



# THE Veil

THE OFFICIAL NEWSLETTER OF  
ST. MARY ORTHODOX CHURCH

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*...and more inside!*

# The Crowd Within Our Hearts

FR. DAVID S.

As we wave our palms on the Sunday before Pascha and shout "Hosanna," we feel the stirrings of a great victory about to be revealed. But as any seasoned Orthodox Christian knows, the transition from the bright anticipation of Palm Sunday to the sober vigilance of the Bridegroom services is swift.

For us, Palm Sunday is not just a historical reenactment; it is a mirror. A boisterous crowd lives inside every human heart. We are the same people who shout 'Hosanna' when God does what we want, and but then deny Him when He and His Gospel become a burden. We love a King who fixes our problems, but we flee from a King who asks us to die to our ego.

The goal of Holy Week isn't to feel "pious emotions," but to practice and develop faithfulness to our one true King. We use these days to ask: Where is my 'Yes' today? Is it only there when the sun is shining and the palms are waving?

As we move into the night services of Holy Week, our attention is drawn toward the Icon of the Bridegroom (Christ in extreme humility). The Bridegroom does not come to judge our weakness; He comes to

marry it. He takes our nature—our pain, our betrayal, and our death—and makes it His own. Holy Week is the 'wedding' of God's love to human suffering, and our wounded humanity to God's glory.

**The goal of Holy Week isn't to feel 'pious emotions,' but to practice and develop faithfulness to our one true King.**

We are not called to be simple spectators of the Passion. When we see Christ mocked, we should see our own moments of being mocked or embarrassed. When we see Him abandoned, we should bring Him our own loneliness and isolation. In turn, we will participate in the joy of His Resurrection.

An emotional crash sometimes follows Pascha night. But the Resurrection is not a fleeting high. This is why we celebrate Bright Week with Paschal services for an entire week and then keep the Paschaltide festively for as long as we kept our Lent. Why? Pascha is not a reward for a good fast. It is the reality that Death has been defeated once and for all. Even if you are tired, even if you failed your fast, the Light is still there—we must keep it enkindled. We don't 'feel' the Resurrection; we participate in it by how we love our neighbor the next morning.

This Holy Week, as you follow the path to Golgotha, try the following spiritual exercise: Whenever you feel a "sting" of irritation or exhaustion, don't push it away. Say, "Lord, here is a small splinter of Your Cross. Let me carry it with You." In doing so, your "Hosanna" on Sunday becomes a true "Amen" on Pascha. ✠



# God Grant You Many Years!

Don't see your name? Join us on Realm and fill out your profile. If you include your birthday and nameday, you'll see them here.

## BIRTHDAYS

### March

Jon C.  
Alec D.  
David D.  
Brittany D.  
Noah D.  
Clara F.  
David F.  
Vlad G.  
Robert H.  
Vasilios K.  
Anna L.  
April M.  
Alyssa M.  
Toni P.

Mila S.  
Alina S.  
Cindy S.  
James T.  
Basil Z.  
Katrine Z.



## NAMESDAYS

Apr. 1 — St. Mary of Egypt  
Apr. 14 — St. John of Vilnius  
Apr. 21 — St. Mila  
Apr. 23 — St. George the Great Martyr  
Apr. 24 — St. Elizabeth the Wonderworker  
Apr. 28 — St. Jason of the Seventy

## ANNIVERSARIES

Alec & Jessica D.  
Daniel & Svetlana M.



## SAVE THE DATE

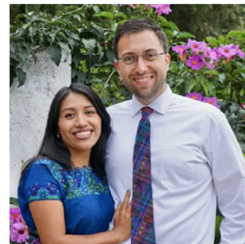
### OCMC Mission Banquet Lord, Send Me!

