



St. Mary Orthodox Church

WEEKLY BULLETIN | FEBRUARY 22, 2026

Tone 4 • Cheesefare Sunday - Forgiveness Sunday
The Expulsion of Adam from Paradise

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

11:30am — Forgiveness Vespers

Following the service:

Fellowship Hour Sponsored by Group

Q-Z

No Church School

This Week At St. Mary's

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

MONDAY, FEBRUARY 23

Confessions | 6-7pm
Great Canon | 7-8:30pm

TUESDAY, FEBRUARY 24

Confessions | 6-7pm
Great Canon | 7-8:30pm

WEDNESDAY, FEBRUARY 25

Confessions | 6-7pm
Great Canon | 7-8:30pm

THURSDAY, FEBRUARY 26

Confessions | 6-7pm
Great Canon | 7-8:30pm

FRIDAY, FEBRUARY 27

Pre-Sanctified Liturgy | 10:30am-12pm
Philokalia Book Study | 3-4pm
Akathist | 6-7pm

SATURDAY, FEBRUARY 28

Financial Peace University | 10-11:30am
Baptism: Salem | 11am-1pm
Adult Catechism | 3-4:30pm
Great Vespers | 5-6pm



Fellowship Hour Hosting Groups:

Week 1: A-Di ← Next Week's Host

Week 2: Do-Ke

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 4. Troparion of the Resurrection

WHEN the women disciples of the Lord * learned from the angel the joyous message of Thy Resurrection, * they cast away the ancestral curse * and elatedly told the apostles: * “Death is overthrown! * Christ God is risen, // granting the world great mercy!”

Tone 4. Troparion of the Forerunner

THE head of the Forerunner has shone from the earth, * sending forth rays of incorruption and healings to the faithful. * It gathers together a multitude of angels above * and summons the human race below // to send up glory with one voice to Christ our God.

Glory. Tone 2. Kontakion of the Forerunner

O PROPHET of God and Forerunner of Grace, * we have found your head as a sacred rose. * Therefore we always receive healings from it, // and, as in times past, now you preach repentance to the world.

Both now. Tone 6. Kontakion from the Lenten Triodion

O MASTER, Teacher of wisdom, * Bestower of virtue, * Who teach the thoughtless and protect the poor, * strengthen and enlighten my heart! * O Word of the Father, * let me not restrain my mouth from crying to You: * “Have mercy on me, a transgressor, // O merciful Lord!”

PROKEIMENON

In the eighth tone: Pray and make your vows/ before the Lord our God!

✠ *In Judah God is known; His name is great in Israel.*

EPISTLE

The Reading is from the Epistle of St. Paul to the Romans (13:11-14:4)

Brethren, salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Alleluia, Tone 6:

✠ *It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.*

✠ *To declare Your mercy in the morning, and Your truth by night.*

— *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

GOSPEL***The Reading is from the Holy Gospel
According to St. Matthew (6:14-21)***

The Lord said, "if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

**THE LORD'S PRAYER
(IN MANDARIN)**

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]

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。

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*



SUNDAY of ORTHODOXY

SUNDAY, MARCH 1ST @ 5:00 PM

@ Ss Peter & Paul Antiochian Orthodox Church
10620 River Road, Potomac, MD 20854

GUEST SPEAKER
REV DR PATRICK VISCUSO



The Reverend Dr. Patrick Viscuso is a Professor of Canon Law at the Antiochian House of Studies and the Pastoral School of the Diocese of Chicago and Mid-America, an Orthodox canonist, and a priest of the Greek Orthodox Archdiocese of America. He is the president of the Orthodox Canon Law Society of North America and a member of the North American Orthodox-Catholic Theological Consultation. He has been president of the Byzantine Studies Association of North America. His doctorate from The Catholic University of America concentrated on canon law, patristic studies, and church history. He holds a Master of Divinity from Holy Cross Greek Orthodox School of Theology and a Bachelor of Science from the Edmund A. Walsh School of Foreign Service, Georgetown University. He has authored numerous scholarly articles and five books and is the general editor and translator of the six-volume *Answers to Liturgical* by Ioannes Phountoules. He holds the Jeweled Pectoral Cross in the Russian Orthodox Church Abroad and the office of Protopresbyter of the Ecumenical Throne.

LIGHT RECEPTION TO FOLLOW

EVERYONE IS WELCOME



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

MARCH

Sunday of Orthodoxy & Parish Assembly (& Children's Movie) |

Mar. 1st @ 12:30-2pm

Pre-Sanctified Liturgy | Mar. 4, 11, 18 @ 7-8:30pm

Pre-Sanctified Liturgy | Mar. 6, 13, 20, 27 @ 10:30am-12pm

Akathist | Mar. 6, 13, 20, 27 @ 6-7pm

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

Annunciation of the Theotokos

- **Vespertal Liturgy |** Mar. 25 @ 7-8:30pm

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

OCMC Soup Luncheon | Mar. 29 @ 11:30am-1pm

APRIL

Pre-Sanctified Liturgy | Apr. 1 @ 7-8:30pm

Pre-Sanctified Liturgy | Apr. 3, 6, 7, 8 @ 10:30am-12pm

Lazarus Saturday Retreat | Apr. 4 @ 10:00am

Palm Sunday | Apr. 5

Bridegroom Matins | Apr. 5, 6, 7 @ 7-8:30pm

Matins with Unction | Apr. 8 @ 7-9pm

Vespertal Liturgy of Last Supper | Apr. 9 @ 11am-12:30pm

Matins with Passion Gospels | Apr. 9 @ 7-10pm

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.



Check out the Virtual ARFORA Great Lent Retreat 2026

ARFORA invites you to a one-hour virtual Spiritual Dialogue with Corina Gheorghiu, LMFT, DDS, on Wednesday, March 11, 2026 at 7:00 PM ET (6:00 PM CT / 5:00 PM MT / 4:00 PM PT). The event will be in English.

Corina is an Orthodox Christian psychotherapist, life coach, and creator of The Deep Heart Method, integrating Eastern Orthodox spirituality with neuroscience and psychotherapy. A spiritual daughter of Abbess Siluana Vlad and Saint Sofian of Antim, she speaks and teaches internationally on inner healing and life in Christ. Topic: Misconceptions about Forgiveness. Scan or register here: <https://tinyurl.com/z9vhsshj>



Parish News & Announcements

Check out the Lost and Found

Please take a moment to check the Lost & Found before the end of the month. Any unclaimed items will be donated or discarded at that time. If you're missing a coat, dish, water bottle, or children's item, be sure to look soon!



Hop on the St. Mary Meal Train!

Meal Train for the Cheshire Family

As the family recovers from a health incident, the family could use help with meals during his recovery. The Cheshires would appreciate either home-cooked meals brought to St. Mary on Sundays or UberEats/DoorDash/GrubHub gift cards for restaurant delivery.

You can find their MealTrain here:

<https://www.mealtrain.com/trains/wn73oq/>



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!



Submit items for the weekly bulletin or *The Veil*

Contact Lacie Faber at lacie@stmaryorthodox.org

Newsletter deadline | Monday, Mar. 30 (for Apr./Pascha Issue)

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

God Grant You Many Years!



Birthdays Victor C., Jonathan J., Dimosthenis K., Paula Y.

Namedays St. Raphael of Brooklyn, St. Photini

Anniversaries Susan & Evan F., Michael & Dianne F., Matt & Sarah V.

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!