



# St. Mary Orthodox Church

WEEKLY BULLETIN | JULY 12, 2026

**6th Sunday after Pentecost**

*Martyrs Proclus and Hilary of Ancyra - Ven. Paisios*

## Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

*Following the service:*

*Fellowship Hour Sponsored by Group*

*Do-Ke*

## This Week At St. Mary's

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

### **SATURDAY, JULY 18**

Great Vespers | 5-6pm

### **SUNDAY, JULY 19**

Matins & Divine Liturgy | 9-11:30am

Car Blessing | 11:30am-Noon



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

Week 1: A-Di

Week 2: Do-Ke

Week 3: Kh-P ← **Next Week's Host**

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 5. Troparion of the Resurrection*

LET us, the faithful, praise and worship the Word, \* co-eternal with the Father and the Spirit, \* born for our salvation from the Virgin; \* for He willed to be lifted up on the Cross in the flesh, \* to endure death, \* and to raise the dead // by His glorious Resurrection.

### *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 4. Troparion of the Martyrs*

YOUR holy martyrs Proclus and Hilary, O Lord, \* through their sufferings have received incorruptible crowns from You, our God. \* For having Your strength, they laid low their adversaries, \* and shattered the powerless boldness of demons. // Through their intercession, save our souls!

### *Tone 1. Troparion of Ven. Paisios*

O YOU faithful, let us honor Paisios, the offspring of Phárasa, \* the glory of Athos, emulator of the Holy Ascetics of old, and equal to them in honor; \* O grace-filled vessel, who hastens speedily to the pious faithful who cry out: \* “Glory to Him Who strengthened you. \* Glory to Him Who crowned you. \* Glory to Him Who, through you, works healings for all.”

### *Tone 5. Kontakion of the Resurrection*

THOU didst descend into hell, O my Savior, \* shattering its gates as Almighty, \* resurrecting the dead as Creator, \* and destroying the sting of death. \* Thou hast delivered Adam from the curse, O Lover of man, // and we cry to Thee: “O Lord, save us!”

### *Tone 4. Kontakion of the Martyrs*

LIKE the morning star, \* your glorious sufferings enlighten us with holy miracles. \* We celebrate you memory, O Proclus and Hilary; \* pray to Christ our God for us // that He will save our souls!

### *Glory. Tone 8. Kontakion of Ven. Paisios*

LET us praise the most renowned ascetic of the Holy Mountain, \* and the newly-shining luminary of the Church; \* let us praise him with hymns with all our heart, \* for he guides the faithful toward a life of excellence, filling them with rivers of gifts; \* therefore we cry out: “Rejoice, Father Paisios.”

### **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 fifth tone:** Thou, O Lord, shalt protect us and preserve us from this generation for ever!

✠ *Save me, O Lord, for there is no longer*

### — *The Trisagion in Other Languages (Transliterated)* —

Romanian: Sfinte Dumnezeule, Sfinte Tare, Sfinte Fără de moarte, Miluieste-ne pe noi  
 Church Slavonic: Svyati Bozhe, Svyati Krepki, 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

*any that is godly.*

## EPISTLE

**The Reading is from Epistle of St. Paul to the Romans (12:6-14)**

Brethren, having gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

*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. Matthew (9:1-8)**

At that time, Jesus got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This

Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.

## THE LORD'S PRAYER (IN FRENCH)

*Notre Père qui es aux cieux  
Que Ton Nom soit sanctifié,  
Que Ton Règne arrive,  
Que Ta Volonté soit faite  
sur la terre comme au ciel.  
Donne-nous aujourd'hui  
Notre pain substantiel  
Et remets-nous nos dettes  
comme nous remettons à nos débiteurs,  
Et ne nous soumetts pas à l'épreuve,  
Mais délivre-nous du Malin.  
Car c'est à Toi qu'appartiennent le règne,  
la puissance et la gloire, du Père, du Fils et  
du Saint-Esprit, pour les siècles des siècles.*

## COMMUNION HYMNS

- ✠ *Praise the Lord from the heavens!  
Praise Him in the highest! .*
- ✠ *Alleluia, Alleluia, Alleluia!*



3RD OCT 2026 AT 6PM @ ST. LUKE'S IN MCLEAN

# save the date

ST. MARY'S 2026 ANNUAL DINNER DANCE!

SILENT AUCTION & DESSERT AUCTION

ALL PROCEEDS WILL SUPPORT THE CAPITAL FUND



## DOXACON PRIME 2026

**Becoming Saints  
in a Brave New World**

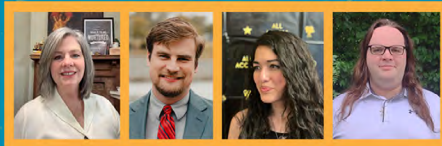
November 6-7, 2026  
@ Catholic University of America

Faith. Fandom. Imagination. Holiness.

