



St. Mary Orthodox Church

WEEKLY BULLETIN | SEPTEMBER 13, 2026

15th Sunday after Pentecost

Forefeast of the Exaltation of the Cross - Commemoration of the Founding of the Church of the Resurrection (Holy Sepulcher) at Jerusalem

Today's Schedule

9:00am — Matins
10:00am — Divine Liturgy
Following the service:
Annual All-Parish Picnic

This Week At St. Mary's

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

MONDAY, SEPTEMBER 14

Exaltation of the Cross

TUESDAY, SEPTEMBER 15

Reel Women | See Realm for Details

WEDNESDAY, SEPTEMBER 16

Vespers | 7-7:30pm

THURSDAY, SEPTEMBER 17

Divine Liturgy | 7-8am

FRIDAY, SEPTEMBER 18

Philokalia Book Study | 3-4pm

Women's Bible Study | 6:30-8pm

SATURDAY, SEPTEMBER 19

Adult Catechism | 3-4:30pm

Great Vespers | 5-6pm

SUNDAY, SEPTEMBER 20

Matins & Divine Liturgy | 9-11:30am

Church School Begins | After Liturgy



***Updated* Fellowship Hour Hosting Groups:**

Week 1: A-Dua

Week 2: Dub-Ki

Week 3: Kn-Robe <--- Next Week's Host

Week 4: Robi-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 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 Founding

YOU have revealed the beauty of the holy dwelling place of Your glory on earth * to be like the splendor of the heavenly firmament, O Lord. * Through the prayers of the Theotokos, * strengthen it for ever and ever * and accept our supplication * which we ceaselessly offer You therein, // the life and resurrection of all!

Tone 4. Troparion of the Forefeast

WE offer in supplication * the life-creating Cross of Your goodness, O Lord, * which You have granted to us * although we are unworthy. // Through the Theotokos, save all Orthodox Christians, O only Lover of man!

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.

Glory; both now. *Tone 4.
Kontakion of the Founding*

GRANT renewal of spirit in our hearts,

and illumination to all that is within us, * as we celebrate in faith the sacred dedication of Your house, * which You were well pleased to have built in Your divine Name, // O You Who alone are glorified in the sanctuary.

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: Holiness befits Thy house, O Lord, / forevermore.

EPISTLE

*The Reading is from the Epistle of
St. Paul to the Galatians (6:11-18)*

Brethren, see with what large letters I have written to you with my own hand! As many as desire to make a good showing in the flesh, these would compel you to be circumcised, only that they may not suffer persecution for the cross of Christ. For not even those who are circumcised keep the law, but they desire to have you circumcised that they may boast in your flesh. But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world. For in Christ Jesus neither circumcision nor uncircumcision avails anything, but a new creation. And as many as walk according to this rule, peace and mercy be upon them, and upon the Israel of God. From now on let no one trouble me, for I bear in

— 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

my body the marks of the Lord Jesus. Brethren, the grace of our Lord Jesus Christ be with your spirit. Amen.

Alleluia, Tone 1:

✠ *I have exalted one chosen out of My people.*

✠ *For My hand shall defend him and My arm shall strengthen him.*

Alleluia, Tone 2:

✠ *Thy foundations are in the holy mountains; the Lord loveth thy gates, O Zion, more than all the dwellings of Jacob*

GOSPEL

The Reading is from the Holy Gospel According to St. John (3:13-17)

The Lord said, "No one has ascended to heaven but He who came down from heaven, that is, the Son of Man who is in heaven. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."

THE LORD'S PRAYER

(IN UKRAINIAN)

*Otche nash, shcho yesy na nebesakh,
Отче наш, що єси на небесах,
Nekhai svyatytsya Im'ya Tvoє.
Нехай святиться Ім'я Твоє.
Khai pryide Tsarstvo Tvoє,
Хай прийде Царство Твоє,
nekhai bude volya Tvoja
нехай буде воля Твоя*

Yak na nebi, tak i na zemli

Як на небі, так і на землі

Khlib nash nasushchnyi dai nam sohodni.

Хліб наш насущний дай нам сьогодні.

I prosty nam provyny nashi,

І прости нам провини наші,

yak i my proshchayemo vynuivatsyam nashym.

як і ми прощаємо винуватцям нашим.

I ne vvedy nas u spokusu,

І не введи нас у спокусу,

ale vyzvoly nas vid lukavoho.

але визволи нас від лукавого.

