



# St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 8, 2026

**Tone 6 • Second Sunday of Great Lent**  
*Sunday of St. Gregory Palamas*

## Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

*Following the service:*

*Fellowship Hour Sponsored by Group*

*Do-Ke & Church School*

7:30pm — Community Outreach Meeting (Virtual)

## This Week At St. Mary's

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

### **WEDNESDAY, MARCH 11**

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

### **FRIDAY, MARCH 13**

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

### **SATURDAY, MARCH 14**

Financial Peace University | 10-11:30am

Adult Catechism | 3-4:30pm  
Great Vespers | 5-6pm

### **SUNDAY, MARCH 15**

Matins & Divine Liturgy | 9-11:30am



### ***Fellowship Hour Hosting Groups:***

Week 1: A-Di

Week 2: Do-Ke

Week 3: Kh-P ← **Next Week's Host**

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 6. Troparion Of the Resurrection

THE Angelic Powers were at Thy tomb; \* the guards became as dead men. \* Mary stood by Thy grave, \* seeking Thy most pure body. \* Thou didst capture hell not being tempted by it. \* Thou didst come to the Virgin, granting life. \* O Lord, Who didst rise from the dead, // glory to Thee.

### Tone 4. Troparion of the church

TODAY the faithful celebrate the feast with joy \* illuminated 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 8. Troparion of St. Gregory Palamas

O LIGHT of Orthodoxy, teacher of the Church, its confirmation, \* O ideal of monks and invincible champion of theologians, \* O wonderworking Gregory, glory of Thessalonica and preacher of grace, // always intercede before the Lord that our souls may be saved!

### Tone 4. Kontakion of the Triodion

NOW is the time for action! \* Judgment is at the doors! \* So let us rise and fast, \* offering alms with tears of compunction and crying: \* “Our sins are more in number than the sands of the sea; \* but forgive us, O Master of all, // so that we may receive the incorruptible crowns!”

### Glory. Tone 8. Kontakion of St. Gregory Palamas

HOLY and divine instrument of wisdom, \* joyful trumpet of the theology, \* together we sing your praises, O God-inspired Gregory. \* Since you now stand before the Original Mind, guide our minds to Him, O Father, // so that we may sing to you: “Rejoice, preacher of grace!”

### 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 fifth tone:** Thou, O Lord, shalt protect / and preserve us from this generation forever.

✠ *Save me, O Lord, for there is no longer any that is godly!*

**In the first tone:** My mouth shall speak wisdom; / the meditation of my heart shall be understanding.

## EPISTLE

### *The Reading is from the Epistle of St. Paul to the Hebrews (1:10-2:3)*

In the beginning laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You remain; and they will all grow old like a garment; like a cloak You will fold them up, and they will be changed.

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

Romanian: Sfinte Dumnezeule, Sfinte Tare, Sfinte Fără de moarte, Miluieste-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

But You are the same, and Your years will not fail.” But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation? Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.

*The Reading is from the Epistle of St. Paul to the Hebrews (7:26-8:2)*

Brethren, such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens; who does not need daily, as those high priests, to offer up sacrifices, first for his own sins and then for the people's, for this He did once for all when He offered up Himself. For the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever. Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens, a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

*Alleluia, Tone 6:*

✠ *He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.*

✠ *He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust."*

*Alleluia, Tone 2*

✠ *The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment.*

## GOSPELS

*The Reading is from the Holy Gospel According to St. Mark (2:1-12)*

At that time, Jesus entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.” And some of the scribes were sitting there and reasoning in their hearts, “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?” But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’? But that you may know that the Son of Man has power on earth to forgive sins” – He said to the paralytic, “I say to you, arise, take up your bed, and go to your house.” Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!” 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.

*The Reading is from the Holy Gospel According to St. John (10:9-16)*

The Lord said, "I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd."

**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·  
 ἀγιασθήτω 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 ῥύσαι 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!*
- ✠ *The righteous shall be in everlasting  
 remembrance! He shall not fear evil  
 tidings!*
- ✠ *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](mailto:lacie@stmaryorthodox.org)) and we'll get you set up!



# Save the Date

*Services, holidays, and other events*

## MARCH

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

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

**Akathist** | Mar. 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](http://stmaryorthodox.org/calendar) for complete and updated listings!*

# Upcoming Events & Outings

## Spring Young Adult Ministry Happenings

**Game Night @ St. Mary's** - We will be having our next game night on Saturday, Mar. 14th at St. Mary's after Vespers in the St. Nina's house behind the church for games. Food will be provided, so please RSVP so we know how much will be needed, and let us know if you have dietary restrictions so we can try to accommodate. Feel free to bring any games of your own as well.



**Tomb-Hopping & All-Night Vigil** - We will be carpooling to venerate the tombs at other local churches, visiting 3-4 parishes following the evening service of Holy Friday; we'll be looking for a few volunteers who would be willing to drive, depending on how many people attend. We would also encourage signing up for a time slot or two for the overnight vigil going into Holy Saturday. Details to come for both of these as we get closer to Holy Week.

**AFAC Volunteer Event** - Join us for a great opportunity to spread the joy of Holy Pascha by helping feed the community! We will be volunteering at the Arlington Food Assistance Center in Shirlington on Saturday, April 18th from 9am – 10:30am. Activities with which they need help consist of bagging produce, sealing dry goods, or sorting donated food. Anyone over the age of 12 is welcome, not just young adults, although minors will have to complete some forms so please let us know well in advance so we can coordinate. AFAC is a great asset to the community, helping to feed over 4,100 families each week, and they would be happy to have your help. Please RSVP to John G. if you are interested, or have any questions.

Scan the QR code to join the new YAM Realm group:



## **\*New Date\* 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 Sunday, March 8th at 7:30pm. All parishioners are welcome! Zoom link: <https://us06web.zoom.us/j/84528032734?pwd=J04rKVQ6ul2BQXFFqssXBEvy-TAZhHT.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!

*From the  
Pastor's Desk*



Need to chat? Whether you're seeking a home blessing, pastoral guidance and care, exploring Orthodoxy, or simply need a place to share what's on your heart, let's talk.

Visit <https://calendly.com/frdavid-p308/> or scan here to get on Fr. David's calendar!



## Submit items for the weekly bulletin or *The Veil*

Contact Lacie Faber at [lacie@stmaryorthodox.org](mailto: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** Joshua F., Sarah J., Alexandra M., Lydia T.  
**Namedays** St. Galina the Martyr  
**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!***