Keynotes by  
Christopher Ruocchio  
and Fr. Anthony Cook

Featuring an exciting line-up of breakout sessions,  
panels, games,  
fan art, and fellowship.

**Early bird registration  
live now through August 31!**





## 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](mailto:lacie@stmaryorthodox.org)) and we'll get you set up!

# Save the Date

*Services, holidays, and other events*

## JULY

**School Supply Drive** | July 26th after Liturgy

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

## AUGUST

**Divine Liturgy with Cross Procession** | August 1 @ 9am

**Dormition Fast** | Aug. 1-14

**Divine Liturgy with Blessing of Fruit (Feast of the Transfiguration)** | August 6 @ 10-11:30am

**Festal Liturgy with Blessing of Flowers & Herbs** | August 15 @ 10-11:30am

**Ministry Fair** | August 30

## OCTOBER

**Dinner Dance** | October 3 @ 6pm

## NOVEMBER

**Doxacon** | November 6-7 @ Catholic University



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

# Upcoming Events & Outings

## Leave the Noise Behind: Men's Mountain Retreat

Men and sons of the parish are invited to a rustic weekend retreat in the Virginia mountains, October 9–11. Enjoy fellowship, hiking, campfire conversations, and time together in the beauty of God's creation at a Potomac Appalachian Trail Club cabin. Participants are welcome to attend for the day, one night, or the full weekend. Some



camping gear is available to borrow, and food will be provided for the main meals although we also welcome volunteers to help bolster our provisions! Please



RSVP on Realm by August 1 so we can reserve the appropriately sized cabin and plan the car-pool. POC: Caleb Faber (via Realm).

## Donate to the Annual School Supply Drive for Mason Crest Elementary School

St. Mary's is once again collecting school supplies for Mason Crest Elementary School, where many families rely on community support to help students start the school year prepared. Join us for a fundraising luncheon during Coffee Hour on Sunday, July 26, to support this ministry. Parishioners may also donate funds so supplies can be purchased in bulk, or request the school's supply list from Ellen R. and purchase items directly. Buying supplies together helps ensure every child receives the same materials while allowing us to take advantage of back-to-school sales. Thank you for helping us support the students and teachers of Mason Crest Elementary!



## This Week: Reel Women Movie Night!

Calling all women to a movie outing on Tuesday, July 14th. Voting is open until 5pm today. Please join the Reel Women group on Realm to see the choices for voting and to find out the timing/location of the selected movie. See Christina J. or Anna C. with any questions.



# Parish News & Announcements

## Vacation Church School Volunteer Meeting

Thank you for offering your time and talent so serve our youth! VCS Volunteers are invited to a brief prep meeting today @ 12:30pm in the 4-5th Grade Classroom in the basement to just quickly cover what is planned for VCS week. If you're unable to make it--no worries, we'll probably meet again the Sunday (July 26th) before VCS starts to hand out final roles/etc.

## On Behalf of All Survey

The OBOA Ministry invites parishioners and families to complete a short anonymous accessibility survey to help us better understand what may make participation in worship, church school, fellowship, parish events, or other aspects of parish life more difficult. You do not need to consider yourself disabled or have a formal diagnosis to participate. We welcome feedback about physical, sensory, social, medical, developmental, or other challenges that affect parish participation. The survey should only take a few minutes to complete: [https://docs.google.com/forms/d/e/1FAIpQLScuYq6ULrEFqzSYvuzdPV-7ZL\\_PbkP2YS\\_c6sidfaZ7MRoZEJA/viewform?usp=publish-editor](https://docs.google.com/forms/d/e/1FAIpQLScuYq6ULrEFqzSYvuzdPV-7ZL_PbkP2YS_c6sidfaZ7MRoZEJA/viewform?usp=publish-editor)

Thank you for helping us identify where future accessibility efforts may be most helpful.



## Join us for the Doxacast Remix!

The Doxacast Remix continues its Twin Peaks Watch: "The Owls Are Not What They Seem" - Twin Peaks Watch, Part 2. In this episode, our first-time watchers - Christina Zrake, Maggie Johnson, and Jos Johnson - confront the truth about the Laura Palmer murder mystery. Check out the podcast at [https://www.ancientfaith.com/podcasts/doxacast\\_remix/](https://www.ancientfaith.com/podcasts/doxacast_remix/) at [https://www.ancientfaith.com/podcasts/doxacast\\_remix/](https://www.ancientfaith.com/podcasts/doxacast_remix/)



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

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

Newsletter deadline | Monday, July 20 (for July/Aug. Issue)

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

# God Grant You Many Years!



**Birthdays** Narcisa D., Lacie F., Simeon F., Lucy J., Lydia J.

**Namedays** St. Paisios, St. Alexandra

**Anniversaries** Pdn. Peter & Dsa. Tanya D., Doug & Dea M., Armand & Amanda S.

*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!***