



St. Mary Orthodox Church

WEEKLY BULLETIN | MAY 24, 2026

7th Sunday of Pascha

Holy Fathers of the First Ecumenical Council - Afterfeast of the Ascension

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

Fellowship Hour hosted by Group Q-Z

Memorial: Jordan

Men's Fellowship @ 6-8pm

This Week At St. Mary's

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

WEDNESDAY, MAY 27

Daily Vespers | 7-7:30pm

SATURDAY, MAY 30

Memorial Liturgy | 10-11:30am

Great Vespers | 5-6pm

SUNDAY, MAY 31

Holy Pentecost

Festal Matins, Catechumen Prayer,

Liturgy, and Kneeling Vespers |

9am-12pm



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 6. Troparion Of the Resurrection

THE Angelic Powers were at Thy tomb; * the guards became as dead men. * Mary stood by Thy grave, * seeking Thy most pure body. * Thou didst capture hell not being tempted by it. * Thou didst come to the Virgin, granting life. * O Lord, Who didst rise from the dead, // glory to Thee.

Tone 4. Troparion of the Ascension

YOU ascended in glory, O Christ our God, * granting joy to Your Disciples by the promise of the Holy Spirit. * Through the blessing, they were assured * that You are the Son of God, // the Redeemer of the world!

Tone 8. Troparion of the Fathers

YOU are most glorious, O Christ our God! * You have established the Holy Fathers as lights on the earth. * Through them You have guided us to the true Faith. // O greatly compassionate One, glory to You!

Glory. *Tone 8. Kontakion of the Fathers*

THE Apostles' preaching and the Fathers' doctrines have established one Faith for the Church. * Adorned with the robe of truth, woven from heavenly theology, // It defines and glorifies the great mystery of piety.

Both now. *Tone 6. Kontakion**of the Ascension*

WHEN You had fulfilled the dispensation for our sake, * and united earth to heaven: * You ascended in glory, O Christ our God, * not being parted from those who love You, * but remaining with them and crying: // "I am with you, and there is no one against you!"

PROKEIMENON

In the fourth tone: Blessed art Thou, O Lord God of our fathers, / and praised and glorified is Thy Name forever!

∞ *For Thou art just in all that Thou hast done for us!*

EPISTLE

The Reading is from the Acts of the Holy Apostles (20:16-18, 28-36)

In those days, Paul had decided to sail past Ephesus, so that he would not have to spend time in Asia; for he was hurrying to be at Jerusalem, if possible, on the Day of Pentecost. From Miletus he sent to Ephesus and called for the elders of the church. And when they had come to him, he said to them: "You know, from the first day that I came to Asia, in what manner I always lived among you, Therefore take heed to yourselves and to all the flock, among which the Holy Spirit has made you overseers, to shepherd the church of God which He purchased with His own blood. For I know this, that after my departure savage wolves

— **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

will come in among you, not sparing the flock. Also from among yourselves men will rise up, speaking perverse things, to draw away the disciples after themselves. Therefore watch, and remember that for three years I did not cease to warn everyone night and day with tears. So now, brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified. I have coveted no one's silver or gold or apparel. Yes, you yourselves know that these hands have provided for my necessities, and for those who were with me. I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'" And when he had said these things, he knelt down and prayed with them all.

Alleluia, Tone 1:

- ✠ *The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting.*
- ✠ *Gather to Me My venerable ones, who made a covenant with Me by sacrifice!*

GOSPEL

The Reading is from the Holy Gospel According to St. John (17:1-13)

At that time, Jesus lifted up His eyes to heaven, and said: "Father, the hour has come. Glorify Your Son, that Your Son also may glorify You, as You have given Him authority over all flesh, that He should give eternal life to as many as You have given Him. And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. I have glorified You on the earth. I have finished the work which You have given Me to do. And now, O Father, glorify Me

together with Yourself, with the glory which I had with You before the world was. I have manifested Your name to the men whom You have given Me out of the world. They were Yours, You gave them to Me, and they have kept Your word. Now they have known that all things which You have given Me are from You. For I have given to them the words which You have given Me; and they have received them, and have known surely that I came forth from You; and they have believed that You sent Me. I pray for them. I do not pray for the world but for those whom You have given Me, for they are Yours. And all Mine are Yours, and Yours are Mine, and I am glorified in them. Now I am no longer in the world, but these are in the world, and I come to You. Holy Father, keep through Your name those whom You have given Me, that they may be one as We are. While I was with them in the world, I kept them in Your name. Those whom You gave Me I have kept; and none of them is lost except the son of perdition, that the Scripture might be fulfilled. But now I come to You, and these things I speak in the world, that they may have My joy fulfilled in themselves.

