



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 15, 2026

Tone 7 • Third Sunday of Great Lent
Veneration of the Cross

Today's Schedule

9:00am — Matins
10:00am — Divine Liturgy
Following the service:
Fellowship Hour Sponsored by Group
Kh-P & Church School 10:00am
6:00pm — Men's Fellowship @ St. Nina
House

This Week At St. Mary's

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

MONDAY, MARCH 16

Parish Council | 7-8:30pm

WEDNESDAY, MARCH 18

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

THURSDAY, MARCH 19

Unction @ St. Andrew ROC | 6-9pm

FRIDAY, MARCH 20

Pre-Sanctified Liturgy | 10:30am-
12pm

Philokalia Book Study | 3-4pm
Akathist | 6-7pm
Women's Bible Study | 6:30-8pm
Dn. Nicholas Mt. Athos Talk | 8-9pm

SATURDAY, MARCH 21

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



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 7. Troparion of the Resurrection

BY Thy Cross Thou didst destroy death. * To the thief Thou didst open Paradise. * For the Myrrhbearers Thou didst change weeping into joy, * and Thou didst command Thy disciples, O Christ God, * to proclaim that Thou art risen, // granting the world great mercy.

Tone 1. Troparion of the Cross

O LORD, save Your people, * and bless Your inheritance! * Grant victories to the Orthodox Christians * over their adversaries; * and by virtue of Your Cross, // preserve Your habitation!

Glory; both now. *Tone 7.*
Kontakion of the Cross

NOW the flaming sword no longer guards the gates of Eden; * it has been mysteriously quenched by the wood of the Cross. * The sting of death and the victory of hell have been vanquished; * for You, O my Savior, have come and cried to those in hell: // “Enter again into Paradise!”

INSTEAD OF THE TRISAGION, WE SING

BEFORE Your Cross, we bow down in worship, O Master, and Your holy Resurrection we glorify.

PROKEIMENON

In the sixth tone: O Lord, save Thy people / and bless Thine inheritance!

∞ *To Thee, O Lord, will I call. O my God, be not silent to me!*

EPISTLE

The Reading is from the Epistle of St. Paul to the Hebrews (4:14-5:6)

Brethren, seeing then that we have a great High Priest who has passed

through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was. So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: “You are My Son, today I have begotten You.” As He also says in another place: “You are a priest forever according to the order of Melchizedek.”

Alleluia, Tone 8:

∞ *Remember Your congregation, which You have purchased of old!*

∞ *God is our King before the ages; He was worked salvation in the midst of the earth!*

GOSPEL

The Reading is from the Holy Gospel According to St. Mark (8:34-9:1)

At that time, when He had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange

for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.” And He said to them, “Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.”

**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·
έλθέτω 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

- ✠ *The light of Your countenance has
shone on us, O Lord.*
- ✠ *Alleluia, Alleluia, Alleluia!*



DOXACON 2026 CALL FOR PAPERS

Becoming Saints in a Brave New World

Speculative fiction is uniquely suited to hold a mirror up to society - to help it clearly see and understand itself. Can it also provide antidotes to an increasingly unreal world? Can it create stories that encourage us to become holy? We will be exploring these topics and more at this year's Doxacon, where our theme is "Becoming Saints in a Brave New World."

If you are interested in speaking at Doxacon, check out our 2026 Call for Papers and submit your proposal by May 15, 2025.



<https://tinyurl.com/4rn9z6ms>

Doxacon 2026 will take place **November 6-7** at Catholic University's Caldwell Hall.

*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 to get on Fr. David's calendar!



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. 20, 27 @ 10:30am-12pm

Akathist | Mar. 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

Register for the Lazarus Day Retreat

Join us on Saturday, April 4th for a joyful Lazarus Saturday parish retreat as we prepare for Palm Sunday and the coming of Pascha. The morning begins with Divine Liturgy at 10:00am featuring our Children's Choir, followed by a Lenten potluck and hands-on activities for youth that help prepare our church for Holy Week. We will conclude with a lively reenactment of the Raising of Lazarus and a short spiritual reflection; the retreat is especially designed for children and families, but the entire parish is warmly invited to attend.



Save the Date for the Ministry & Volunteer Fair

Join us on Sunday, April 19th for our Ministry/Volunteer Fair right after the service. The fair is a great opportunity to learn about the different ministries in our parish and discover ways you can get involved. Our church thrives because of the time, talents, and dedication of our volunteers. Whether you're looking to serve regularly or help occasionally, there are many ways to give back and support our church family. We encourage everyone to stay after the service, meet the ministry leaders, and find a place where you can share your talents and be part of our growing community.

Spring Young Adult Ministry Happenings

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.

Parish News & Announcements

Let's Support St. John the Ladder

We are now raising funds for St. John of the Ladder in Greenville SC (the Dujmovics' new parish) which was recently struck by lightning and suffered serious damage (mainly from water used to put out the fire). The parish will be unable to use their temple for some time, including Pascha. In realm Giving, the St. John of the Ladder Support Fund is now available for donations. Dn. Nicholas who is now attached there will be visiting us on Friday, March 20 to talk about his trip to Mt. Athos after Akathist. Let's help our sister community out and have something for the good Deacon to report on his way home. Visit or scan here and select "St. John of the Ladder Support" in the dropdown menu.



National Volunteer Week

National Volunteer Week, celebrated from April 19–26, is a time across the country to recognize and thank volunteers for their dedication and service. Our parish will also observe this special week as an opportunity to celebrate and appreciate those who generously give their time and talents to support our church community. We will be recognizing ministry leaders, special events volunteers, occasional volunteers, and those who have helped even through one-time service opportunities. Every act of service makes a difference, and your time, effort, and commitment are truly appreciated. Our Volunteer Recognition Week will begin with the Ministry Fair on April 19th, where you can learn about the many ways to get involved, and will end with a Volunteer Thank You Luncheon on April 26th in appreciation of all those who serve our parish.

Join us for the Doxacast Remix!

Check out our NEW EPISODE featuring Fr. David Subu and Amy Browning-Dill. "Are There No True Knights Among You?" - Honor and Goodness in A Knight of the Seven Kingdoms. 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, Mar. 30 (for Apr./Pascha Issue)

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

God Grant You Many Years!



Birthdays Roland C., Gabriel F., Edward H., Michael M., Emilia Z.
Namedays St. Christian of Cologne
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!