



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 22, 2026

Tone 8 • Fourth Sunday of Great Lent
St. John Climacus (of the Ladder)

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

*Fellowship Hour Sponsored by Group
Q-Z & Church School*

This Week At St. Mary's

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

WEDNESDAY, MARCH 25

Annunciation of the Theotokos

Confessions | 6-6:50pm

Churching: Caruso | 6:50pm

Vesperal Liturgy | 7-8:30pm

THURSDAY, MARCH 26

Stewardship Committee Meeting |

7:30pm-8pm

FRIDAY, MARCH 27

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

Philokalia Book study | 3-4pm

Akathist | 6-7pm

SATURDAY, MARCH 28

Financial Peace University | 10
-11:30am

Adult Catechism | 3-4:30pm

Great Vespers | 5-6pm

SUNDAY, MARCH 29

Matins & Divine Liturgy | 9-11:30am

Churching | 10:00-10:10am

OCMC Soup Luncheon | 12-1pm



Fellowship Hour Hosting Groups:

Week 1: A-Di

Week 2: Do-Ke

Week 3: Kh-P

Week 4: Q-Z

Week 5: Entire Parish ← Next Week's Host

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 8. Troparion of the Resurrection

THOU didst descend from on high, O Merciful One! * Thou didst accept the three day burial * to free us from our sufferings! // O Lord, our Life and Resurrection, 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 1. Troparion of St. John

O DWELLER of the wilderness and angel in the body, * you were a wonderworker, O our God-bearing Father John. * You received heavenly gifts through fasting, vigil and prayer, * healing the sick and the souls of those drawn to you by faith. * Glory to Him Who gave you strength! * Glory to Him Who granted you a crown! // Glory to Him Who grants healing to all!

Glory. *Tone 4. Kontakion of St. John*

THE Lord truly set you on the heights of abstinence, * to be a guiding star, showing the way to the universe, // O our father and teacher John.

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

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

In the seventh tone: Let the saints exult in glory; / let them sing for joy on their couches!

EPISTLES

The Reading is from the Epistle of St. Paul to the Hebrews (6:13-20)

Brethren, when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless you, and multiplying I will multiply you." And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us. This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

— *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

*The Reading is from the Epistle of
St. Paul to the Ephesians (5:9-19)*

Brethren, the fruit of the Spirit is in all goodness, righteousness, and truth, finding out what is acceptable to the Lord. And have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret. But all things that are exposed are made manifest by the light, for whatever makes manifest is light. Therefore He says: "Awake, you who sleep, arise from the dead, and Christ will give you light." See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is. And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.

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 face with thanksgiving; let us make a joyful noise to Him with songs of praise!*

Alleluia, Tone 4:

✠ *They that are planted in the house of the Lord shall flourish in the courts of our God.*

GOSPEL

*The Reading is from the Holy Gospel
According to St. Mark (9:17-31)*

At that time, a man came to Jesus kneeling and saying, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and

becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting." Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

*The Reading is from the Holy Gospel
According to St. Matthew (4:25-5:12)*

At that time, great multitudes followed Him – from Galilee, and from Decapolis, Jerusalem, Judea, and beyond the Jordan. And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to

Him. Then He opened His mouth and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

**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)**

*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 oflaymata imon*

*os kaimees afiemen
tois ofiletes imon
kai mi isenengkes imas eeis pirasmon
alla reesae imas apo too poniroo.*

Πάτερ ἡμῶν
ὁ ἐν τοῖς Οὐρανοῖς·
ἀγιασθήτω τὸ ὄνομά σου·
ἐλθέτω ἡ βασιλεία σου·
γενηθῆτω τὸ θέλημά σου,
ὡς ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς·
τὸν ἄρτον ἡμῶν
τὸν ἐπιούσιον δός 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.

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) and we'll get you set up!



Sunday, April 12, 2026

Paschal Matins & Liturgy (12am-2:30am)
 Agape Meal (2am-3:30am)
 Paschal Vespers (12pm-1pm)
 Lamb Roast/Egg Hunt/Trivia (1-3pm)

Save the Date

Services, holidays, and other events

APRIL

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

Royal Hours of Pascha | Apr. 10 @ 10am-12:30pm

Tomb Decorating | Apr. 10 @ 12-3pm

Unnailing Vespers | Apr. 10 @ 6-7pm

Matins with Lamentations | Apr. 10 @ 7-9pm

Vesperal Liturgy of Pascha with Baptism | Apr. 11 @ 10am-12:30pm

Acts of the Apostles | Apr. 11 @ 10pm-11:30pm

Midnight Service | Apr. 11 @ 11:30pm-Midnight

Ministry Fair | Apr. 19 @ 12:30-1:30pm

Town Hall Series: Church School | Apr. 22 @ 7-8pm

Wedding: Hintermaier | Apr. 25

Volunteer Recognition Day | Apr. 26

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

National Volunteer Week (April 19–26) is a time to give thanks for all who serve our parish, from ministry leaders to occasional volunteers. Join us on Sunday, April 19th for our Ministry/Volunteer Fair right after the service. This is a great opportunity to learn about our ministries, meet leaders, and discover how you can get involved—whether regularly or occasionally. The week will conclude with a Volunteer Thank You Luncheon on April 26 in appreciation of all who give their time and talents.

OCMC Soup Luncheon - Sunday, March 29

Join us for our bi-annual OCMC Soup Luncheon, a beloved fasting-season tradition filled with homemade soups, fellowship, and support for Orthodox missions around the world. Held following Divine Liturgy during Fellowship Hour, this gathering helps fund missionary work in Central America and Romania, supporting clergy training, youth programs, and family outreach.

We welcome volunteers to contribute food or help serve: <https://www.signupgenius.com/go/10C0B48A8AB2DA1F49-63008117-ocmc#/>



Donations may be made online or at the event: <https://onrealm.org/stmaryorthodox/-/form/give/now>



Parish News & Announcements

Celebrate Pascha at the 2026 Lamb Roast Extravaganza

Opa! Join us for our annual Pascha Lamb Roast, featuring traditionally marinated, spit-roasted organic lamb sourced from The Organic Butcher in McLean, along with a festive spread and joyful parish fellowship. Come celebrate the bright afternoon of Pascha with Agape Vespers, a parish-wide egg hunt, and plenty of fun—including Subdeacon Eugene's Quiz Bowl Challenge. Bring your family, invite friends, and enjoy this beloved parish tradition together. Scan to register today--spots are limited (& volunteers needed)!:



Celebrate the Annunciation of the Theotokos Fish Dinner



WEDNESDAY, MARCH 25

CHURCHING: CARUSO @ 6:50PM

VESPERAL LITURGY @ 7:00PM

DINNER @ 8:30PM



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 Laila G., Sophia D, Pete D., Sarah J.
Namedays Archangel Gabriel
Anniversaries None.

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!



Giving to St. Mary's

We are a percentage-based giving parish on the way to tithing. Please consider identifying a percentage of your monthly income as your designated, recurring gift. 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!