

St. Mark Evangelizer

Newsletter for Saint Mark Orthodox Church - 7124 River Road, Bethesda, MD 20817

Volume 16 - Number 3

July/August/September 2016 Issue



Saint Mark Church is a parish of the Orthodox Church in America, Archdiocese of Washington DC, under the omaphor of His Beatitude, Metropolitan, Tikhon.

Divine Liturgy: Sunday 9:30AM

Weekday Feasts 10:00AM

Confession: Saturday 5:00PM

Vespers: Saturday 5:30PM

Church School: Following Sunday Divine Liturgy (September - May)

Rector: Archpriest, Gregory Safchuk

Telephone: (301) 229-6300

www.saintmarkoca.org

On the Spiritual Struggle We All Face

How can we stay spiritually alive? Try to know God more, to love Him more, to serve Him more. Every day we need a time of silence, prayer and reading of Bible. Pray the regular set prayers of the Church, not only spontaneous prayers. Don't only read the Bible, but strive to hear what God is saying. At noontime, and throughout the day, offer up even short prayers. And of course, end your day in prayer. (Archbishop Anastasios of Albania)

St. Mitrophan & the Chinese Martyrs

During the feast of Ss. Peter & Paul, we heard the prokeimenon about the apostles: "Their proclamation has gone out into all the earth; and their words to the ends of the universe." In confirmation, I offer the following account (adapted from *Saints in Times of Trouble*, Department of Christian Education, Orthodox Church in America, p. 64, <http://dce.oca.org/assets/files/resources/saints-in-trouble.pdf>) about St. Mitrophan and his companions in martyrdom - the story behind an icon very recently donated to our church.

The priest Mitrophan (Chinese name Tsi-chung), was born in 1855. He was ordained by Bishop Nikolai of Japan in the year 1880. As he received ordination, Fr. Mitrophan knew that he would face hostility and persecution. Having taken on the faith of the Christian foreigners and become a priest, he knew he would be seen as an enemy by those who hated all outside influences in their country.

Fr. Mitrophan spent the next fifteen years translating and proofreading service books, building churches, and tending to the needs of his small flock. But by 1900 the situation of Christians had become very dangerous. Roving bands of "Boxers" were killing and torturing Christians and all foreigners, driving them out of their homes. Some abandoned their faith under this persecution, but many remained steadfast. On June 14 of 1900, the Boxers burned down the main Orthodox church, the mission school and other

buildings. Frightened, a number of believers gathered at Fr. Mitrophan's home. He encouraged them all to be strong in the face of the suffering which was sure to come.

When soldiers and Boxers surrounded the house on the evening of June 23, some of the stronger Christians escaped, but Fr. Mitrophan stayed with those who remained. He was stabbed in view of his wife and children. The Christians with him were slaughtered, except for a few who were injured but not killed. Many of these died of their wounds later. Maria, fiancée of Fr.

Mitrophan's son Isaac, showed great courage in helping others to escape, actually assisting them in climbing over the walls around the family's yard. When she was urged to escape herself, or to hide, she firmly insisted that she would stay with the family of her betrothed. She told everyone, "I was born near the church of the Most Holy Theotokos and here I shall die." Before her death she even confronted the Boxers, accusing them of murdering people illegally, without trial.

Neighbors dragged Fr. Mitrophan's body to a hidden place. In 1903, a memorial church was built in Beijing, on the site of the martyrdoms of the Chinese Orthodox. Fr. Mitrophan's relics and the bones of other martyrs were buried under the altar. The one remaining member of Fr. Mitrophan's family, his son Sergei, became an archpriest and a faithful servant of the Church.

- Fr. Gregory



STINKBUGS, SHOWERS AND THE SPIRITUAL LIFE

Submitted by: Matushka Alexandra Safchuk

A few weeks ago I encountered a stinkbug whose demise was met on the glass of our front door. At first I thought that I had personally sent the creature to an early grave, having smacked it one upside the head (and body). I even spent a moment congratulating myself for my obvious bravery, since I have been afraid of insects great and small since Girl Scout camp during the 1968 17-year locust infestation (yes, before they were known as cicadas, their more romantic moniker). But later I found that “someone” else had actually struck the fatal blow for Mr. Stinkbug.

I inquired of “someone” why they had not disposed of the corpse and I was told that, among other reasons (like, that it was a trophy), they had not had time to do it. I ended up blowing the now rigor mortised insect remains from the window pane myself (EEK, I couldn’t actually TOUCH it) as I wondered, furiously, “not had time” or “not WANTED to have time?”



Now, you might think (and “someone” did too) that at least the stinkbug was no longer able to buzz around in that annoying stinkbug fashion. Nor would it turn up in some unexpected location, like the time I peered into my clogged shampoo nozzle and a pincher bug started waving its pinchers in the direction of my nose. Oh yes, the front door could be seen as mighty preferable to some alternatives.

I don’t want to seem ungrateful. I certainly would prefer anyone else get up close and personal with any subjects of entomological studies. I just wonder about that little time issue. For instance, I do not **want** to have



time to scrub the shower, but I probably do have time. I could listen to an audio book or music while I chisel away at the grunge. Sometimes I even plan to. I might even consider writing it on my “to do” list. But time and time again I choose to not make that leap. Scouring that particular area is an infrequent occurrence and generally linked to some impending familial visitation.

