



St. Mary Orthodox Church

WEEKLY BULLETIN | APRIL 5, 2026

Palm Sunday

Entry of our Lord into Jerusalem

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

*Fellowship Hour sponsored by
Group A-Di*

No Church School

7:30pm — Bridegroom Matins

This Week At St. Mary's

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

MONDAY, APRIL 6

Holy Monday

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

Bridegroom Matins | 7-8:30pm

TUESDAY, APRIL 7

Holy Tuesday

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

Bridegroom Matins | 7-8:30pm

WEDNESDAY, APRIL 8

Holy Wednesday

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

Matins with Unction | 7-9pm

THURSDAY, APRIL 9

Holy Thursday

Vesperal Liturgy of Last Supper |

11am-12pm

Matins with Passion Gospel | 7-10pm

FRIDAY, APRIL 10

Holy Friday

Royal Hours of Pascha | 10-11:30am

Tomb Decorating | 1-4pm

Unnailing Vespers | 6-7pm

Matins with Lamentations | 7-9pm

SATURDAY, APRIL 11

Holy Saturday

Vesperal Liturgy of Pascha with

Reception of Converts | 10am-

12:30pm

Acts of the Apostles | 10pm-11:30pm

Midnight Service | 11:30pm-12am

SUNDAY, APRIL 12

Great and Holy Pascha

Paschal Matins & Liturgy | Mid-

night-2:30am

Agape Meal | 2-3:30am

Paschal Vespers | 12pm-1pm

Lamb Roast/Egg Hunt/Trivia | 1-3pm

Parish Priest: Fr. David Subu | Parish Council President: David Dill

7223 Roosevelt Ave, Falls Church, VA 22042 | 703.280.0770 | stmaryorthodox.org

FESTAL ANTIPHONS

The First Antiphon

I love the Lord because He has heard the voice of my supplication.

℞ Through the prayers of the Theotokos, O Savior, save us!

Because He inclined His ear to me, therefore I will call on Him as long as I live. ℞

The snares of death encompassed me; the pangs of hell laid hold on me. ℞

I suffered distress and anguish, then I called on the Name of the Lord. ℞

I will walk in the presence of the Lord in the land of the living. ℞

Glory; both now. ℞

The Second Antiphon

I kept my faith, even when I said, “I am greatly afflicted.”

℞ O Son of God, seated on the colt of an ass, save us who sing to Thee: Alleluia!

What shall I render to the Lord for all the things He has given me? ℞

I will receive the cup of salvation, and call upon the Name of the Lord. ℞

I will pay my vows to the Lord in the presence of all His people. ℞

Glory; both now. Amen.

The Third Antiphon

O give thanks to the Lord, for He is good; for His mercy endures forever.

HYMNS OF THE DAY

Tone 1. Troparion of Palm Sunday

BY raising Lazarus from the dead before Thy Passion, * Thou didst confirm the universal resurrection, O Christ God. * Like the children with the palms of victory, * we cry out to Thee, O Vanquisher of Death: * “Hosanna in the highest! // Blessed is He that comes in the Name of the Lord.”

Glory. *Tone 4. Troparion of Palm Sunday*

WHEN we were buried with Thee in baptism, O Christ God, * we were made worthy of eternal life by Thy Resurrection. * Now we praise Thee and sing: * “Hosanna in the highest! // Blessed is He that comes in the Name of the Lord!”

Both now. *Tone 6. Kontakion of Palm Sunday*

SITTING on Thy throne in Heaven, * carried on a foal on earth, O Christ God, * accept the praise of angels and the songs of children, who sing: // “Blessed is He Who comes to recall Adam!”

— *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

PROKEIMENON

In the fourth tone: Blessed is He that comes in the Name of the Lord. / God is the Lord and has revealed Himself to us.

✠ *O give thanks to the Lord, for He is good; for His mercy endures forever.*

EPISTLE

The Reading is from the Epistle of St. Paul to the Phillipians (4:4-9)

Brethren, rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Alleluia, Tone 1:

✠ *O sing to the Lord a new song, for He has done marvelous things!*

✠ *All the ends of the earth have seen the salvation of our God.*

GOSPEL

The Reading is from the Holy Gospel According to St. John (12:1-18)

At that time, six days before the Passover, Jesus came to Bethany, where Lazarus was who had been dead, whom He had raised from the dead. There they made Him a supper; and Martha served, but Lazarus was one

of those who sat at the table with Him. Then Mary took a pound of very costly oil of spikenard, anointed the feet of Jesus, and wiped His feet with her hair. And the house was filled with the fragrance of the oil. But one of His disciples, Judas Iscariot, Simon's son, who would betray Him, said, Why was this fragrant oil not sold for three hundred denarii and given to the poor? This he said, not that he cared for the poor, but because he was a thief, and had the money box; and he used to take what was put in it. But Jesus said, "Let her alone; she has kept this for the day of My burial. For the poor you have with you always, but Me you do not have always." Now a great many of the Jews knew that He was there; and they came, not for Jesus' sake only, but that they might also see Lazarus, whom He had raised from the dead. But the chief priests plotted to put Lazarus to death also, because on account of him many of the Jews went away and believed in Jesus. The next day a great multitude that had come to the feast, when they heard that Jesus was coming to Jerusalem, took branches of palm trees and went out to meet Him, and cried out: "Hosanna! 'Blessed is He who comes in the name of the LORD!' The King of Israel!" Then Jesus, when He had found a young donkey, sat on it; as it is written: "Fear not, daughter of Zion; behold, your King is coming, sitting on a donkey's colt." His disciples did not understand these things at first; but when Jesus was glorified, then they remembered that these things were written about Him and that they had done these things to Him. Therefore the people, who were with Him when He called Lazarus out of his tomb and raised him from the dead, bore witness. For this reason the people also met Him, because they heard that He had done this sign.