Saturday, May 2, 2026

Vespers 4:00 PM Social 5:00 PM

Dinner Reception & Program 6:00 PM - 8:30 PM

St. Katherine Greek Orthodox Church  
3149 Glen Carlyn Rd, Falls Church, VA 22041



With Jesse Brandow, Missionary in Guatemala, via Zoom & Fr. John Parker, OCMC Board Member, Dean and COO of St. Tikhon's Seminary

Join us for this special evening of fellowship and discussion! Learn about the experiences of missionaries in the field and how all can help carry out Christ's Great Commission.

For questions email Sophia Kyrou at [events@ocmc.org](mailto:events@ocmc.org)

RSVP by April 18  
\$45/Adult, \$25/Youth under 25  
Free to clergy & their families





# BUILD OUR LEGACY

CHECK OUT OUR NEW LEGACY GIVING PAGE

## Scan To Learn More



Support the parish's future

**How You Can Help:**

- Planned giving through beneficiary designations & bequests
- Estate planning
- ...and more!

<https://www.stmaryorthodox.org/legacy-giving>





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29</b> OCMC LUNCHEON	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> LAZARUS SATURDAY
<b>5</b> PALM SUNDAY 9am-11:30am: Matins & Divine Liturgy (Hosted by A-Di) No Church School 7-8:30pm: Bridegroom Matins	<b>6</b> HOLY MONDAY 10:30am-12pm: Pre-Sanctified Liturgy 7-8:30pm: Bridegroom Matins	<b>7</b> HOLY TUESDAY 10:30am-12pm: Pre-Sanctified Liturgy 7-8:30pm: Bridegroom Matins	<b>8</b> HOLY WEDNESDAY 10:30am-12pm: Pre-Sanctified Liturgy 7-9pm: Matins with Unction	<b>9</b> HOLY THURSDAY 11am-12:30pm: Vespertal Liturgy of Last Supper 7-10pm: Matins with Passion Gospels	<b>10</b> HOLY FRIDAY 10-11:30am: Royal Hours of Pascha 1-4pm: Tomb Decorating 6-7pm: Unnailing Vespers 7-9pm: Matins with Lamentations	<b>11</b> HOLY SATURDAY 10:00am-12:30pm: Vespertal Liturgy of Pascha with Reception of Converts 10pm-11:30pm: Acts of the Apostles 11:30pm-12am: Midnight Service
<b>12</b> GREAT AND HOLY PASCHA 12-2:30am: Paschal Matins & Liturgy 2-3:30am: Agape Meal 12pm-1pm: Paschal Vespers 1-3pm: Lamb Roast/Egg Hunt/Trivia	<b>13</b> 10am-12pm: Bright Liturgy 7-7:30pm: Bright Vespers	<b>14</b> 10am-12pm: Bright Liturgy 7-7:30pm: Bright Vespers	<b>15</b> 7-8am: Bright Liturgy 7-7:30pm: Bright Vespers	<b>16</b> 10am-12pm: Bright Liturgy 7-7:30pm: Bright Vespers	<b>17</b> 10am-12pm: Bright Liturgy 3:30-8pm: Women's Bible Study 7-7:30pm: Bright Vespers	<b>18</b> 10am-11:30pm: Financial Peace University 10am-12pm: Bright Liturgy 5-6pm: Great Vespers
<b>19</b> 9am-11:30am: Matins & Divine Liturgy (Hosted by Kh-P) 11:30am-1pm: Ministry Fair 12pm-1pm: Church School	<b>20</b> 7-8:30pm: Parish Council	<b>21</b>	<b>22</b> 7-8pm: Town Hall Series: Church School	<b>23</b>	<b>24</b>	<b>25</b> 10am-11:30pm: Financial Peace University 1-5pm: Wedding: Hintermaier 5-6pm: Great Vespers
<b>26</b> 9am-11:30am: Matins & Divine Liturgy (Hosted by Q-Z) Volunteer Recognition Day 12-1pm: Church School	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b> 10am-11:30pm: Financial Peace University 5-6pm: Great Vespers

Visit [stmaryorthodox.org/calendar](http://stmaryorthodox.org/calendar) for the most updated event listings.

