



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 29, 2026

Tone 1 • Fifth Sunday of Great Lent
St. Mary of Egypt

Today's Schedule

9:00am — Matins
10:00am — Churching
10:10am — Divine Liturgy

Following the service:

Memorial: Fadel

OCMC Soup Luncheon & Church School

This Week At St. Mary's

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

WEDNESDAY, APRIL 1

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

FRIDAY, APRIL 3

Pre-Sanctified Liturgy | 10:30am-12pm
Philokalia Book study | 3-4pm

SATURDAY, APRIL 4

Baptism/Christmations | 9am
Lazarus Saturday Liturgy & Retreat |

10am-1:45pm

Churching: Staver | 4:45-5pm
Great Vespers | 5-6pm

SUNDAY, APRIL 5

Palm Sunday

Matins & Divine Liturgy | 9-11:30am
No Church School
Bridegroom Matins | 7-8:30pm



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 1. Troparion of the Resurrection

WHEN the stone had been sealed by the Jews, * while the soldiers were guarding Thy most pure body, * Thou didst rise on the third day, O Savior, * granting life to the world. * The powers of heaven therefore cried to Thee, O Giver of Life: * “Glory to Thy Resurrection, O Christ! * Glory to Thy Kingdom! // Glory to Thy dispensation, O Thou Who lovest mankind!”

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. Mary of Egypt

THE image of God was truly preserved in you, O Mother, * for you took up the Cross and followed Christ. * By so doing, you taught us to disregard the flesh for it passes away; * but to care instead for the soul, for it is immortal. // Therefore your spirit, O holy Mother Mary, rejoices with the angels.

Glory. Tone 3. Kontakion of St. Mary

HAVING been a sinful woman, * you became through repentance a bride of Christ. * Having attained angelic life, * you defeated demons with the weapon of the Cross. // Therefore, O

most glorious Mary, you are a bride of the Kingdom.

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 first tone: Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee!

∞ *Rejoice in the Lord, O you righteous!
Praise befits the just!*

In the fourth tone: God is wonderful in His saints, / the God of Israel.

EPISTLES

The Reading is from the Epistle of St. Paul to the Hebrews (9:11-14)

Brethren, Christ came as High Priest of the good things to come, with the greater and more perfect tabernacle not made with hands, that is, not of this creation. Not with the blood of goats and calves, but with His own blood He entered the Most Holy Place once for all, having obtained eternal redemption. For if the blood of bulls and goats and the ashes of a heifer, sprinkling the unclean, sanctifies for the purifying of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve

— *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 Eeskhros, Agios Athanatos, eleison imas

Spanish: Santo Dios, Santo Fuerte, Santo Inmortal, ten piedad de nosotros

the living God?

The Reading is from the Epistle of St. Paul to the Galatians (3:23-29)

Brethren, before faith came, we were kept under guard by the law, kept for the faith which would afterward be revealed. Therefore the law was our tutor to bring us to Christ, that we might be justified by faith. But after faith has come, we are no longer under a tutor. For you are all sons of God through faith in Christ Jesus. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's seed, and heirs according to the promise.

Alleluia, Tone 1:

✠ *God gives vengeance unto me, and subdues people under me.*

✠ *He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever.*

Alleluia, Tone 1:

✠ *I waited patiently for the Lord; He attended to me and heard my supplication.*

GOSPELS

The Reading is from the Holy Gospel According to St. Mark (10:32-45)

At that time, Jesus took the twelve aside again and began to tell them the things that would happen to Him: "Behold, we are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and to the scribes; and they will condemn Him to death and deliver Him to the Gentiles; and they will mock Him, and scourge Him, and spit on Him, and kill Him. And the third day He will rise again." Then James and John, the sons of Zebedee,

came to Him, saying, "Teacher, we want You to do for us whatever we ask." And He said to them, "What do you want Me to do for you?" They said to Him, "Grant us that we may sit, one on Your right hand and the other on Your left, in Your glory." But Jesus said to them, "You do not know what you ask. Are you able to drink the cup that I drink, and be baptized with the baptism that I am baptized with?" They said to Him, "We are able." So Jesus said to them, "You will indeed drink the cup that I drink, and with the baptism I am baptized with you will be baptized; but to sit on My right hand and on My left is not Mine to give, but it is for those for whom it is prepared." And when the ten heard it, they began to be greatly displeased with James and John. But Jesus called them to Himself and said to them, "You know that those who are considered rulers over the Gentiles lord it over them, and their great ones exercise authority over them. Yet it shall not be so among you; but whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."

