



St. Mary Orthodox Church

WEEKLY BULLETIN | APRIL 26, 2026

3rd Sunday of Pascha
Holy Myrrhbearing Women

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

*Fellowship Hour sponsored by
Volunteer Recognition Day
Church School*

This Week At St. Mary's

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

SATURDAY, MAY 2

Financial Peace University | 10-11:30am

Baptism: Yuskavage | 11am-1pm

Great Vespers @ St. Katherine GOA | 4-6pm

SUNDAY, MAY 3

Matins & Divine Liturgy | 9-11:30am

New Members Sunday | 11:30am-12pm

Ministry Fair | 12pm-1:30pm
Church School | 12-1pm



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 2. Troparion of the Resurrection

WHEN Thou didst descend to death, O Life immortal, * Thou didst slay hell with the splendor of Thy Godhead. * And when from the depths Thou didst raise the dead, * all the powers of heaven cried out: // “O Giver of life, Christ our God, glory to Thee!”

Tone 2. Troparion of the Pentecostarion

THE noble Joseph, * when he had taken down Your most pure Body from the Tree, * wrapped it in fine linen and anointed it with spices, * and placed it in a new tomb. * But You rose on the third day, O Lord, // granting the world great mercy.

Same tone. Troparion of the Pentecostarion

THE Angel came to the myrrhbearing women at the tomb and said: * “Myrrh is fitting for the dead; * but Christ has shown Himself a stranger to corruption! * So proclaim: “The Lord is risen, // granting the world great mercy.”

Glory. Tone 2. Kontakion from the Pentecostarion.

YOU commanded the Myrrhbearers to rejoice, O Christ God. * By Your Resurrection, You stopped the lamentation of Eve, the first mother. * You commanded them to preach to Your Apostles: // “The Savior is risen from the tomb!”

Both now. Tone 8. Kontakion of Pascha

THOU didst descend into the tomb, O Immortal, * Thou didst destroy the power of death. * In victory didst Thou arise, O Christ God, * proclaiming, “Rejoice!” to the Myrrhbearing Women,// granting peace to Thine Apostles, and bestowing Resurrection on the fallen.

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 unto me!*

EPISTLE

The Reading is from the Acts of the Holy Apostles (6:1-7)

In those days, when the number of the disciples was multiplying, there arose a complaint against the Hebrews by the Hellenists, because their widows were neglected in the daily distribution. Then the twelve summoned the multitude of the disciples and said, “It is not desirable that we should leave the word of God and serve tables. Therefore, brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business; but we will give ourselves continually to prayer and to the ministry of the word.” And the saying pleased the whole multitude. And they chose Stephen, a man full of faith and the Holy Spirit, and Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolas, a proselyte from Antioch,

— *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

whom they set before the apostles; and when they had prayed, they laid hands on them. Then the word of God spread, and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

Alleluia, Tone 8:

- ✠ *O Lord, You have been gracious to Your land; You have turned back the captivity of Jacob.*
- ✠ *Mercy and truth are met together, righteousness and peace have kissed each other.*

GOSPEL

The Reading is from the Holy Gospel According to St. Mark (15:43-16:8)

At that time, Joseph of Arimathea, a prominent council member, who was himself waiting for the kingdom of God, coming and taking courage, went in to Pilate and asked for the body of Jesus. Pilate marveled that He was already dead; and summoning the centurion, he asked him if He had been dead for some time. So when he found out from the centurion, he granted the body to Joseph. Then he bought fine linen, took Him down, and wrapped Him in the linen. And he laid Him in a tomb which had been hewn out of the rock, and rolled a stone against the door of the tomb. And Mary Magdalene and Mary the mother of Joseph observed where He was laid. Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him. Very early in the morning, on the first day of the week, they came to the tomb when the sun had risen. And they said among themselves, "Who will roll away the stone from the door of the tomb for us?"

But when they looked up, they saw that the stone had been rolled away – for it was very large. And entering the tomb, they saw a young man clothed in a long white robe sitting on the right side; and they were alarmed. But he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is risen! He is not here. See the place where they laid Him. But go, tell His disciples – and Peter – that He is going before you into Galilee; there you will see Him, as He said to you." So they went out quickly and fled from the tomb, for they trembled and were amazed. And they said nothing to anyone, for they were afraid.

INSTEAD OF IT IS TRULY MEET

The Angel cried to the Lady, full of grace: * "Rejoice, O pure Virgin! * Again, I say: Rejoice, * your Son is risen from His three days in the tomb! * With Himself He has raised all the dead." * Rejoice, O ye people!