# Pull Up a Chair: An Invitation to Men's Fellowship

WARREN H., JOHN P., TOM P. | PARISHIONERS

The Last Supper took place on a Thursday evening—the night before Christ's crucifixion on Good Friday. It was a Passover meal where Jesus gathered with His apostles, sharing bread and wine in what would become one of the most profound moments recorded in the New Testament. During that evening Christ instituted the Eucharist, predicted betrayal and denial, washed the feet of His disciples, and spoke powerful words about humility, love, sacrifice, and service. In those final hours before the Cross, Jesus intentionally gathered His closest followers around a table. He broke bread with them, taught them, challenged them, and strengthened them for the mission ahead.

The beauty of that scene reminds us of something important: men become stronger Orthodox Christians when they gather together in Christ. In many ways, St. Mary's Men's Fellowship echoes that sacred moment. When men gather around a table, share a meal, and focus their attention on Christ, profound moments happen. Bonds are formed, faith is strength-



ened, and burdens become lighter because they are shared among brothers -- all in a space where men can speak openly, share experiences, and encourage one another without judgment.

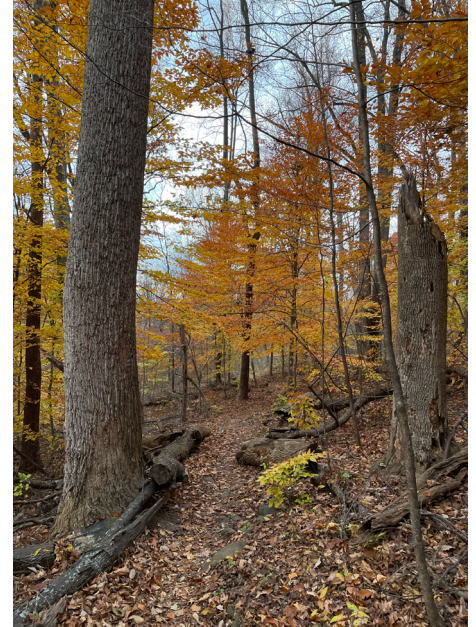
The early Christians had a word describing the kind of fellowship God intends for us. In the New Testament, the Greek word *κοινωνία* (Kee-no-NEE-a) describes a profound spiritual partnership—far deeper than casual friendship. It means fellowship, communion, joint participation, and sharing. The Men's fellowship is a practice in *κοινωνία* – it is the kind of Fellowship we offer at our meetings.

At each gathering, we discuss Scripture, reflect on Christ's teachings, and help one another stay focused on our relationships with our Lord and Savior. We live in a world where many men carry similar struggles, individually and silently. Our Fellowship reminds us that we are never meant to walk our Christian journey alone. As members of the Body of Christ, we are there to help bear each other's burdens.

And we develop Fellowship in other ways. We enjoyed a Saturday morning breakfast at a local restaurant. A few went camping with only the bare necessities; several men attended a recent retreat at St. Tikhon's monastery. A dream outing (still on its formative stages) is a tour to Mount Athos in the Fall of this year. Another trip for this Summer is planned for the Museum of the Bible in DC.

To the men of our parish -- consider yourselves invited to join us – your profound moments await. Whether you have been walking with Christ for many years or simply seek a deeper connection to your faith, the Men's Fellowship offers a place where you are welcomed as a brother.

And to the women of our parish—the wives, girlfriends, and faithful friends who care deeply for the men in their lives—we invite you to help make our Fellowship flourish. Often it is the encouragement of a woman that gives a



man the “nudge” he needs to step forward. Your support, your reminders, and even your gentle insistence can help ensure that the men in your life take the time to grow in their faith. Encourage them to come, impel them to go out the door, and remind them that strong men of faith strengthen not only themselves, but their families and their church as well.

Just as Christ used the Last Supper to prepare His disciples for the challenges ahead, our gatherings, which usually occur on the third Sunday of each month, are meant to strengthen men for their daily lives—at home, at work, and in the community. Through prayer, conversation, and shared faith, we challenge one another to grow deeper in our relationship with Christ.

