



# St. Mary Orthodox Church

WEEKLY BULLETIN | MAY 3, 2026

**4th Sunday of Pascha**  
*Sunday of the Paralytic*

## Today's Schedule

9:00am — Matins  
10:00am — Divine Liturgy  
*Following the service:*  
*New Members Sunday*  
*Fellowship Hour sponsored by*  
*Group A-Di*  
*Church School*

## This Week At St. Mary's

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

### **TUESDAY, MAY 5**

Festal Vespers | 7-8pm

### **WEDNESDAY, MAY 6**

Festal Liturgy | 10-11am

### **SATURDAY, MAY 9**

CPR/BLS Training | 8am-noon

SWOT Analysis Retreat | 12-4pm

Great Vespers | 5-6pm

### **SUNDAY, MAY 10**

Matins, Churching, & Divine Liturgy |

9-11:30am

Mother's Day (No Church School)



### ***Fellowship Hour Hosting Groups:***

Week 1: A-Di

Week 2: Do-Ke ← Next Week's Host

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 3. Troparion of the Resurrection*

LET the heavens rejoice! \* Let the earth be glad! \* For the Lord has shown strength with His arm. \* He has trampled down death by death. \* He has become the first born of the dead. \* He has delivered us from the depths of hell, \* and has granted the world // great mercy.

**Glory.** *Tone 3. Kontakion of the Pentecostarion*

BY Your divine intercession, O Lord, \* as You raised up the Paralytic of old, \* so raise up my soul, paralyzed by sins and thoughtless acts; \* so that being saved I may sing to You: // “Glory to Your power, O compassionate Christ!”

**Both now.** *Tone 8. Kontakion of Pascha*

THOU didst descend into the tomb, O Immortal, \* Thoud 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 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!*

## EPISTLE

**The Reading is from the Acts of the Holy Apostles (9:32-42)**

*In those days*, as Peter went through all parts of the country, that he also came down to the saints who dwelt in Lydda. There he found a certain man named Aeneas, who had been bed-ridden eight years and was paralyzed. And Peter said to him, “Aeneas, Jesus the Christ heals you. Arise and make your bed.” Then he arose immediately. So all who dwelt at Lydda and Sharon saw him and turned to the Lord. At Joppa there was a certain disciple named Tabitha, which is translated Dorcas. This woman was full of good works and charitable deeds which she did. But it happened in those days that she became sick and died. When they had washed her, they laid her in an upper room. And since Lydda was near Joppa, and the disciples had heard that Peter was there, they sent two men to him, imploring him not to delay in coming to them. Then Peter arose and went with them. When he had come, they brought him to the upper room. And all the widows stood by him weeping, showing the tunics and garments which Dorcas had made while she was with them. But Peter put them all out, and knelt down and prayed. And turning to the body he said, “Tabitha, arise.” And she opened her eyes, and when she saw Peter she sat up. Then he gave her his hand and lifted her up; and when he had called the saints and widows, he

— **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

presented her alive. And it became known throughout all Joppa, and many believed on the Lord.

*Alleluia, Tone 5:*

✠ *I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.*

✠ *For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens.*

## GOSPEL

*The Reading is from the Holy Gospel According to St. John (5:1-15)*

At that time, there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. Now a certain man was there who had an infirmity thirty-eight years. When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." Jesus said to him, "Rise, take up your bed and walk." And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath. The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed." He answered them, "He who made me well said to me, 'Take up your bed and walk.'" Then they

asked him, "Who is the Man who said to you, 'Take up your bed and walk'?" But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place. Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you." The man departed and told the Jews that it was Jesus who had made him well.

## 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 SPANISH)

Padre nuestro, que estás en los cielos, santificado sea tu nombre.

Venga tu reino.

Hágase tu voluntad,

en la tierra como en el cielo.

El pan nuestro de cada día, dánoslo hoy.

Perdónanos nuestras deudas,

como también nosotros perdonamos a nuestros deudores.

No nos metas en tentación,

sino líbranos del mal.

[Porque Tuyo es el reino, y el poder, y la Gloria, del Padre, del Hijo, y del Espíritu Santo, ahora y siempre por los siglos de los siglos, amen.]

## 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!*



## What is FOCUS?

The Fellowship of Orthodox Christians United to Serve (FOCUS North America) is the domestic service arm of the Church, bringing together Orthodox faithful across the country to live out Christ's call to serve others.