INSTEAD OF IT IS TRULY MEET

God is the Lord and has revealed Himself to us! * Celebrate the feast and come with gladness! * Let us magnify Christ with palms and branches, * singing: “Blessed is He that comes in the Name of the Lord, our Savior!”

THE LORD'S PRAYER (IN ROMANIAN)

Tatăl nostru
 Carele ești în ceruri,
 Sfîntească-Se numele Tău,
 Vie împărăția Ta,
 Facă-se voia Ta,
 Precum în cer, așa și pe pămînt.
 Pîinea noastră cea de toate zilele
 Dă-ne-o nouă astăzi.
 Și ne iartă nouă greșalele noastre,
 Precum și noi iertăm greșiților noștri.
 Și nu ne duce pe noi în ispită,
 Ci ne izbăvește de cel rău.
 Că a Ta este împărăția și puterea și
 slava:
 [A Tatălui și-a Fiului și-a Sfântului
 Duh,]
 Acum și pururea și în vecii vecilor.
 Amin.

COMMUNION HYMNS

- ✠ *Blessed is He that comes in the Name of the Lord. God is the Lord and has revealed Himself to us.*
 ✠ *Alleluia, Alleluia, Alleluia!*

Entry of Our Lord into Jerusalem (Palm Sunday)

The liturgy of the Church is more than meditation or praise concerning past events. It communicates to us the eternal presence and power of the events being celebrated and makes us participants in those events. Thus the services of Lazarus Saturday and Palm Sunday bring us to our own moment of life and death and entrance into the Kingdom of God: a Kingdom not of this world, a Kingdom accessible in the Church through repentance and baptism.

On Palm Sunday palm and willow branches are blessed in the Church. We take them in order to raise them up and greet the King and Ruler of our life: Jesus Christ. We take them in order to reaffirm our baptismal pledges. As the One who raised Lazarus and entered Jerusalem to go to His voluntary Passion stands in our midst, we are faced with the same question addressed to us at baptism: “Do you accept Christ?” We give our answer by daring to take the branch and raise it up: “I accept Him as King and God!”

Thus, on the eve of Christ’s Passion, in the celebration of the joyful cycle of the triumphant days of Lazarus Saturday and Palm Sunday, we reunite ourselves to Christ, affirm His Lordship over the totality of our life, and express our readiness to follow Him to His Kingdom:

--Abridged from the words of Very Rev. Paul Lazaron www.oca.org



St. Cosmas Church Store Update

The church store has been freshly stocked just in time for the Paschal season! We've received a beautiful new selection of items from Mt. Athos, including wall crosses, incense, tea, honey, bookmarks, and prayer bracelets. We also have a few special items from mainland Greece, along with a wonderful book about St. Nina of Georgia.

To help you continue celebrating Pascha, we're now carrying wall calendars from Draw Near Designs that count down to Pentecost—a meaningful way to stay connected to the joy of the season.

For families, we have craft kits for Holy Week and egg decorating kits for young children, perfect for hands-on learning and celebration. We've also added several new releases from Ancient Faith.

There was also recently a generous donation of a variety of holy oils/waters from monasteries around the world—Russia, Greece, Mt. Athos, and Georgia. There is one for each family, free of charge, as long as supplies last. Stop by downstairs and take a look—we'd love to see you!



Save the Date

Services, holidays, and other events

APRIL

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 Call to Register for the Egg Hunt (all ages!):



Missed Dn. Nicholas' recent presentation on Mt. Athos?

You can still experience it! A similar talk he gave at St. Mark's is available to watch here: https://www.youtube.com/watch?v=d_cC7AP6E-o Take some time to be inspired by this beautiful glimpse into the Holy Mountain.



Celebrate Bright Liturgy with Fellowship of Moms

Our Fellowship of Moms is again meeting after the Friday, April 17th liturgy @ 10am for a play-date and shared potluck meal—join us!

Join Reel Women Special Event

We will be skipping 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

Hop on the Twin Meal Train!

We are overjoyed to share that Subdeacon Nicholas and his wife Emilia welcomed two beautiful newborns into the world on March 30! Flora Gardenia arrived at 10:14am (7 lbs), followed by her sister Felicity Marigold at 10:25am (5 lbs 10 oz). As they joyfully transition into life as a family of seven, we



would love to support them with meals during this beautifully busy season. If you are able to help, please consider signing up for the meal train. Your kindness will make a real difference for their growing family. Thank you for surrounding them with love and support!

Scan or visit:

<https://mealtrain.com/7g0od8> to help!



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, Apr. 27 (for May Issue)

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

God Grant You Many Years!



Birthdays Brittany D., David F., Robert H., Alina S., Katrine Z.
Namedays None.
Anniversaries None.

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!