So, to the men of our parish, we echo the words of Christ, “Come and Follow Me.” Come and pull up a chair at the table.

Share a meal.

Share your story.

Strengthen your faith

Join your brothers as we grow together and have profound moments in Christ. ✕



# Stewardship vs. Capital Campaign: What's the Difference?

ILEANA C. | PARISHIONER

At St. Mary's, we talk about stewardship, but we also talk about the Capital Campaign. You might be asking yourself: What exactly do the two terms mean? Stewardship refers broadly to your use of time, talents, and treasure to support the church. For example, all of the volunteer work that you do for St. Mary's—from serving in ministries, to providing food for fellowship hour, to serving on Parish Council or committees—all constitute stewardship, in addition to what you monetarily provide each year. When it comes to the monetary side of stewardship, if you make a donation and do not designate the gift for the Capital Campaign or another specific cause, your donation goes to the operating fund.

The operating fund is essential because it ensures church services and the operation of all of its ministries. First and foremost, your operating fund donations cover the salaries of our priest, choir director, and communications

manager, as well as the cost of a visiting substitute priest. Your operating fund donations also cover the expenses of all of our ministries, to include, for example, background checks, items for the library and gift shop, kitchen/cleaning supplies, and items for church school and Young Adult Ministry activities. A portion of your operating fund donations also covers the church operating essentials of flowers, candles, other liturgical items, computers and office equipment, office supplies and printing, and postage stamps. Your operating fund donations also cover our public website and Realm, buildings and ground maintenance, official travel, insurance, legal and accountant fees, local mileage and cell phone use reimbursement for our priest, property tax, the church's wired line/broadband/Internet usage, utilities, payroll services, and various bank fees. A portion of your operating fund donations also supports our priest's discretionary fund, for those who are in need. Finally, a

portion of your operating fund donations supports missions, Orthodox theological seminaries, Orthodox monasteries, and humanitarian aid. As a reminder, the parish's Annual Report, which is shared on Realm ahead of the Parish Assembly each year, provides a detailed breakdown of income and expenses.

While donating to the operating fund covers day-to-day expenses, donating to the Capital Campaign supports St. Mary's longer-term vision, whether it's renovating our current location to make it easier for people to participate in liturgy or fellowship hour, or even looking for new properties that already meet our needs. You will see additional information on a renewed Capital Campaign effort in the coming months, but, if you have ideas for additional articles on stewardship that you believe will be helpful to our parishioners, please email me at [imciobanu@yahoo.com](mailto:imciobanu@yahoo.com). ✕

## Vignettes of the Parish: A Verse for Kevin

LIBBY H. | PARISHIONER

*All my days were written in Your book and planned before a single one of them began. --Psalm 139:16.*

I had a most amazing experience at a chrismation on Lazarus Saturday which I want to share, but first, I must give some background.

We lived in Germany from 1997-2002. Every year for spring break the military chapels took high school students on a week long retreat. One year, when all the older siblings were leaving, two other moms and I decided to take our three 12-year old sons to Great Britain and Ireland that week. I had long been interested in pre-Reformation Christianity and made it a point of visiting cathedrals and Christian ruins whenever I could. One of the places we went was to the Wicklow Hills

and Glendalough. I had been drawn by the lure of Celtic crosses. This was before I became Orthodox. And it was there that I was introduced to St. Kevin of Glendalough and learned his story. While I can't say that he ever "clicked" with me I also couldn't forget him.

Years later, I took the small charm of St. Kevin (purchased at the gift shop at Glendalough which I never put on my charm bracelet) and put it on the chain next to the cross I wear all the time. My youngest granddaughter recognized the cross, but not St. Kevin and many times asked me what that was. I always told her, "That's my friend, St. Kevin," although I never felt a real bond.

Today, we had a baptism and a chrismation. I was unaware of the patron saint for the man being chrismated, but at the

end of the service when Fr. David said, "St. Kevin of Glendalough" I knew *why* I had been wearing that charm

I immediately took the charm off the chain and gave it to the newly illumined Kevin. I realized that after all these years, St. Kevin had gotten to the place where he belonged. God knew that Kevin would become Orthodox. He knew that I would be at his chrismation. He planned this exchange before I was Orthodox and while Kevin was a child completely unknown to me.