The Reading is from the Holy Gospel According to St. Luke (7:36-50)

At that time, one of the Pharisees asked Him to eat with him. And He went to the Pharisee's house, and sat down to eat. And behold, a woman in the city who was a sinner, when she knew that Jesus sat at the table in the Pharisee's house, brought an alabaster flask of fragrant oil, and stood at His feet behind Him weeping; and she began to wash His feet with her tears, and wiped them with the hair of her head; and she kissed His feet and anointed them with the fragrant oil. Now when the Pharisee who had invited Him saw this, he spoke to himself, saying, "This Man, if He were a prophet, would know who and

what manner of woman this is who is touching Him, for she is a sinner.” And Jesus answered and said to him, “Simon, I have something to say to you.” So he said, “Teacher, say it.” “There was a certain creditor who had two debtors. One owed five hundred denarii, and the other fifty. And when they had nothing with which to repay, he freely forgave them both. Tell Me, therefore, which of them will love him more?” Simon answered and said, “I suppose the one whom he forgave more.” And He said to him, “You have rightly judged.” Then He turned to the woman and said to Simon, “Do you see this woman? I entered your house; you gave Me no water for My feet, but she has washed My feet with her tears and wiped them with the hair of her head. You gave Me no kiss, but this woman has not ceased to kiss My feet since the time I came in. You did not anoint My head with oil, but this woman has anointed My feet with fragrant oil. Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little.” Then He said to her, “Your sins are forgiven.” And those who sat at the table with Him began to say to themselves, “Who is this who even forgives sins?” Then He said to the woman, “Your faith has saved you. Go in peace.”

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·
ἀγιασθῆτω 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 ρῦσαι 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!*



Holy Week

April 6-11, 2026

Holy Monday & Tuesday

Pre-Sanctified Liturgy (10:30am-12pm)
Bridegroom Matins (7-8:30pm)

Holy Wednesday

Pre-Sanctified Liturgy (10:30am-12pm)
Matins with Unction (7-9pm)

Holy Thursday

Vesperal Liturgy of Last Supper (11am-12:30pm)
Matins with Passion Gospels (7-10pm)

Holy Friday

Royal Hours of Pascha (10-11:30am)
Tomb Decorating (12-3pm)
Unnailing Vespers (6-7pm)
Matins with Lamentations (7-9pm)

Holy Saturday

Vesperal Liturgy of Pascha with Baptism (10am-12:30pm)
Acts of the Apostles (10pm-11:30pm)
Midnight Service (11:30pm-12am)

Great & Holy Pascha

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

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

MAY

New Members' Sunday | May 3

SWOT Analysis | May 9

Nats Game Outing | May 17

Wedding: Knight-Jangmanee | May 23 @ 2-4pm

Visit stmaryorthodox.org/calendar for complete and updated listings!

Join Realm Today!

Our parish uses [Realm](#) (available on browser or app) to share realtime updates on activities, ministries, and other church activities. 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!

Upcoming Events & Outings

Last Week to 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.



Register for Egg Hunt:



Register for Lamb Roast:



Join Reel Women Special Event

We will be skipping the month the month of March for lent; however, we will be coming back strong for April by viewing The Devil Wears Prada 2 on opening night @ the Angelika theater at Mosaic on Thursday, April 30th @ 7pm. Christina J. is sitting at G11 seat, so feel free to buy your ticket near her or wherever you'd like for the showing. It is suggested to buy your ticket in advance sooner rather than later. We'll set a dinner location sooner to the date.



Parish News & Announcements

A Friendly Reminder: Scam Activity Targeting Churches

As we approach Pascha, scam activity targeting churches increases. Fraudulent messages may appear to come from Fr. David or other parish leadership requesting gift cards, donations, or favors. Please note: clergy will never make such requests by email or text. If you receive a suspicious message, do not respond--and contact the church directly to verify.

Donate to the OCMC Soup Luncheon Today

Join us for our bi-annual OCMC Soup Luncheon during Fellowship Hour to help fund missionary work in Central America and Romania, supporting clergy training, youth programs, and family outreach. Donations may be made online or at the event: <https://onrealm.org/stmaryorthodox/-/form/give/now>



April Outreach Focus: Falls Church Food Bank

For the month of April, the Community Outreach Ministry will be focusing on our continuing support for the Falls Church Food Bank. Food insecurity continues to be one of the biggest challenges for our community and the food bank is always getting new applicants. The food bank has current need for:

- Cooking Oil
- Jam/Jelly
- Canned tuna
- Canned fruit
- Oatmeal
- Dish washing liquid
- Body wash/bar soap
- Canned meals
- Shelf-stable milk
- Applesauce
- Pasta Sauce
- Syrup
- Crackers
- Shampoo/Conditioner
- Toothbrushes
- Toothpaste
- Diapers (Size 6 preferred)
- Toilet paper

Please place the items on the book shelf outside the restrooms at the church and they will be collected weekly. Additionally, if you have time during the week, the food bank has a need for people to deliver groceries. Their ability to meet the need in the community is directly related to the amount of drivers that volunteer.



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 Bogdan M., Nadine T., Clara F.
Namedays St. Mary of Egypt
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/>, scan the QR, or email frdavid@stmaryorthodox.org 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!