



St. Mary Orthodox Church

WEEKLY BULLETIN | NOVEMBER 01, 2026

22nd Sunday after Pentecost

Holy Wonderworkers and Unmercenaries Cosmas and Damian

Today's Schedule

9:00am — Matins

10:00am — Divine Liturgy

Following the service:

- Fellowship Hour hosted by Group A-Dua
- Church School (12-1pm)
- Revive Training (Safety Ministry) (12:30-1pm)

This Week At St. Mary's

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

WEDNESDAY, NOVEMBER 4

Vespers with Confession | 7-7:30pm

FRIDAY, NOVEMBER 6

Philoklia Book Study | 3-4pm

Doxacon @ CUA (register online)

SATURDAY, NOVEMBER 7

Doxacon @ CUA (register online)

Financial Peace University | 10-11:30am

SUNDAY, NOVEMBER 8

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 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 * illumined 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 8. Troparion of the Unmercenaries

HOLY Unmercenaries and Wonder-workers, Cosmas and Damian, heal our infirmities. // Freely you have received; freely you give to us.

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!"

Glory. Tone 2. Kontakion of the Unmercenaries

HAVING received the grace of healing, you grant healing to those in need. *

Glorious wonder-workers and healers, Cosmas and Damian, * visit us and put down the insolence of our enemies, // and bring healing to the world through your miracles!

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 any that is godly.*

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

— *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

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

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. Luke (8:26-39)

At that time, Jesus and his disciples sailed to the country of the Gadarenes, which is opposite Galilee. And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, "What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!" For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness. Jesus asked him, saying, "What is your name?" And he said, "Legion," because many demons had entered him. And they begged Him that He would not command them to go out into the abyss. Now a herd

of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned. When those who fed them saw what had happened, they fled and told it in the city and in the country. Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned. Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, "Return to your own house, and tell what great things God has done for you." And he went his way and proclaimed throughout the whole city what great things Jesus had done for him.

THE LORD'S PRAYER (IN KOREAN)

하늘에 계신 우리 아버지,
아버지의 이름이 거룩히 빛나시며
아버지의 나라가 오시며
아버지의 뜻이 하늘에서와 같이 땅에
서도 이루어지소서!
오늘저희에게 일용할 양식을 주시고
저희에게 잘못된 이를 저희가 용서
하오니
저희 죄를 용서하시고
저희를 유혹에 빠지지 않게 하시고

악에서 구하소서.
아멘.

Haneul-e gyeshin uri abeoji,
abeoji-ui ireum-i
georeukhi bichnashimyeo
abeoji-ui naraga yoshimyeo
abeoji-ui tteut-i haneul-eseowa
gat-i ttang-eseodo ilueojisoseo!
yoneuljeohwi ege ilyonghal
yangshigeul jushigo
jeohwiege jalmothan ireul jeohwiga
yongseohayoni
jeohwi joeleul yongseohasigo
jeohwireul yuhoke bbajiji anhge

hanshigo

aeseo guhasoseo. amen.

COMMUNION HYMNS

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

✠ Alleluia, Alleluia, Alleluia!



SAINT MARY
ORTHODOX CHURCH

GREENERY &
POINSETTIA
SALE

SCAN OR VISIT:
[HTTPS://TINYURL.COM/PXVUFM24](https://tinyurl.com/pxvufm24)
THROUGH NOV. 9TH

ALL PROCEEDS SUPPORT OUR
VISION 2030: A HOME FOR
GENERATIONS FUND



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

NOVEMBER

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

Doxacon | November 6-7 @ Catholic University

Divine Liturgy | Nov. 14th @ 9-10am

Nativity Fast | Nov. 15-Dec. 24th

Divine Liturgy | Nov. 16th @ 7-8am

Parish Council | Nov. 16th @ 7-8:30pm

Holy Unction @ St. Andrew ROC | Nov. 20th @ 6:30-8pm

Divine Liturgy | Nov. 21st @ 9-10am

Baptism: Lewis | Nov. 21st @ 10:30am-12pm

Divine Liturgy | Nov. 25th @ 7-8am

Divine Liturgy @ St. Andrew ROC | Nov. 30th @ 10-11:30am

DECEMBER

Akathist: Inexhaustible Cup | Dec. 3 @7-7:30pm

Divine Liturgy | Sat., Dec. 5, 12, 19, 26 @ 9-10am

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

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

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

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

JANUARY

St. Basil Liturgy | Jan. 1 @ 10:30am-12pm

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

Upcoming Events & Outings

Young Adult Ministry: Upcoming Events



Game Night at St. Mary's – Saturday, November 14

Join us for Vespers at 5:00 PM, followed by dinner and games in the parish hall. Food will be provided, so please RSVP and share any dietary restrictions. Feel free to bring a favorite game

Not in Christ's Name Summit on Palestine

On **Saturday, November 14 from 9:00 AM–5:30 PM**, followed by Vespers, the “Not in Christ’s Name” Summit on Palestine will bring together Orthodox Christians and friends from other faith traditions for a day of learning, discussion, and practical action. The keynote speaker will be John Kiriakou, Orthodox Christian, former CIA officer and whistleblower, and political analyst (scan top QR to register). Scan bottom QR to donate to help cover expenses for the summit (donations are made through Sts. Peter & Paul Antiochian Orthodox Church, and are tax-deductible). For questions about either event, please contact St. Mary parishioner Matt H.



Orthodox Christian Laity Annual Meeting

The Orthodox Christian Laity annual meeting will be held Saturday, November 7 at St. Andrew’s Romanian Orthodox Church in Potomac, MD, with both in-person and virtual attendance available. Metropolitan Tikhon will serve as keynote speaker, joined by Archbishop Nathaniel, Serge Schmemmann, Dr. Paul Meyendorff, Dr. Nikolas Gvosdev, Dr. Alexander Ligas, and Dr. Bill Marianes. Registration is \$25; students attend free with a .edu email. In-person registration includes continental breakfast and lunch. Scan



Orthodox Christian Laity
Serving as a catalyst for Orthodox Christian unity in America



for more info.

Help Make Christmas Bright for Gael at St. Innocent Orphanage

It may be November but Santa's Helpers have to get started early! St. Mary's is sponsoring Gael, a tenth grade boy at St. Innocent Orphanage in Mexico. Please consider purchasing a clothing or wish list item for him. You can choose an ornament from the Christmas tree to sign up for an item. Please do not wrap the items and bring them to church by Sunday, November 22nd. Thank you!



Parish News & Announcements



Grab a Friend & Make Plans for Doxacon!

Doxacon returns to Catholic University November 6–7 with this year's theme, "Becoming Saints in a Brave New World." Join fellow Christians for a weekend exploring faith, fantasy, science fiction, games, art, and storytelling, featuring keynote speakers Christopher Ruocchio and Fr. Anthony Cook, plus breakout sessions on everything from Dune and The Hunger Games to Tolkien, Fullmetal Alchemist, Star Wars, and more. Now's the time to invite a friend, clear your calendar, and register on Realm!



Join us for the Doxacast Remix!



What does a psychological horror hit have to say about being consumed by the passions and refusing to repent? Delve into Backrooms with Fr. David Subu, Jos Johnson, Sam Cook, and host Cindy Collins Smith to find out. 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, Nov. 23rd (for December Issue)

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

God Grant You Many Years!



Birthdays Anastasia B., Sara M., Ileana C., Samuel C., Alexandra D., Yara M.

Namedays St. Michael the Archangel

Anniversaries Sdn. Eugene H. & Stephanie C., Caleb & Lacie F., Craig & Renee L., Daniel & Yara M. .

*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!