St. Mary Orthodox Church

WEEKLY BULLETIN | NOVEMBER 29, 2026

26th Sunday after Pentecost (10th Sunday of Luke)
Martyr Paramon and 370 Martyrs in Bithynia

Today's Schedule

9:00am — Matins
10:00am — Divine Liturgy
Following the service:

- *Fellowship Hour Sponsored by Group*
- *No Church School (Thanksgiving Break)*

This Week At St. Mary's

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

MONDAY, NOVEMBER 30
Divine Liturgy @ St. Andrew ROC, Potomac | 10-11:30am

WEDNESDAY, DECEMBER 2
Adult Education: Psalms in Orthodox Worship | 7:45pm-8:45pm

THURSDAY, DECEMBER 3
Akathist: Inexhaustible Cup | 7-7:30pm

FRIDAY, DECEMBER 4
Philokalia Book Study | 3-4pm

SATURDAY, DECEMBER 5
Divine Liturgy | 9-10am
Financial Peace University | 10-11:30am
St. Nicholas Retreat | 9am-1pm
Vigil @ St. Nicholas Cathedral DC | 5-7:30pm

SUNDAY, DECEMBER 6
Baptism & Divine Liturgy | 9-11:30am
Church School | 12-1pm



Fellowship Hour Hosting Groups:

Week 1: A-Dua <--Next Week!
Week 2: Dub-Ki
Week 3: Kn-Robe
Week 4: Robi-Z
Week 5: Entire Parish (Kn-Robe moved to Week 5 this month due to OCMC Luncheon!)

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 * 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 4. Troparion of the Martyrs

YOUR holy martyrs Paramon and Philumenus and those with them, 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. 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 4. Kontakion of the Martyrs*

URGED on by the commandments of God, * with patience, you cleansed your souls from all defilement. * You reached perfection as spiritual athletes, * and renounced sacrifice to idols. * Imitating Christ, you were slain with a spear, * O most blessed Paramon and Philumenus. // Always fervently intercede with Christ on behalf of the world!

Both now. *Tone 3. Kontakion of the Forefeast of the Nativity*

ON this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is 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 Epistle of St. Paul to the Ephesians (5:9-19)

Brethren, walk as children of light (for

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

Romanian: Sfinte Dumnezeule, Sfinte Tare, Sfinte Fără de moarte, Miluieşte-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 Eeskhiros, Agios Athanatos, eleison imas
Spanish: Santo Dios, Santo Fuerte, Santo Inmortal, ten piedad de nosotros

the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord. And have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret. But all things that are exposed are made manifest by the light, for whatever makes manifest is light. Therefore He says: "Awake, you who sleep, arise from the dead, and Christ will give you light." See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is. And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.

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 (13:10-17)

At that time, Jesus was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God. But the ruler of the synagogue answered with indignation, because Jesus had healed on the Sabbath; and he said to the crowd, "There are six days on which men ought to work; therefore come and be healed on them, and not on the Sabbath day." The Lord then answered him and said, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound – think of it – for eighteen years, be loosed from this bond on the Sabbath?" And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.

THE LORD'S PRAYER (IN KOREAN)

하늘에 계신 우리 아버지,
아버지의 이름이 거룩히 빛나시며
아버지의 나라가 오시며
아버지의 뜻이 하늘에서와 같이 땅에서도 이루어지소서!
오늘저희에게 일용할 양식을 주시고
저희에게 잘못한 이를 저희가 용서하오니
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, Allelluia, Alleluia!*

GIVING TUESDAY

A little can do a lot.



Sustain Our Parish Through Recurring Giving

Consider a recurring donation to our General Operating Fund, which supports clergy, facility maintenance, utilities, parish ministries, and charitable outreach. Consistent giving helps us budget responsibly and sustain the daily life of St. Mary's.

Set up your weekly or monthly recurring gift through Realm (QR on back page). Every contribution makes a difference!