Number 27 of Fr. Hopko’s *55 Maxims* reads: Do the most difficult, and painful things first. To be honest, I’m glad it’s 27 because, since I haven’t been able to master number 1, it will be a while before I get to 27. Still, taking Fr. Tom’s wisdom seriously, I wonder that when there are things that I do not do, especially difficult things, is it because I don’t have time or because I don’t want to have time?

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STINKBUGS, SHOWERS AND THE SPIRITUAL LIFE

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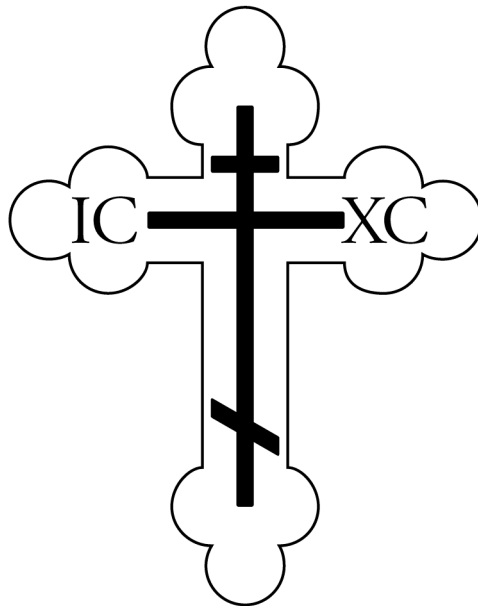
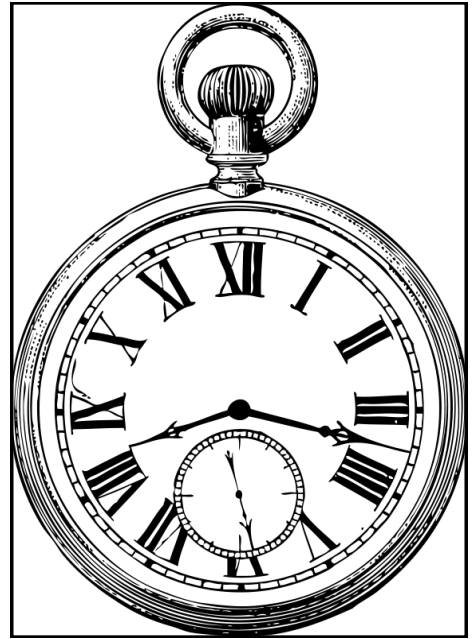
On a number of subjects, other than the eradication of stinkbug cadavers, there is likely to be room for personal responsibility in decision-making. On every level, from work dead lines to church attendance (you knew I had to go there), from chores to cello practice, from maintaining our car to maintaining our spiritual life, there is always an undercurrent of interplay between not having time and not wanting to have time. It is often the harder road, the higher road, the harsher road that must be traversed to get to the place of joy and glory. No exceptions for world-class swimmers or heaven bound Christians.

In the summer, camping (ick) and beach visits lure us. Vacations and brunches and even the Sunday newspaper can beckon us with the promise of rest and relaxation. And there can be rain and heat and traffic to contend with, real obstacles to our spiritual work. Life is choices. We leave the stinkbug remains, or the shower grunge, or not.

We walk the line between having time and wanting to have time. God awaits our decision.

With love in Christ,

Matushka Alexandra Safchuk



PUSSY WILLOW WHACKERS

Submitted by: Patty Prose

Growing up I never gave much thought to where pussy willows came from or how they got to the church; I just knew that every year on Lazarus Saturday and Palm Sunday there they would be, like magic sitting in the church being blessed or being critically analyzed by young and old picking out their perfect combination of palm and pussy willow. In these moments I never realized that I, Patty Prose, would one day be a member of an elite crew. Our mission, find and trim pussy willow trees at the peak of freshness.



It is my understanding that the original crew consisted of just two people until my parents and I joined them a few years back. While we remained consistent, we have had

a few additions through the years...Last year my husband was initiated into the group; although benched this year after succumbing to a nasty cold. Not to fear, our newest recruit this year was none other than my older sister who came just in time for our demise. It's true our happiness of pussy willow whacking will live only in our memories after this year as the originators of the crew Barbara and George have sold their house and did not include a clause in the contract for the



new owners to allow us full access to the pussy willow trees on the property! This is not the original home for those two gorgeous trees in fact they made the last house move with the Freimann's when they were much younger saplings, the trees not the people.



So in case this has inspired you to create or join your own crew there are a few things you need to know. Step one, and really the most important step in any yard work is to open the yard debris bag.

Next everyone determines their strengths and what job they may be best at, maybe trimming the tree or general supervisor.

The important thing to note is that if you are trimming the tree and your equipment gets stuck always ask a friend to use their pole to get you out of the tree.



