presanctified Liturgies

All moms and their children are warmly invited to stay after each Friday morning Presanctified Liturgy for a relaxed time of fellowship at the church. We'll gather for simple snacks and enjoy either crafts together or time at the playground with the children, weather permitting. It's a beautiful way to connect, encourage one another, and build friendships during the Lenten season. Join us on Feb. 27, March 6, 13, 20, 27, and April 3.

Catch a Movie with Reel Women

Reel Women Movie Night! Join us tomorrow, Monday, February 16th for our next Reel Women gathering! Voting is open until today at 5pm. Please join the Reel Women group on Realm to see choices for voting and to find out the timing/location of the movie on Monday. See Christina J. or Anna C. with any questions!

Theology of the Ordinary – Workshop Series



You're invited to a free online workshop series exploring how Mother Siluana Vlad's teachings can be lived in the midst of everyday life. Led by Corina Gheorghiu, LMFT, this series helps bridge the gap between inspiration and daily practice.

Workshop 1, Theology of Small Things, takes place Tuesday, February 17, from 7:30–8:45 pm ET. Each workshop stands on its own, participation is free, and registration is required. Scan or register here: <https://tinyurl.com/2zum6e6k>



Parish News & Announcements

Sensory Bags Available in Narthex

To support children with sensory considerations in experiencing a more affirming and peaceful Divine Liturgy, St. Mary's On Behalf Of All Ministry has prepared 10 sensory bags available in the Narthex to use during liturgy. Each bag includes noise-reducing headphones and quiet fidgets. In the coming weeks, we will also add a board book and a laminated visual schedule of the Liturgy. Please see a greeter to borrow a bag and to return it at the end of service.

Legacy Giving at St. Mary's

Have you considered including St. Mary's in your long-term plans? Our new Legacy Giving page provides information on how you can support the future of our parish through planned gifts such as bequests, beneficiary designations, and other estate-planning options. Legacy giving is a meaningful way to ensure that our faith community continues to thrive for generations to come. Learn more at www.stmaryorthodox.org/legacy-giving or contact Parish Council VP Ileana C. with any questions!



Join us for the Doxacast Remix!

Check out our NEWEST episodes on Myst and Stranger Things: Ages of Myst(ery) and Heroes Just for 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 this 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 Valentina H., Christian P., Maria R.
Namedays St. Leo the Great, St. Theodore the Recruit
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!