



St. Mary Orthodox Church

WEEKLY BULLETIN | JULY 19, 2026

7th Sunday after Pentecost

Commemoration of the Holy Fathers of the First Six Ecumenical Councils

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

Car Blessing

*Fellowship Hour Sponsored by Group
Kh-P*

This Week At St. Mary's

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

MONDAY, JULY 20

Divine Liturgy | 10-11am
Parish Council | 7-8:30pm

SATURDAY, JULY 25

Divine Liturgy | 9-10:30am
Great Vespers | 5-6pm

SUNDAY, JULY 26

Matins & Divine Liturgy | 9-11:30am
School Supply Drive



Fellowship Hour Hosting Groups:

Week 1: A-Di

Week 2: Do-Ke

Week 3: Kh-P

Week 4: Q-Z ← **Next Week's Host**

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 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 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!

Tone 8. Troparion of St. Macrina

THE image of God was truly preserved in you, O Mother, * for you took up the Cross and followed Christ. * By so doing, you taught us to disregard the flesh, for it passes away, * but to care instead for the soul, since it is immortal. * Therefore your spirit, O Holy Mother Macrina, rejoices with the Angels!

Tone 6. Kontakion of the Resurrection

WHEN Christ God, the Giver of Life, * raised all of the dead from the valleys of misery with His mighty hand, * He bestowed resurrection on the human race. // He is the Savior of all, the Resurrection, the Life, and the God of all.

Tone 8. Kontakion of 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.

Glory. Tone 4. Kontakion of St. Macrina

SINCE the light of righteousness shone brightly in thee, thou wast an example of the life of piety for all, teaching the virtues to them that cry: Rejoice, Macrina, thou boast of virginity.

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 sixth tone: O Lord, save Thy people / and bless Thine inheritance!

✠ *To Thee, O Lord, will I call. O my God, be not silent to me!*

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

EPISTLE

The Reading is from Epistle of St. Paul to the Romans (15:1-7)

Brethren, we who are strong ought to bear with the scruples of the weak, and not to please ourselves. Let each of us please his neighbor for his good, leading to edification. For even Christ did not please Himself; but as

— *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

it is written, "The reproaches of those who reproached You fell on Me." For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope. Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus, that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ. Therefore receive one another, just as Christ also received us, to the glory of God.

***The Reading is from Epistle of St. Paul
to the Hebrews (13:7-16)***

Brethren, Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct. Jesus Christ is the same yesterday, today, and forever. Do not be carried about with various and strange doctrines. For it is good that the heart be established by grace, not with foods which have not profited those who have been occupied with them. We have an altar from which those who serve the tabernacle have no right to eat. For the bodies of those animals, whose blood is brought into the sanctuary by the high priest for sin, are burned outside the camp. Therefore Jesus also, that He might sanctify the people with His own blood, suffered outside the gate. Therefore let us go forth to Him, outside the camp, bearing His reproach. For here we have no continuing city, but we seek the one to come. Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name. But do not forget to do good and to share, for with such sacrifices God is well pleased.

Alleluia, Tone 6:

- ✠ *He that dwelleth in the aid of the Most High shall abide under the protection of the God of heaven.*
- ✠ *He shall say to the Lord: Thou art my protector and my refuge, my God. In Him will I trust!*

Alleluia, Tone 1:

- ✠ *The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting.*

GOSPEL

***The Reading is from the Holy Gospel
According to St. Matthew (9:27-35)***

At that time, when Jesus departed from there, two blind men followed Him, crying out and saying, "Son of David, have mercy on us!" And when He had come into the house, the blind men came to Him. And Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "According to your faith let it be to you." And their eyes were opened. And Jesus sternly warned them, saying, "See that no one knows it." But when they had departed, they spread the news about Him in all that country. As they went out, behold, they brought to Him a man, mute and demon-possessed. And when the demon was cast out, the mute spoke. And the multitudes marveled, saying, "It was never seen like this in Israel!" But the Pharisees said, "He casts out demons by the ruler of the demons." Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

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

At that time, Jesus spoke these words, 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.

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! .*
- ✠ *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. & Vancancy

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

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 for complete and updated listings!

Upcoming Events & Outings

Leave the Noise Behind: Men's Mountain Retreat

****Update**** Due to overwhelming interest, the registration deadline has been moved to this Wednesday, July 22 and there are limited spots remaining. 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 July 22 so we can reserve the appropriately sized cabin and plan the carpool.

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!



Parish News & Announcements

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/1FAIpQLScuY-q6ULrEFqzSYvuzdPV7ZL_PbkP2YS_c6sidfaZ7MRoZEjA/view-form?usp=publish-editor Thank you for helping us identify where future accessibility efforts may be most helpful.



Last Week to Register for VCS 2026

Wed., July 23rd is the last day to register your children for a peaceful, joyful, and hands-on Orthodox Christian Vacation Church School as we explore the Beatitudes through Scripture, saints, prayer, crafts, outdoor adventures, service projects, sacred beauty, and community life!



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/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, July 20 (for July/Aug. Issue)

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

God Grant You Many Years!



Birthdays Svetlana M.

Namedays Prophet Elias, St. Mary Magdalene, St. Christina of Tyre,
St. Anna

Anniversaries Victor & Elena C., Luke & Kristina R.

*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!