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PUSSY WILLOW WHACKERS

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If your equipment isn't working or doing what you ask of it then get creative. Maybe stand precariously on a ladder and use a sawzall. Just be careful if the tree branch tries to take you down with it don't fall for it, the branch is not your friend! We were somewhat covered in this respect we had a nurse on hand.

Once the large branches are off the tree, it goes to

the most discerning of ladies who scrutinize every pussy willow. They decide which branches make the cut.



My first year I tried to be discerning, but I just love each branch for its own uniqueness so I was reassigned albeit a self-reassignment to filling the yard debris bag. I too have learned the technique of opening the bag but the best advice I have is if you don't want to climb head first into a full -ish yard debris bag cut the rejects into small pieces!



So I end this advice with one last picture of the 2016 crew crying because this was our last adventure...Or maybe because you shouldn't try and take a selfie facing the sun!



“Special Agents of Christ”

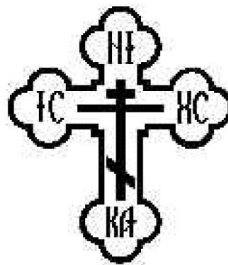
July 19-22

11 am – 2 pm

Ages 3-11

\$25 per child

\$50 max per family



**ST. MARK
ORTHODOX CHURCH**

7124 River Road,
Bethesda, MD 20817
(301) 229-6300

**Enrollment limited
to the first fifty (50)
students**

**Classes, prayers,
singing, lunch,
games, music, and
crafts**

Questions? Contact
Rachael Datch at
rachaeldatch@gmail.com

**Registration
Deadline July 8th**

**HIGH SCHOOL
STUDENTS**

AGES 12-18

This counts towards Student
Service Learning (SSL) hours

VOLUNTEERS NEEDED

Adults & Counselors



July 19-22
11 am – 2 pm

“Special Agents of Christ”

HIGH SCHOOL STUDENTS

Earn Student Service Learning (SSL) Hours

AGES 12-18

Contact Rachael Datch at rachaeldatch@gmail.com
ST. MARK ORTHODOX CHURCH 7124 River Road, Bethesda, MD 20817



Vacation Church School Registration



**“Special Agents
of Christ”
July 19-22
11 am – 2 pm
Ages 3-11 \$25**

AT SAINT MARK ORTHODOX CHURCH
7124 River Road, Bethesda, MD

Classes, prayers, singing
Lunch, games, music, and crafts

Questions? Rachael Datch at
rachaeldatch@gmail.com

Registration Deadline July 8th

2016 Orthodox Vacation Church School Registration Form

Parent's Name _____ Phone # _____

Street Address _____ Cell/Emergency # _____

City, State, Zip _____

Caregiver's Name _____ Caregiver's Phone # _____

Email Address _____

Child's Name	Birth Date	Age	Grade This Fall	Allergies? If yes, what?

Church/Parish Affiliation _____

Yes, I would like to help with _____

Mail registration to Rachael Datch 8000 Herb Farm Drive, Bethesda, MD 20817-1305

Please enclose a check for \$25/child (\$50 maximum per family) made out to St. Mark Orthodox Church.

LIBRARY & BOOKSTORE NEWS

Submitted by: Joan Mitchum

If I haven't yet, I will very soon, move new books for the library to the wooden shelves across from the entrance. I had them on a rack on the table, but they kept interfering with meetings and kept being moved. Please take the time to check these. If you see one you want, sign the card, and put the card in the box on the white shelves. When you finish a book, put the card back in it, and reshelv the book to the subject area, using the colored circles as guides. Or if it is a new book, you can just put it back where you found it.

Downstairs, next to the bookstore, on the wooden shelves, are books donated to the library, rummage sale, or whatever. They are not needed in the library for various reasons, usually we already have them. They are there for you to take for free, or if you wish, make a small donation. We had money stolen several years ago, so usually I don't have cash. There is a basket on the top shelf with a tin. You can drop your donation in there. Recently we had a big box of books on icons. Most of them were not in English so I couldn't add them to the library. The illustrations are wonderful. Feel free to take one or two. There are also books that aren't even religious that somehow end up in the library; they are also there. If you have something you no longer want and know we won't need it in the library, just add it to the collection.

Read and Enjoy!



THE VESTING OF THE PRIEST

Submitted by: Drs. Anna and Mary Nemesh

The Divine Liturgy that we celebrate today did not come into existence overnight, but is the product of centuries of spiritual experience. When archeologists excavate the ruins of an ancient city, they proceed layer by layer and usually the first layer found is of the most recent inhabitants. In the same way, by examining the Divine Liturgy in its present form, we can see the contributions of the many people who celebrated it in the past and handed it on to the next generation, leaving their marks for better or for worse. We also find that the first things encountered are often the latest developments. The vesting of the priest before the celebration of the Liturgy was not a part of the ceremony of the earliest Christians, but a ritual that developed later

From Old Testament to New

After the priest has entered the Church and venerated the icons and the altar, he proceeds to put on the vestments for the celebration of the Liturgy. In the Old Testament, in chapter 28 of the Book of Exodus, the Lord gave Moses instructions on how to make vestments for Aaron and his sons who were to be priests, 'for glory and beauty. " However, the first Christian bishops and priests did not assume the vestments of the Hebrew priesthood, since, as the Letter the Hebrews explains, the Old Testament priesthood and sacrifices had given way to the High Priesthood of Jesus and His sacrifice on the Cross (Hebrews 9,10). Instead, for the first three centuries of the Church, the bishops, priests, and deacons did not wear any special vestments, but ordinary clothes, though of finer quality than those worn every day. This is all that can be gathered from the few references to liturgical dress dating from this time period.