Shine, shine, O new Jerusalem! * The glory of the Lord has shone on you. * Exult now, and be glad, O Zion! * Be radiant, O pure Theotokos, * in the Resurrection of your Son!

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.
 Pâinea noastră cea de toate zilele
 Dă-ne-o nouă astăzi.
 Și ne iartă nouă greșalele noastre,

Precum și noi iertăm greșităilor 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

- ✠ *Receive the Body of Christ; taste the fountain of immortality!*
- ✠ *Praise the Lord from the heavens, praise Him in the highest!*
- ✠ *Alleluia, Alleluia, Alleluia!*



Save the Date

Services, holidays, and other events

MAY

- Festal Vespers** | May 5 @ 7pm
- Festal Liturgy** | May 6 @ 10am
- SWOT Analysis** | May 9 @ 12pm
- Baptism: Burk** | May 16 @ 11am
- Great Vespers with Group Confession** | May 16 @ 5pm
- Town Hall Series: Church School (Last Session)** | May 16 @ 7pm
- Last Day of Church School** | May 17
- Nats Game Outing** | May 17 @ 1:35pm
- Parish Council** | May 18 @ 7pm
- Festal Vespers** | May 20 @ 7pm
- Festal Liturgy** | May 21 @ 10am
- Wedding: Knight-Jangmanee** | May 23 @ 2-4pm
- Memorial Liturgy** | May 30 @ 10am
- Festal Matins, Liturgy, and Kneeling Vespers** | May 31 @ 9am-12pm

JUNE

- Divine Liturgy** | June 1 @ 7am
- Church School Recognition Day** | June 7 @ 11:30am
- Parish Council** | June 15 @ 7pm
- Office Closed** | June 25 - July 6

JUNE

- Vacation Church School** | July 27-31

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

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.

Join Realm Today!

Our parish uses [Realm](#) (available on browser or app) to share real-time 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

Join Reel Women Special Event



Reel Women is 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.



Join the Annual St. Mary's Nats Game Outing: Battle of the Beltway



Come join your St. Mary family for a night at the ballpark on Sunday, May 17 @ 1:35PM as the Washington Nationals take on Baltimore! Tickets are just \$12, and little ones under two are free if they can sit on a lap. Spots are limited, so be sure to RSVP by May 3 by emailing Christina Z. Payment is easy—just use Realm (choose “Nats Game Tickets” under Funds) or send a check to St. Mary Ortho-

dox Church with “Nats Game Tickets” in the memo. Grab your friends, bring the kids, and get ready for a fun evening together at Nationals Park!

Grab an Ice Cream on Church School Recognition Sunday on June 7th!

We'll gather in the nave for a short, joyful program celebrating our students and teachers, along with a brief look ahead to the coming year. To make the day festive, a Mister Softee ice cream truck will join us! All Church School students and teachers receive a complimentary treat, and others are welcome to purchase as well (11:30am–1:30pm). Rain or shine, come celebrate the close of the Church School year and the start of summer together!



Parish News & Announcements

Participate in the Upcoming Parish-Wide SWOT Retreat on May 9th

Join us for a parish-wide SWOT Analysis Retreat on Saturday, May 9th from 12–4pm (light lunch provided). Building on last year's Effective Parish Assessment, this is an important opportunity to reflect on our life together and help shape our future. A SWOT Analysis helps us consider our strengths, areas for growth, new opportunities, and challenges. More than planning, it is a chance to listen and discern how God is calling our parish to grow. All parishioners are encouraged to participate—no preparation needed. Come ready to share your thoughts as we continue building a vibrant, Christ-centered community. Scan to register:



CPR & Basic Life Support Training @ St. Mary's

St. Mary Orthodox Church is offering Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR) certification classes through the American Red Cross in support of our developing Safety Ministry. As we are offering two distinct courses, here are the guidelines to choose the appropriate course:

- Select a BLS course registration if you are a current or former military member, law enforcement officer, or medical professional (as you already have the basic skills needed for this more advanced course).
- Choose a CPR course registration if you don't yet have basic certifications and/or you feel you need greater confidence or foundational skills in responding to emergencies. We also are reserving a few CPR seats for any youth preparing for a summer babysitting credential (which Caleb will post in the near future).

Participants must complete final registration through the Campaign Pay It Forward link provided through the [Realm link/QR code](#). These courses follow a blended learning format, requiring completion of an online portion prior to attending the in-person skills session at the parish. ***Note each link is unique to the class type and time. Be sure you use the link for the event in which you register**



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 David D., Cam K., Alyssa M., James T., Anastasia D., Michael F.

Namedays St. Jason of the Seventy, St. James, St. Joseph of Arimathea, St. King Boris

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!