INSTEAD OF IT IS TRULY MEET

Magnify, O my soul, Christ the Giver of Life, Who has ascended from earth to heaven!

We the faithful, with one accord, magnify you, the Mother of God, who, beyond reason and understanding, ineffably gave birth in time to the Timeless One.

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
Espiritu Santo, ahora y siempre por
los siglos de los siglos, amen.]

COMMUNION HYMNS

- ✠ *Praise the Lord from the heavens,
praise Him in the highest!*
- ✠ *Rejoice in the Lord, O you righteous;
praise befits the just!*
- ✠ *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. & Dylan S.

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!

Save the Date

Services, holidays, and other events

MAY

Memorial Liturgy | May 30 @ 10am

Festal Matins, Liturgy, and Kneeling Vespers | May 31 @ 9am-12pm

JUNE

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

JULY

Vacation Church School | July 27-31

AUGUST

Ministry Fair | August 30

OCTOBER

Dinner Dance | October 3 @ 6pm



Scan to register!



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

Upcoming Events & Outings

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!

Volunteers Needed for VCS 2026!

We are seeking adult and teen volunteers (ages 13+) to help with crafts, games, hospitality, outdoor activities, setup, and supporting our youth throughout the week. Teen volunteers may earn community service/leadership hours. Registration and volunteer sign-ups are now open through Realm (scan and select "Vacation Church School 2026 Leaders" to select your preferred volunteer role).



You can also email laocie@stmaryorthodox.org to learn more.

Save-the-Date: DOXACON 2026

Doxacon will take place November 6-7 at Catholic University. Here are this year's Keynote Speakers:

- Clergy Keynote: Fr. Anthony Cook of Ancient Faith's long-running Tolkien podcast, Amon Sûl.
- Lay Keynote: Christopher Ruocchio, author of the award-winning Sun Eater series.

Early bird tickets go on sale July 1!

Last Call for SWOT Submission Forms by May 26!

We encourage all parishioners to participate, whether you are deeply involved in parish life or attend more occasionally—every perspective is valuable. Please take a few moments to complete the attached form and return it either in the folder outside Fr. David's office or by email to our third-party facilitator - please scan to find all the information you need or visit: <https://myemail.constantcontact.com/Parishwide-SWOT-Submission-Information--In-Person--Virtual-Options-.html?soid=1142280598393&aid=CD3gj6eZzdI>

Parish News & Announcements

Accessibility and Assistance for Holy Communion

Parishioners requiring any special assistance or accommodations for receiving Holy Communion are always warmly invited to proceed to the chalice first to help eliminate any barriers to receiving the Eucharist. If you have any concerns or would like to discuss accommodations that may help facilitate receiving Communion, please contact Fr. David. We are committed to ensuring all faithful are able to participate fully in the sacramental life of the Church.

Do you have a high school or college graduate in your family this year?

We would love to recognize them during our Church School Recognition Celebration on June 7! Parents are invited to submit:

- Graduate's name
- A short bio (school, future plans, accomplishments, etc.)
- A headshot or senior photo

Please send submissions to our Communications Manager, Lacie Faber (lacie@stmaryorthodox.org) by Wednesday, June 3, 2026 so we can include your graduate in this special celebration of our parish students.



Join us for the Doxacast Remix!

The Doxacast Remix continues to examine popular culture through the lens of

our Orthodox Christian faith. Fr. David Subu joins us in the latest episode covering Ryan Coogler's award-winning vampire movie Sinners: "The Oppression of Sin in Ryan Coogler's Sinners." Check out the podcast at <https://www.ancientfaith.com/podcasts/doxacast-remix/>



Submit items for the weekly bulletin or *The Veil*

Contact Lacie Faber at 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 Jessie C., Ho K., Dsa. Irene L, Jeff M., Mark S., Nathan W., Robert Y.

Namedays St. Vincent of Lernis, St. Emmelia

Anniversaries Matt & Marie C., Steve & Kristine H.

*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!