The Canons of Hippolytus, dating from the beginning of the third century, contain this rubric for celebrations of the Eucharist: "As often as a bishop takes of the sacred mysteries, let the deacons and priests be gathered together, clothed in white robes, more beautiful than those of the rest of the people" (Canon 37)

Even at the end of the fourth century, the Apostolic Constitutions mention that the bishop who will celebrate the Liturgy should be dressed in "splendid raiment." The Greek words used here simply refer to the expensive clothing worn by the upper class members of society.

The Origin of Vestments

Our vestments derive from two sources: the style of clothing worn in the ancient world and garments worn by officials in the Byzantine Empire. The sticharion or alb, the phelonion (the cape-like vestment worn by the priest) and the dalmatic worn by the deacon were all a part of the style of clothing worn by people in the Roman Empire during the first centuries of the Christian era.

In addition, it would seem that the call of Hippolytus and other sources for white garments to be worn at Liturgy is a reference to the "*chrisom*" - the baptismal garment given to the newly-baptized. The modern sticharion undoubtedly stems from this garment which priests probably wore to celebrate the Liturgy as a sign of their baptismal union with Christ from which their ministry in the Church flowed. This baptismal garment was essentially the tunica of the ancient world - the basic garment for men and women.

In the 6th century the styles of clothing began to change, but the Church, being conservative, retained the earlier style of dress for her ministers. The priest's epitrachilion or stole, the deacon's orarion, and the bishop's

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THE VESTING OF THE PRIEST

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omophorion are all derived from "*scarves of office*" that were worn by the Emperor and awarded to other officials in the Empire, arranged in different ways over the shoulder. These served as insignia of office in the political and social life of the late Roman Empire.

It was not until after the fall of the Byzantine Empire in 1453 that Orthodox bishops began to wear the mitre or crown. Originally, this was only worn by the Emperor in Constantinople. The bishop's sakkos, the episcopal outer vestment, along with the cuffs - all part of the Emperor's dress - were adopted at this same time. Before this Orthodox bishops wore priest vestments with the omophor over them. After the Turkish armies took the city of Constantinople in 1453, the Patriarch became the civil head of the Greek-speaking population as well as remaining head of the Church. As such, the Patriarchs adopted the dress of the Emperor. The belt was a sign of military as opposed to civil office in the Empire. However, because the belt served to gather up the loose fitting sticharion, it may have been adopted more for practical reasons than any others.

The Meaning of Liturgical Dress

As liturgical vestments became a part of the spiritual experience of the Church, they were given a symbolic meaning, often based on events in the life of Christ. The sticharion, for example, was seen as the seamless robe which Christ wore to His crucifixion and for which the soldiers gambled. The cuffs were symbols of the Lord's hands which were bound as he stood before Pilate. The bishop's omophorion was seen as a symbol of the lost sheep being carried by the good Shepherd and so forth. The Orthodox Church, starting from the Book of Revelation, sees Her worship as the experience of the worship of heaven in earthly forms. The vestments of the priest remind him and all of the faithful that he is to be clothed with the divine grace that will enable Christ to lead the Church through him. The priest, fully vested before the Altar, is no longer an individual, but a sign to all of the "*beauty and glory*" that will belong to each of us in the Kingdom of Heaven.

The Church in the early Middle Ages saw Herself as the New Israel of God and interpreted Her worship as the fulfillment of the forms of the Old Testament. The early Christians did not model their vestments after those of the Jewish Temple.

Originally the vestments were put on in silence, but by the late Middle Ages, the service books began to prescribe various Psalm verses to be said as each item was put on. In the 14th century Patriarch Philotheos' *Diataxis* prescribed the order for putting on the vestments and the Psalm verse to be recited for each garment. This pattern, with minor variations, was adopted throughout the Orthodox world.

Symbolism of the Vestments of the Priesthood.

There are three major orders of clergy in the Orthodox Church: Deacon, Priest and the Bishop and two minor orders: Reader and Sub-deacon. All have vestments that are common to them all. With each elevation, from Reader to Sub-deacon to Deacon to Priest and from Priest to Bishop, there are some additions that occur in the vestments. Clergy usually vest in the Sacristy, the room where the vestments are kept. Many times, the clergy vest in the Altar as there may not be a Sacristy for them. As they put on each vestment particular to their position, they recite certain prayers as appropriate for each item.

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THE VESTING OF THE PRIEST

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Robe / Sticharion

(Reader, Deacon, Priest and Bishop)

Basic vestment of the clergy worn for the celebration of the Divine Liturgy & Baptism. Usually a long, straight robe with wide sleeves also called "*robe of salvation*" or "*tunic of happiness*." Symbolizes a pure & peaceful conscience and spiritual joy.