## What is a FOCUS Center?

FOCUS currently operates 13 local hubs where Orthodox faithful unite to serve their neighbors. FOCUS Center ministries include:

- Distributing food, clothing & essential supplies
- Supporting mothers, children & families
- Offering job readiness, hygiene & community resources
- Serving all people without discrimination

Each Center is shaped by its city's needs — but united in one mission: *to reveal Christ's love through service that restores dignity, transforms lives, and builds community.*

Faithful across the DMV have been meeting for several years, including in quarterly roundtable gatherings where parish leaders shared ideas and local needs. While these conversations laid important groundwork, it became clear that a new approach was needed to move toward concrete, unified action in a new FOCUS Center.

Over the past year, FOCUS relaunched the effort with fresh energy—working closely with a small team of local clergy and laity, meeting regionally, and hosting retreats to build momentum. Our goal was to gather enough interest to host a strong Kickoff Meeting and form an Exploratory Committee of at least two dozen people.

The response has exceeded expectations, resulting in a larger-than-anticipated and highly engaged team, ready to move this ministry forward and finally develop a new FOCUS Center!

## Support FOCUS DMV Today:



[focusna.org/dmv](https://focusna.org/dmv)

## Join the Exploratory Committee!

The Exploratory Committee, made up of local volunteers, meets twice per month via Zoom and provides guidance, strategic input, and early support in developing a new FOCUS Center. Membership ideally includes at least two dozen volunteers from as many local parishes as possible, ensuring a diverse and well-rounded team guided by FOCUS staff to answer the three big questions listed below. Anyone who is interested in joining the Exploratory Committee can contact [dmv@focusna.org](mailto:dmv@focusna.org).

### Our Team

- Twice monthly meetings
- Research and project development

### 3 Big Questions

- What are we doing?
- Where will we do it?
- How will we pay for it?

### Raising Funds

- Small monthly donors
- Benefactors
- Institutional Support
- Parishes

# Save the Date

*Services, holidays, and other events*

## MAY

**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

**Baptism: Burk** | June 6 @ 11am

**Church School Recognition Day & Ice Cream Truck** | June 7 @ 11:30am

**Divine Liturgy** | June 9 @ 7am

**Parish Council** | June 15 @ 7pm

**Divine Liturgy** | June 24 @ 7am

**Office Closed** | June 25 - July 6

## JUNE

**Vacation Church School** | July 27-31

*Visit [stmaryorthodox.org/calendar](http://stmaryorthodox.org/calendar) for complete and updated listings!*

## Fellowship Hour Groups & Leaders



**Week 1:** A-Di — Jon C. & Matt C.

**Week 2:** Do-Ke — Alison 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](mailto:lacie@stmaryorthodox.org)) and we'll get you set up!

# Upcoming Events & Outings

## Last Day to Sign-Up! 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 TODAY, 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 Orthodox 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!



## 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:



# Parish News & Announcements



## The Meal Train Rolls on!

We are pleased to announce that Adeline Linette Randolph was born Monday, April 27th! Please consider supporting mother Jessica, and family, as they adjust to life as a family of four! Please see meal train details here: Visit <https://www.mealtrain.com/trains/ryo64w> or scan below:



## Philokalia Group Summer Read: God, Where is the Wound?

The Philokalia Group is taking a short break from the Philokalia to read *God, Where Is the Wound?* by Siluana Vlad. Based on three talks, the book explores a simple but profound question: Why are we wounded? Mother Siluana suggests that the deepest wound is not external—events or circumstances—but within us, in a distorted inner life. She points toward healing through a renewed relationship with God. All are welcome to join our Zoom sessions on Fridays at 3 p.m. Ask to join Philokalists Anonymous group on Realm for more details.

## Ministry Fair Update

While we had hoped to host a spring ministry fair, a mix of weather and other scheduling challenges has led us to move the event to later in the year. Our Ministry Fair is now planned for Sunday, August 30. Ministry leaders: please stay tuned for a note from Lacie with details on preparing materials to help make the fair a success. For the rest of the parish, be sure to mark your calendars—this will be a meaningful opportunity to get connected, learn about the life of our parish, and find ways to get involved.



## Submit items for the weekly bulletin or *The Veil*

Contact Lacie Faber at [lacie@stmaryorthodox.org](mailto:lacie@stmaryorthodox.org)

Newsletter deadline | Monday, May 25 (for June Issue)

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

# God Grant You Many Years!



**Birthdays** Warren H., Alex J., Lucian R.

**Namedays** St. John the Theologian, St. Alexis of Wilkes-Barre, St. Irene, St. George

**Anniversaries** Glenn & Toni P. .

*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](mailto: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!***