



St. Mary Orthodox Church

WEEKLY BULLETIN | OCTOBER 4, 2026

18th Sunday after Pentecost

Hieromartyr Hierotheus, Bishop of Athens

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

*Fellowship Hour hosted by Group A-Dua
Church School 12-1pm*

This Week At St. Mary's

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

MONDAY, OCTOBER 5

Church School Teacher Training (Virtual) | 7-8pm

TUESDAY, OCTOBER 6

Divine Liturgy | 7-8am

WEDNESDAY, OCTOBER 7

Vespers | 7-7:30pm

Adult Education: Psalms in Orthodox
Worship | 7:45-8:45pm

FRIDAY, OCTOBER 9

Philokalia Book Study | 3-4pm

SATURDAY, OCTOBER 10

Financial Peace University |
9-10:30am

Adult Catechism | 3-4:30pm

Great Vespers | 5-6pm

SUNDAY, OCTOBER 11

Matins & Divine Liturgy | 9-11:30am
Church School | 12-1pm



Fellowship Hour Hosting Groups:

Week 1: A-Dua

Week 2: Dub-Ki <--- Next Week's Host

Week 3: Kn-Robe

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 1. Troparion of the Resurrection

WHEN the stone had been sealed by the Jews, * while the soldiers were guarding Thy most pure body, * Thou didst rise on the third day, O Savior, * granting life to the world. * The powers of heaven therefore cried to Thee, O Giver of Life: * “Glory to Thy Resurrection, O Christ! * Glory to Thy Kingdom! // Glory to Thy dispensation, O Thou Who lovest mankind!”

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 1. Troparion of St. Hierotheus

WE the faithful all praise Hierotheus, the disciple of Paul, * Hierarch of Athens, * the world’s teacher and a preacher of the Faith, * who revealed to us Christ’s Mysteries * and poured forth streams of godly doctrine. // His life was well-pleasing to God, Who is greatly merciful.

Tone 1. Kontakion of the Resurrection

AS God, Thou didst rise from the tomb in glory, * raising the world with Thyself. * Human nature praises Thee as God, for death has vanished. * Adam exults, O Master!

* Eve rejoices, for she is freed from bondage and cries to Thee: // “Thou art the Giver of Resurrection to all, O Christ!”

Glory. Tone 8. Kontakion of St. Hierotheus

HIERARCH of Athens, we praise you for you have instructed us in awesome and ineffable things, * and you were revealed to be a divinely-inspired writer of hymns. * Pray that we be delivered from every kind of sin, so that we may cry to you: // Rejoice, divinely-wise Father Hierotheus!

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 first tone: Let Thy mercy, O Lord, be upon us / as we have set our hope on thee.

✠ *Rejoice in the Lord, O ye righteous! Praise befits the just!*

EPISTLE

The Reading is from the Second Epistle of St. Paul to the Corinthians (9:6-11)

Brethren, “He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully.” So let each one give as he purposes in his heart, not grudgingly or of

— 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

necessity; for God loves a cheerful giver. And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. As it is written: "He has dispersed abroad, He has given to the poor; His righteousness endures forever." Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, while you are enriched in everything for all liberality, which causes thanksgiving through us to God.

Alleluia, Tone 1:

- ✠ *God gives vengeance to me, and subdues people under me!*
- ✠ *He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever.*

GOSPEL

***The Reading is from the Holy Gospel
According to St. Luke (6:31-36)***

The Lord said, "just as you want men to do to you, you also do to them likewise. But if you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive back, what credit is that to you? For even sinners lend to sinners to receive as much back. But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful.

THE LORD'S PRAYER (IN GERMAN)

Vater Unser im Himmel,
Geheiligt werde Dein Name,
Dein Reich komme.
Dein Wille geschehe,
Wie im Himmel, so auf Erden.
Unser tägliches Brot gib uns heute,
Und vergib uns unsere Schuld,
Wie auch wir vergeben unseren
Schuldigern.
Und führe uns nicht in Versuchung,
Sondern erlöse uns von dem Bösen.

COMMUNION HYMNS

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



Pan-Orthodox Young Adults & Professionals Gala

A NIGHT IN
Byzantium

Join us for a Byzantine-themed night filled
with live music, a DJ, a photo booth, and a
full buffet dinner!