Cuffs / Epimanika

(Deacon, Priest and Bishop)

These are the cuffs, one for the right hand and one for the left which are worn by the Deacon, the Priest and the Bishop. Common to all the major clergy. They symbolize the tying of Christ's hands and wrists at the time He was flogged, and serve to remind us that all things that we do with our hands, we should do for the glory of God. They have a practical purpose to hold the wide sleeves of the Sticharion in place.

Belt / Zoni

(Priest and Bishop)

A ceremonial belt that ties at the back. It is worn by the Priest and the Bishop and symbolizes the power of the grace of the Priesthood and has the practical function of holding the epitrachelion / stole in place against the sticharion / tunic.

Cape / Phelonion

(Priest Only)

Resembling a cape, it rests on the shoulders of the Priest and is put on through a head opening. It is about arms length in the front and reaches the edge of the tunic or Sticharion in the back. On the back is usually an embroidered red Cross or an icon. Symbolizing the seamless robe of Christ it stands for righteousness. With the Phelonion, the Priest's liturgical attire is completed

Stole / Orarion

(Sub Deacon and Deacon)

Wide and long band of material that is the distinctive vestment of the Deacon and sub-deacon. It is crossed over the back or falls over the left shoulder. As the Deacon prays, he holds the front part of it while the back part hangs behind his back. During the Lords prayer it is crossed over the back. It symbolize: the wings of angels. The Sub Deacon wears the stole crossed over the back always.

Stole / Epitrachelion

(Priest and Bishop)

A distinctive sign of the Priesthood and is worn on the shoulders and hangs down in front. It symbolizes the grace of the Priesthood that the Priest receives on the day of his ordination. Worn by Priests and Bishops. It is a further development of the Orarion, actually being an Orarion doubled with both ends hanging in front and reaching the full length of the tunic or Sticharion.

Award / Epigonateon

(Priest and Bishop)

The square or diamond shaped Epigonateon is suspended, hanging over the right knee. Worn by Priests who have received the privilege to wear it and by Bishops always. Symbolizes the Holy Spirit and the power of the angels. It denotes that the Priest wearing it has the title of distinction given to him by the Church.

Pectoral Cross

(Priest)

A Priest wears a cross according to the rank bestowed on him by the Bishop beginning with silver then the gold then to an ornately decorated Arch-priest cross.

Sakkos

(Bishop only)

A richly embroidered liturgical vestment. One of the principal vestment's worn by a Bishop and replaces the Phelonion of the Priest yet it carries the same meaning: the seamless robe of Christ.

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THE VESTING OF THE PRIEST

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Omophorion

(Bishop Only)

This scarf-like article worn by the Bishop is symbolic of the wayward lamb carried on the shoulders of the Good Shepherd. It falls over the shoulders and hangs in front and the back. There is a shorter one that hangs only in front and is worn after the reading of the Gospel.

Mitre

(Bishop Only)

The Bishop's ceremonial crown denoting his apostolic sovereignty.

Kalimafkion

(Priest and Bishop)

Black cylindrical head covering or hat worn by the Bishop or Archimandrite Priests. Tall with a flap top and covered with a black veil.



Pectoral Cross and Panaghia Medallion

(Bishop Only)

Worn by the Bishop during the Divine Liturgy. The cross denotes the self-denial of the Shepherd of the flock. The Panaghia is the distinctive sign of the office of the Bishop and is usually oval in shape and suspended from a chain.

Pastoral Staff / Pateritsa

(Bishop Only)

Made of a precious metal and having at the top of a cross with serpents turned inward towards it, denotes the power of the Holy Spirit and especially the Cross as an instrument of support for all the faithful. Pastoral in nature and is there for all the people to see and to know that the Cross can lead them, chastise the disorderly, and gather the dispersed. It reminds us of Moses who held up the staff in the wilderness as the snakes came to bite the people. As long as they looked at his staff, they suffered no harm. The serpents on top, turn inwardly toward the Cross as reminders of the Lord saying: "Behold I send you out as sheep in the midst of the wolves;

Altar Boy Vestments

Robe

The long robe sticharion that is similar to that of the deacon is a reminder of the role the Altar Boy has in the service in the Altar. Symbolizes cleanliness of the mind and heart that the server brings each he enters the altar.

Stole

Stole / Orarion is also similar to the deacon but it is worn differently. Shaped in a cross at the back with two parts hanging down the front denoting the calling of the altar boy to be a server much as the angels of God serve Him attentively and willingly. It is given by the Bishop as a special honor for years of loyal service as an altar boy.

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THE VESTING OF THE PRIEST

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Bishop

Robe / Sticharion
Stole / Epitrachelion
Cuffs or Epimanikia
Epigonation
Sakkos
Omophorion
Pectorial Cross
Medallion / Panaghia



Priest

Tunic / Sticharion
Stole / Epitrachelion
Belt / Zoni
Cuffs / Epimanikia
Award / Epigonation
Cape / Phelonion



Deacon

Robe or Sticharion
Stole or Orarion
Cuffs or Epimanika

FROM AROUND THE PARISH

ST. MARK OFFICE ADMIN NEWS

As of Sunday, July 3rd, David Rodak is stepping down as St. Mark administrator. Sharon Sielinski will take over all roles and responsibilities as St. Mark administrator and can be reached at email: admin@stmarkoca.org. David thanks you for the opportunity of serving the St. Mark parish community.