DECEMBER 1, 2026





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

DECEMBER

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

Women's Bible Study | Sun., Dec. 13 @ 5:30pm

Youth Nativity Art Exhibit | Sat., Dec. 19 @ 6-7:30pm

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

JANUARY

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

Pilgrimage to Constantinople, Romania & Moldova Presentation | Jan. 9th after Great Vespers

St. John Dinner for Pro Vita Orphanage | Jan. 10 after Divine Liturgy

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

Upcoming Events & Outings

The Wonder of the Nativity: Church School Art Exhibition

Join us on Saturday, December 19, following Great Vespers for a joyful new parish tradition celebrating the Nativity of Christ through children's artwork! Young artists, from newborns through high school graduates, are encouraged to participate in any artistic medium. Family, friends, and godparents are warmly invited to enjoy the exhibition and a festive reception. Space permitting, artwork will remain on display throughout the Nativity season.Registration closes December 5! Scan the QR code to register.

Save the Date: Reel Women Movie Night!

Ladies of St. Mary's, save the evening of Tuesday, December 8 for our next Reel Women Movie Night! Whether you've been part of St. Mary's for years, recently joined us, or are still getting to know the parish, all women of the parish are warmly invited—we'd love to have you join us for a relaxed evening of fun and fellowship. Movie choices will be posted in the Reel Women Realm group the week before, so be sure to log in and vote for your favorite. Grab a friend—or come ready to make a new one—and join us!

Fellowship of Moms: Upcoming Events

Join our Fellowship of Moms for opportunities to connect, build friendships, and enjoy time together during the Nativity season and into the New Year!

- **December 20 | Following Divine Liturgy — Nativity Craft Playdate** Following lunch, moms and children will gather for festive crafts and fellowship while Church School is on break.
- **January 3 | Following Divine Liturgy — Crafting Playdate** Enjoy another afternoon of creativity, play, and fellowship with fellow parish moms and children.
- **January 9 | 10–11 AM — Moms-Only Pedicure Outing** Enjoy a little pampering, coffee, donuts, and fellowship at 2905 District Avenue, Fairfax. St. Mary's will cover half the pedicure cost, with attendees paying the remaining half. Please RSVP by January 3.

Visit the Fellowship of Moms group on Realm for event details and RSVPs. New moms are always welcome to join our fellowship!

Parish News & Announcements

Discover the Joy of Generosity: Give More, Keep More, Make a Greater Impact!

Saturday, December 5 | 10 AM–Noon - Our final FPU class of this session is open to the entire parish, even if you haven't participated in the course! Explore the joy of intentional giving and Christian stewardship. Our very own Lori J. will present tax-efficient charitable giving opportunities to help more of your money support the causes you care about rather than go toward taxes. We'll also celebrate our graduating FPU class, whose participants have collectively:

- Saved more than $5,000
- Reduced their debt by $10,000

Join us for practical financial insights, inspiration for greater generosity, and a celebration of our fellow parishioners' accomplishments!

Celebrate St. Nicholas Day at St. Mary's!

Join us on Saturday, December 5, from 9 AM–1 PM for our annual St. Nicholas Day Retreat as we celebrate the life, faith, and generosity of this beloved saint. We'll begin with Divine Liturgy at 9 AM, followed by a potluck brunch, an IOCC hygiene kit service project, crafts honoring St. Nicholas and St. Basil, and a special visit from St. Nicholas himself! Parents, encourage your children to leave their shoes in the narthex during Divine Liturgy for a special treat! Optional free play and fellowship will continue until 2 PM. Please RSVP "Yes" to the retreat event on Realm to help us prepare sufficient supplies. Adults interested in volunteering are encouraged to comment on the Realm event (scan QR). Come share in the joy of giving and fellowship as we prepare our hearts for the Nativity of Christ!





Submit items for the weekly bulletin or *The Veil*

Contact Lacie Faber at lacie@stmaryorthodox.org
Newsletter deadline | Monday, Dec. 28th (for January Issue)
Weekly bulletin deadline | by end-of-day Wednesday each week

God Grant You Many Years!



Birthdays Caleb D., Joe M., Jason R., Tatiana R.
Namedays St. Andrew the Apostle, St. Phorphyrios
Anniversaries None.



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!