Years ago God knew where that charm belonged – not with me (I only wanted something to remember a visit to Ireland) –but with a man who would have a real friendship with St. Kevin of Glendalough.

To God be the glory! ✕

# Serve, Connect, Grow: Join Our Ministry Fair & Volunteer Week

IOANA M. | PARISHIONER

Join us on Sunday, April 19th for our Ministry/Volunteer Fair right after the service. The fair is a great opportunity to learn about the different ministries in our parish and discover ways you can get involved. Our church thrives because of the time, talents, and dedication of our volunteers. Whether you're looking to serve regularly or help occasionally, there are many ways to give back and support our church family. We encourage everyone to stay after the service, meet the ministry leaders, and find a place where you can share your talents and be part of our growing community.

National Volunteer Week, celebrated from April 19–26, is a time across the country to recognize and thank volunteers for their dedication and service. Our parish will also observe this special week as an opportunity to celebrate and appreciate those who generously give their time and talents to support our

church community. We will be recognizing ministry leaders, special events volunteers, occasional volunteers, and those who have helped even through one-time service opportunities. Every act of service makes a difference, and your time, effort, and commitment are truly appreciated.

Our Volunteer Recognition Week will begin with the Ministry Fair on April 19th, where you can learn about the many ways to get involved, and will end with a Volunteer Thank You Luncheon on April 26th in appreciation of all those who serve our parish. ✕



## Falls Church Food Pantry Needs:

- Cooking oil
- Jam/jelly
- Canned tuna
- Canned fruit
- Oatmeal
- Dish washing liquid
- Body wash/bar soap
- Canned meals
- Shelf-stable milk
- Applesauce
- Pasta sauce
- Syrup
- Crackers
- Shampoo/conditioner
- Toothbrushes
- Toothpaste
- Diapers (size 6 preferred)
- Toilet paper



PLEASE PLACE THE ITEMS ON THE BOOK SHELF OUTSIDE THE RESTROOMS AT THE CHURCH AND THEY WILL BE COLLECTED WEEKLY. ADDITIONALLY, IF YOU HAVE TIME DURING THE WEEK, THE FOOD BANK HAS A NEED FOR PEOPLE TO DELIVER GROCERIES.

# Becoming Blessed: Vacation Church School This July

CALEB & LACIE F. | PARISHIONERS

Get ready for a joyful week this summer! Our Vacation Church School program will take place July 27–31 with a new theme: *Becoming Blessed: Living the Beatitudes*. This year's program will be a half-day, morning experience filled with faith, fun, and meaningful connections as we explore what it means to live a Christ-centered life.

We are especially excited to welcome not only our parish youth, but also friends and neighbors from the wider community—so start spreading the word now! It's a beautiful opportunity for children to grow in their faith while building lasting friendships.

Middle and high school students are also invited to take part in a special way by serving as group leaders. This is a great chance to earn community service hours, develop leadership skills, and be a positive influence for younger children.

More details and registration information will be coming soon—stay tuned! ✂

*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.

Scan, visit <https://calendly.com/frdavid-p308/> or email [frdavid@stmaryorthodox.org](mailto:frdavid@stmaryorthodox.org) to get on Fr. David's calendar!



## THE Veil

The Official Newsletter of the Protection of the Holy Mother of God Orthodox Church  
Romanian Orthodox Episcopate of America, Orthodox Church in America (OCA)

Hierarch: Archbishop NATHANIEL of Detroit | Parish Priest: V. Rev. Dr. Fr. David G. Subu  
Deacons: Protodn. Peter Danilchick, Dn. Kenneth Liu | Choir Director & Head Chanter: Sdn. Nicholas Jones  
Subdeacons: Eugene Huang, Nicholas Jones, Bogdan Maxim, Anthony Freude | Parish Council President: David Dill

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