NEW GARDEN AT ST. MARK

If you have bought Uncle Michael Hot Sauce at coffee hour in the church hall. We want you to know that our church is now growing hot peppers for the hot sauce. It will now use the freshest peppers from garden to sauce within minutes. Know that everything sold in our church is given to our house of worship.

With Most Love to you, Thank you

Uncle Michael



ROBERTA HALLEM SHERER

Here is a photo of a former parishioner, and I, that I have kept in touch with since the 80's. Her name is Roberta Hallem Sherer, and she now lives in Texas. Roberta worked as a nurse at the Veteran's Affairs department, and we became close friends through St. Mark. She was married by Father Basil and her son, Ned, was Baptized by Father Basil as well. We had a chance to have lunch together during her recent trip to D.C. Some parishioners may remember her, so I'm sending this great photo of the two of us!

-Submitted by Marsha Zellem

SEND A SMILE TODAY

The daughter of a good friend of mine is a breast cancer survivor. She was heartened by cards from friends during her treatment and has started a website to send cards to people who are struggling with any kind of cancer. You can go to her website – sendasmiletoday.org – and sign up a friend or relative to receive monthly cards of encouragement for a specific number of months. This is a free service that she and her friends provide. If you wish to contribute to this fine ministry, she will accept homemade and store-bought cards, stamps and donations. Many scout troops, women's clubs and church groups have made cards for Send a Smile Today. There are guidelines on the website for the size of the cards and the acceptable greetings for the home-made ones. I've used this website several times and the recipients of the cards have always been pleased.

-Submitted by Tina Burpee

FOCA NATIONAL BOWLING TEAM

OH! THOSE OHIO BOWLERS!

Submitted by: Barbara Freimann

On the weekend of June 3rd, 4th, and 5th, three couples from St. Mark traveled to Independence, Ohio to compete in the 77th FOCA National Bowling Tournament. George and Barbara Freimann, Marcella and Michael Hydock and John and Pat Ihnat represented our St. Mark FOCA Chapter #229 from Bethesda, MD at this Ohio Tourney sponsored by the Cleveland "R" Club.

There are three different categories in which to bowl: Men's and woman's teams consisting of four bowlers, doubles consisting of two bowlers and individual single bowling. The Team bowling began on Friday evening, while singles and doubles took place on Saturday. Because we only had teams



George checking his score.

of 3 from St. Mark, we each took on an extra man for the men's team and a woman for the women's team. Barbara, Pat and Marcella greeted Miriam Markvan from Cincinnati, Ohio. She had a 174 average!!! Oh! Those Ohio Bowlers!!!! The men's team welcomed Steve from NJ.

After Friday evening's bowling there was a reception at the Crown Plaza Hotel with snacks, pizza and drinks for all bowlers. This was a great way to meet the other bowlers and talk of missed strikes and gutter balls.

Saturday morning began with doubles: Pat and Barbara for the women and John and George for the men, fol-



The six of us...you know who we are!

lowed by singles bowled only by John and George. Later that day after Vespers we attended a wonderful bowling banquet. The banquet was held in the "Shanty" behind St. Michael, the Archangel Church. In the pictures you can see all the trophies on the wall won by Ohio Chapters in basketball, bowling and golf. What a wonderful BBQ banquet it was. Thank you, Cleveland "R" Club for your hospitality!



This is us in the "Shanty" behind St. Michael the Archangel Church at the BBQ Banquet

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FOCA NATIONAL BOWLING TEAM

OH! THOSE OHIO BOWLERS!

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Winners from St. Mark are:

St. Mark Women's Team Actual **2nd Place**

Men's Singles: George **10th place** and John **7th Place**

Men's Team Handicap: St. Mark Men's Team
HDCP **3rd place**

Oh! Those Ohio bowlers!

If you would like to join us for bowling
(Location TBD) next year, contact John Ihnat or
Barbara Freimann.



This is the HDCP Singles winners George 10th and John 7th



1st Women's Team is Ohio with St Mark winning 2nd Place
actuals!



St. Mark Men plus two other teams from Ohio! St. Mark HDCP 3rd
place



Ohio Woman's Team 1st and St. Mark Women 2nd

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FOCA NATIONAL BOWLING TEAM

OH! THOSE OHIO BOWLERS!

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St. Mark Men's Team with unknown friend.

Way To Go!



St. Mark Woman's Team with Miriam

GO TEAM!

FOCA HAPPENINGS

FOCA “GIFTS OF LOVE” COLLECTION

Thank You for your donations to the Gifts of Love Campaign. A total of \$934.00 was collected to help print Yupik language Orthodox Coloring Books for the children of Alaska. It is very much appreciated.



SAVE THE DATE!!

