



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 1, 2026

Tone 5 • First Sunday of Great Lent
Sunday of Orthodoxy

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

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

*Parish Assembly & Children's Movie
(No Church School)*

This Week At St. Mary's

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

WEDNESDAY, MARCH 4

Confessions | 6-7pm
Pre-Sanctified Liturgy | 7-8:30pm

FRIDAY, MARCH 6

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

SATURDAY, MARCH 7

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

SUNDAY, MARCH 8

Matins & Divine Liturgy | 9-11:30am



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 5. Troparion of the Resurrection

LET us, the faithful, praise and wor-ship the Word, * co-eternal with the Father and the Spirit, * born for our salvation from the Virgin; * for He willed to be lifted up on the Cross in the flesh, * to endure death, * and to raise the dead // by His glorious Resurrection.

Tone 2. Troparion of the Sunday of Orthodoxy

WE vererate Your most pure image, O Good One; * and ask forgiveness of our transgressions, O Christ our God. * Of Your own will You were pleased to ascend the Cross in the flesh * and deliver Your creatures from bondage to the Enemy. * Therefore with thankfulness we cry aloud to You: * “You have filled all with joy, O our Savior, // by coming to save the world.”

Glory; both now. *Tone 8. Kontakion of the Sunday of Orthodoxy*

NO ONE could describe the Word of the Father; * but when He took flesh from you, O Theotokos, He accepted to be described, * and restored the fallen image to its former state by uniting it to divine beauty. // We confess and proclaim our salvation in words and images.

PROKEIMENON

In the fourth tone: Blessed art Thou, O Lord God of our fathers, / and

praised and glorified is Thy Name forever!

∞ *For Thou art just in all that Thou hast done for us!*

EPISTLE

The Reading is from the Epistle of St. Paul to the Hebrews (11:24-26; 11:32-12:2)

Brethren, by faith Moses, when he became of age, refused to be called the son of Pharaoh’s daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again. Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins

— *The Trisagion in Other Languages (Transliterated)* —

Romanian: Sfinte Dumnezeule, Sfinte Tare, Sfinte Fără de moarte, Miluiește-ne pe noi

Church Slavonic: Svyati Bozhe, Svyati Krepki, 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

and goatskins, being destitute, afflicted, tormented – of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Alleluia, Tone 4:

✠ *Moses and Aaron were among His priests; Samuel also was among those who called on His Name.*

✠ *They called to the Lord and He answered them.*

GOSPEL

The Reading is from the Holy Gospel According to St. John (1:43-51)

The Lord said to Philip, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found Him of whom Moses in the law, and also the prophets, wrote – Jesus of Nazareth, the son of Joseph." And Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward Him, and said of him, "Behold, an Israelite indeed, in whom is no deceit!" Nathanael said to Him, "How do You know me?" Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you."

Nathanael answered and said to Him, "Rabbi, You are the Son of God! You are the King of Israel!" Jesus answered and said to him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these." And He said to him, "Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man."

INSTEAD OF IT IS TRULY MEET

All of creation rejoices in you, O Full of Grace: * the assembly of angels and the race of men. * O sanctified temple and spiritual paradise, * the glory of virgins, * from whom God was incarnate and became a Child – * our God before the ages. * He made your body into a throne, * and your womb He made more spacious than the heavens. * All of creation rejoices in you, O Full of Grace. * Glory to you!

THE LORD'S PRAYER (IN GREEK)

Πάτερ ἡμῶν
 ὁ ἐν τοῖς Οὐρανοῖς·
 ἁγιασθήτω τὸ ὄνομά σου·
 ἐλθέτω ἡ βασιλεία σου·
 γενηθήτω τὸ θέλημά σου,
 ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς·
 τὸν ἄρτον ἡμῶν
 τὸν ἐπιούσιον δὸς ἡμῖν σήμερον·
 καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν,
 ὡς καὶ ἡμεῖς ἀφίεμεν
 τοῖς ὀφειλέταις ἡμῶν·
 καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς
 πειρασμόν,
 ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Pater imon

o-entis ouranis

Agiastheeto to onomasoo

eltheto ee vasileea soo

Geneetheeto to thelimasoo

os en ourano kai epitis gis

Ton arton imon

ton epioosion dos imin simeron

Kaiafes imin ta ofilaymata imon

os kaimees afiemen

tois ofiletes imon

kai mi isenengkes imas eeis pirasmon

alla reesae imas apo too poniroo.