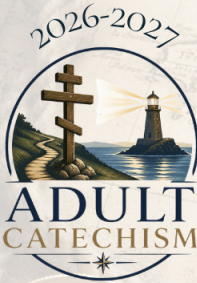
COMMUNION HYMNS

✠ *Praise the Lord from the heavens! Praise Him in the highest!*

✠ *I have loved the beauty of Thy house, O Lord, and the place where Thy glory dwelleth.*

✠ *Alleluia, Alleluia, Alleluia!*





FALLS CHURCH, VA
ST. MARY ORTHODOX CHURCH

FALL 2026: DOCTRINE & SPIRITUALITY

This fall, St. Mary's will offer an Adult Catechism course covering the Nicene Creed and the foundations of Orthodox Christian doctrine and spirituality. Our first class begins September 19 at 3:00 PM. Please register in advance; once registered, you will receive the class link and syllabus by email. Together with the Winter session, this course will help prepare St. Mary's catechumens for reception into the Orthodox Church and deepen participants' understanding of the faith expressed in the Nicene Creed.

SCAN TO REGISTER:



ST MARY ORTHODOX CHURCH
2026-2027

CHURCH SCHOOL REGISTRATION

Catechesis of the Good Shepherd (Ages 3-6)
One Year with the Liturgy (Ages 6-18)

SUNDAYS FROM 12:00-1:00PM
Registration required before participation!

SCAN TO REGISTER!





***Updated* Fellowship Hour Groups & Leaders**

Week 1: A-Dua — Jon C. & Matt C.

Week 2: Dub-Ki — Allison J. & Ryan K.

Week 3: Kn-Robe — Melanie K. & Vacancy

Week 4: Robi-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

SEPTEMBER

Divine Liturgy | Sept. 24 @ 7-8am

OBOA Parish Family Retreat | Sept. 26 @ 8:30am-2:30pm

OCTOBER

Divine Liturgy (Protection of the Mother of God) | Oct. 1 @ 7-8am

Akathist: Inexhaustible Cup | Oct. 1

Financial Peace University Begins | Oct. 3 @ 10am

Ranch Glam Dinner Dance | October 3 @ 6pm

Safety Ministry Appreciation Dinner | Oct. 17th @ 6-8pm

Divine Liturgy of St. James | Oct. 23 @ 10am

NOVEMBER

Akathist: Inexhaustible Cup | Nov. 5 @7-7:30pm

Doxacon | November 6-7 @ Catholic University

Nativity Fast | Nov. 15-Dec. 24th

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

Upcoming Events & Outings

Parish Family Retreat: Building Bridges of Understanding

Join us on Saturday, September 26 from 8:30 AM–2:30 PM for St. Mary's On Behalf of All Parish Family Retreat. Together, we will explore how our parish can better welcome, support, and include all members of the Body of Christ, including children with disabilities. The day will focus on hospitality, accessibility in faith education, compassionate accompaniment, and recognizing the gifts of every parishioner. Childcare and meals will be provided. All are welcome!



Tuesday: Reel Women Move Night!

calling all women to a movie outing on Tuesday September 15th. Voting is open until today at 5pm. Please join the Reel Women group on realm to see the choices for voting and to find out the timing/location of the movie on Tuesday. See Christina J. or Anna C. for any questions.



Grab a Good Read at the St. Cosmas Book Store!

The church store has received copies of Mother Siluana's latest book 'Theology of the Ordinary' and 'Let us Pray with Mother Siluana'. Come downstairs to get your copy today after Divine Liturgy!

Parish News & Announcements

Vision 2030: A Home for Generations Has Begun!

A Home for Generations: Vision 2030—is a three-year season of prayer, preparation, and generosity as we work toward a future parish home. Our October 3 Dinner Dance is the first major fundraiser of the campaign, with 100% of proceeds benefiting the Capital Campaign Fund.

- Buy your tickets and join us for the celebration!
- Help make our Silent Auction spectacular! Donate an item, experience, professional service, vacation stay, gift certificate—or something uniquely you.

This is more than a great night out. It's an opportunity to enjoy one another's company, celebrate the parish God has given us, and help make room for generations to come. Scan to get tickets or submit a silent auction donation!



Dinner Dance
Tickets:



Dinner Dance
Auction Donation:



Join us for the Doxacast Remix!



Join the Doxacast Remix for a discussion of the year's most controversial film: "Coming to Himself in Christopher Nolan's The Odyssey," featuring Dn. Nicholas Kotar and Amy Browning-Dill. For recaps and links to the most recent episodes, visit doxacon.org/#podcast



Submit items for the weekly bulletin or *The Veil*

Contact Lacie Faber at lacie@stmaryorthodox.org

Newsletter deadline | Monday, Sept. 21st (for October Issue)

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

God Grant You Many Years!



Birthdays Ben C., Lauren C., Stephanie C., Margareta G., Inna K., Katherine M.,

Namedays St. Sophia, St. Charity

Anniversaries Dn. Nicholas & Dsa. Cathy D.

*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!