→ FOCA Oktoberfest is on Oct 1, 2016

→ Colonial District Convention is on Oct 8, 2016

FUTURE MEETING DATES

St. Mark FOCA meets in the Fellowship Hall on the 3rd Saturday of the month following Vespers. Meeting dates for the next three months are below.

- SATURDAY, JULY 16TH
- SATURDAY, AUG 20TH
- SATURDAY, SEPT 17TH

INFORMATION ON ST. MARK BAZAAR 2016

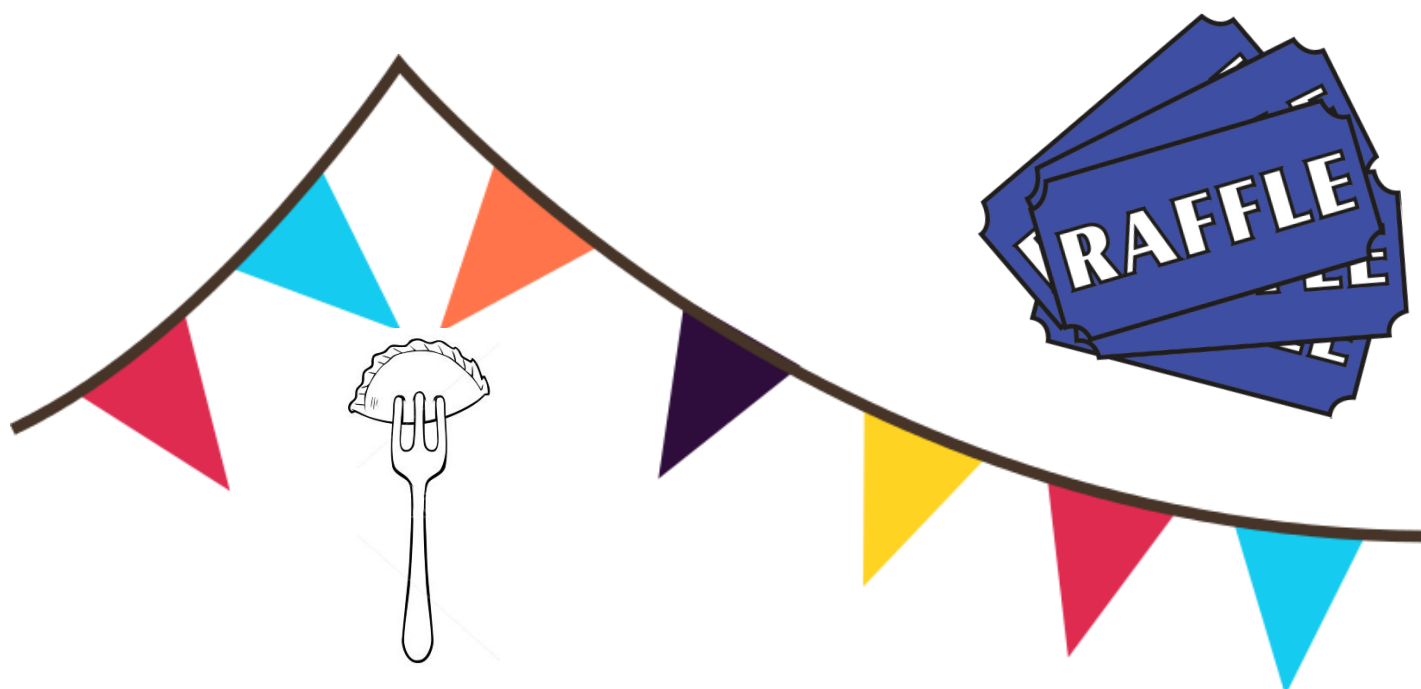
Submitted by: Tina Burpee

November 4th, 5th, 6th, 2016

We need everyone's help to make this year's festival a success!!

Our department heads and food prep chairpersons are listed below. Our first organization meeting will take place in July. Watch for the date.

- **Bakery** - Paula Zabela/Ginny Albert
- **Beverages** - Justin Barber
- **Candy** - Tammy Jacobsen
- **Desserts** - Nancy Stanton
- **Lucky Draw** - Vicky Jacobsen
- **Christmas/Gift Table** - Christine Cacic
- **Grand Raffle** - Shirley & Paul Dean
- **Advertising** – Nina Bilyeu
- **Chicken Kiev** – John & Pat Ihnat
- **Blini** - Susie Needham
- **Pirog** - Pat Ihnat/Tina Parrish
- **Piroshki** - Matushka Sasha/Martha Vance
- **Beef Stroganoff** - Mary Ann & Doug Fitzgerald/Coy Williamson
- **Halupki** - Christine Cacic
- **Piroghi** - Daniela Mihailov/Helen Kerch
- **Spanakopita** - Marsha Zellem



FUNDRAISER UPDATE

SHOP AMAZON.COM AND HELP SUPPORT ST. MARK!

Did you know that when you shop at Amazon.com you can help support St. Mark? Through the Amazon Smile program, Amazon will donate 0.5% of the price of eligible Amazon Smile purchases to St. Mark (no extra charges are applied to your purchase). Simply visit the website: <http://smile.amazon.com/ch/23-7254573> and select St. Mark as your charitable organization. Questions? Visit the Amazon Smile "Program Details" at: http://smile.amazon.com/gp/charity/pd.html/ref=smi_ge_uuas_pd_pd.