COMMUNION HYMNS

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

✠ *Rejoice in the Lord, O you righteous;
praise befits the just!*

✠ *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

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 - Vespers 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

Vespers 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

Spring Happenings at St. Tikhon's Seminary

Lenten Retreat with Igumen Sophrony (March 21)- This is a one-day retreat with our spiritual father, Fr. Sophrony. He'll be talking about passions and their remedies, and there will also be tours of the grounds offered as well as lunch and dinner with the brotherhood. It is recommended to stay for the weekend to experience the full services Saturday and Sunday as well. Visit <https://stmpress.com/products/nativity-retreat-at-st-tikhons-monastery-with-fr-sergius-november-15th-2025> or scan above!



Marriage Retreat with Drs. Mary and David Ford (April 25)- The Fords will be hosting another one-day retreat with two different sessions throughout the day. The Fords are absolute pillars of the St. Tikhon's community after teaching here for many many years and have also written an impressive number of books on the topic of marriage including "Marriage as a Path to Holiness." Again, tours of the grounds will be available, and lunch and dinner will be provided. Visit <https://stmpress.com/products/marriage-retreat-at-st-tikhons-monastery-with-drs-david-mary-ford-saturday-april-25th-2026> or scan above!



Memorial Day Weekend Pilgrimage- While the final schedule is still being confirmed, we highly encourage everyone to consider setting aside Memorial Day weekend (Friday - Monday) to visit St. Tikhon's. This is an especially great time to visit for those who have never been to a monastery before as there will be many different events going on, as well as numerous Hierarchical Liturgies. Be aware, given the rural location, hotels and Airbnb's do fill up quickly due to the number of people that travel in for the long weekend (it is also seminary graduation weekend).

POC for more information on any of these wonderful events is Paige B.

Community Outreach Ministry General Interest Meeting

Are you interested in helping our local community? Do you have ideas on how the church can participate in our community? Please join us for a virtual general interest meeting of the Community Outreach Ministry on Wednesday, March 4th at 7:30pm. All parishioners are welcome! Zoom link: <https://us06web.zoom.us/j/84528032734?pwd=J04rKVQ6ul2BQXFFqssXBEvyTAZhHT.1>



Parish News & Announcements

Seeking Pussy Willow Branches for Pascha

Does anyone have a pussy willow tree that we might be able to harvest from for Pascha this year? If you're willing to share branches with the parish, please let David Dill know. We would be very grateful!

Great Lent Meditations from St. Vladimir's Seminary

Great Lent Meditations is an email collection of inspired writings from the Church Fathers, priests, and scholars. Each daily email includes a meditation and the scriptural readings for the day. From February 22 through April 12, you will receive daily emails with beautiful meditations that we hope strengthen you during the Lenten season and help you look toward the Resurrection of our Lord and Savior, Jesus Christ. When you sign up, you will also receive an e-book with all the meditations and Scripture readings for Great Lent and Holy Week. Visit <https://www.svots.edu/Great-Lent-meditations-2026> or scan!





Town Hall Series: Church School

We invite all parishioners connected to Church School to join our spring Church School Town Hall Zoom series. These meetings are a chance to share ideas and feedback as we consider improvements for the next ministry year.

We will collaborate across ministries to strengthen the Church School experience. Discussion topics may include Realm-lead student check-in, foot traffic flow, program length, and curriculum accessibility.

If you are involved in or care about Church School, we value your input and hope you will participate as we work to make a strong program even stronger.

POC: Caleb Faber, St. Mary Church School Director

Town Hall Dates (7:00–8:00pm):
Monday, March 2
Wednesday, April 22
Saturday, May 16

You are welcome to attend one, two, or all three sessions.

Visit
<https://us02web.zoom.us/j/85621150212>
or scan to join!





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 Pdsa. Tanya D., Harrison E., Kieran H., Emilia J., Renee L., Clara M.

Namedays St. Kieran of Saighir

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!