DRESS CODE: Byzantine Inspired / Semi-Formal

OCTOBER **17** 6-10 PM

SAINTS PETER AND PAUL
ANTIOCHIAN ORTHODOX CHURCH

RSVP HERE:

Early Bird Tickets \$65 until
September 25th - After Tickets
will be \$75 until October 11th

*10% of ticket sales will be donated
to FOCUS North America*



Please email OYAPGala@gmail.com for any questions or concerns.



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

OCTOBER

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

Church School Fall Social (Root Beer Floats) | Oct. 18

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

Men's Breakfast w/ Fr. Gerasim | Oct. 24 @ 8-9:30am

Frying Pan Farm Park Play Date | Oct. 24 @10-11:30am

NOVEMBER

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

Doxacon | November 6-7 @ Catholic University

Nativity Fast | Nov. 15-Dec. 24th

DECEMBER

Royal Hours | Dec. 24 @10am-12pm

Vesperal Liturgy | Dec. 24 @ 5-6:30pm

Candlelight Vigil | Dec. 24 @ 10pm-11:30pm

Christmas Liturgy | Dec. 25 @ 10-11:30am

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

Upcoming Events & Outings

Fellowship of Moms: October Playdates

Join the Fellowship of Moms for two upcoming playdates this October! Wednesday, October 14 | 9:00 AM–12:00 PM Playdate @ the Zaki residence & Saturday, October 24 | 10:00 AM Playdate @ Frying Pan Farm Park! Come enjoy an easy morning of fellowship while the kids play. Please visit the Fellowship of Moms group in Realm for full details and updates.

Church School Teacher Training -- Oct. 5

All Church School teachers are encouraged to attend a brief training on Monday, October 5 at 7:00 PM. Richard S. will speak on positive redirection and classroom management. Please view the event and RSVP in the Church School Teachers group on Realm.

Community Outreach Serving Group Meeting-- Oct. 6

Please mark your calendars for our next meeting on Tuesday, October 6 at 7:00 PM. A Zoom link will be shared closer to the date on Realm. We'll discuss updates on the Little Pantry Project, volunteer opportunities for upcoming subcommittees, Advent giving ideas, and other ministry business.

New Adult Education Course: The Psalms

Join us Wednesdays following Vespers for a new adult education course exploring the Psalms in Orthodox worship. The Psalms are woven throughout our liturgical life, from Vespers and Matins to the Divine Liturgy. Together, we'll explore selected Psalms, their biblical meaning, place in the Church's liturgical tradition, and how the Fathers have understood them. Our goal is simple: to better understand the Psalms so we can pray them more deeply in church.

When: Wednesdays, following Vespers (approximately 7:45-8:45pm)

Where: Fellowship Hall (and Live-streamed on YouTube)

Beginning: October 7

The class will be about 10 weeks long, leading up to the feast of the Nativity of Christ. We will be utilizing the Holy Transfiguration Monastery Psalter as our base text. All are welcome!

Parish News & Announcements

Thinking of Donating an Item? Please Check With Us First

We are very grateful for the generosity of parishioners who think of St. Mary's when they have items to donate. At the same time, we are working hard to make the best use of our limited storage space and have been steadily clearing duplicate and unused items—only to find that our shelves often refill faster than we can organize them. Moving forward, if you have something you believe may be useful to the parish, please check with the appropriate point of contact before bringing it in: Psa. Stephanie for general parish items, Caleb F. for Church School needs, and Juliana C. for Church Store donations. Thank you for helping us be good stewards of your generosity and our shared space!

Support Vision 2030: A Home for Generations Through the Dinner Dance

If you'd still like to make a general donation in support of the Vision 2030: A Home for Generations capital campaign connected to this year's Dinner Dance fundraiser, you can give directly through Realm. Simply select "Dinner Dance Auction" from the giving drop-down menu. Every gift helps support Vision 2030: Home for Generations and brings us closer to our future parish home.



Join us for the Doxacast Remix!

Join the Doxacast Remix for exciting discussions of the Broadway musical *Hadestown*, and the classic video game *Skyrim*. For recaps and links to the most recent episodes, visit doxacon.org/#podcast. 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. 26th (for November Issue)

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

God Grant You Many Years!



Birthdays Lily C., Michelle L., Elaine P.

Namedays St. Tikhon of Moscow, Apostle Thomas

Anniversaries Matt H. & Anna 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!