From January 1 to March 31, 2016, St. Mark has received a total of \$23.87 from the Amazon Smile program. Thanks for supporting St. Mark through this program!

ORTHODOX CHRISTIAN PRISON MINISTRIES

Collection for the Orthodox Christian Prison Ministry took place on Sunday June 12th and we collected \$715.00 for this important outreach effort.

CONGRATULATIONS FOCA DISTRICT STOCK AWARD WINNERS!

St. Mark FOCA hosted the District Stock Award drawing on Saturday, May 7th after the monthly meeting. The winners were:

\$200 — Marcella Hydock

\$100 — Tammy Jacobsen

\$50 — Skip Mersereau

RUMMAGE SALE UPDATE

The annual St. Mark rummage sale which was held on June 11th, was a great success. We received a lot of donations, the weather was perfect, and the crowd of shoppers started to line up in the parking lot by 7:15 AM, even though the sale did not begin until 8:00 AM. We were blessed by having a hard working "crew" that worked for almost three weeks to unpack, sort and price our donated items. We are still packing the remaining unsold items in boxes awaiting the truck from Habitat for Humanity to come and pick up the donations on June 30th.

To date, the Rummage Sale earned \$3,675.74. That amount will change once some of the finer items of clothing and collectibles are taken to a consignment shop in Virginia. Thanks to all of the hard workers who responded to the task of preparing for the sale mainly before the sale, during the sale, and follow up clean up. The cashiers, baggers, greeters and all others kept the shoppers moving through our maze of rooms. A "post" rummage sale meeting will be held in the near future so that we can review any suggestions for improvement. Thanks to all who helped. Marsha Zellem

CONGRATULATIONS 2016 GRADUATES!!!

HIGH SCHOOL GRADS

Matthew Balamaci graduated with an advanced diploma from Robinson Secondary School in Fairfax, VA on June 15th, 2016. He will be attending Clemson University in the fall, where he has been accepted into Clemson's College of Architecture, Arts and Humanities. Matthew plans to study communications at Clemson. Go Tigers!

Gwyneth Berry graduated from South Lakes High School in Reston, VA on June 17, 2016. She will attend Roanoke College in Roanoke, VA in the fall.

Timothy Firestone graduated from Gaithersburg High School on June 8, 2016. Timothy plans to attend Montgomery College in the fall.

Franc LeFors graduated from Atholton High School in Columbia, MD. Franc was a member of the NHS, NSHS, UN Club, and an All-State runner for his division. He is an Eagle Scout and a lifeguard. Franc is committed to West Point and started June 26, 2016.



Franc and his sisters at his high school graduation



CONGRATULATIONS 2016 GRADUATES!!!

COLLEGE (AND BEYOND) GRADS

Kathryn (Katie) Balamaci graduated Cum Laude from Virginia Tech's Pamplin College of Business on May 13, 2016. She earned a Bachelor of Science in Business, majoring in Business Information Technology with a concentration in Operations and Supply Chain Management, as well as a minor in International Business. During her time at Virginia Tech, Katie studied abroad in Switzerland and served as Director of Special Events for the Virginia Tech Union. Katie recently accepted an internship at a company located in Tysons Corner, Virginia.

Abigail Dean graduated from Stain Vladimir's Orthodox Theological Seminary with a Master's in Religious Studies and Theology on May 21, 2016. She has accepted a position with the Federal Government and hopes to put her education to good use in the Church School program and other aspects of parish life. Abby would like to express her gratitude for the support that she has received from the members of St. Mark!

Katie Karas graduated from the George Mason School of Business with a Master's in Accounting on May 14, 2016. Prior to graduation, she was inducted into the Beta Gamma Sigma Honor Society. Currently, she is studying for the Certified Public Accountant (CPA) exams which she will continue to take over the summer. In November 2016, she will begin employment in Tysons Corner, Virginia as an assurance associate with RSM International, a public accounting firm.

David Lungociu will graduate in December 2016 from St. Mary's College in MD with a Bachelor's Degree in History. One class remains.

Kim Lungociu graduated from Catholic University with a Master's Degree in Medieval History.

Mark Lungociu graduated from the University of Virginia with a Master's Degree in Linguistics.

Emili Malatesta graduated from St. John's University with a Master's in English Literature on May 19, 2016. The title of her thesis is Safe Spaces: Sexuality and Gender in English Literature from Hard to Woolf. It focuses on the representation of gender during fin-de-siècle England specifically in relationship to marriage and maternity. Emili is working full time with autistic children at the Early Intervention Center in Brooklyn, NY as an ABA Assistant Therapist.

May God Grant our Graduates Many Years!

Congratulations



Childhood hunger is a problem that affects over 21 million children in the United States. In the District of Columbia alone, 13.2% of all households are food insecure.

For 10 weeks this summer the Orthodox churches of D.C. will feed over 15,000 meals to children who suffer from childhood hunger.

Volunteers are needed to prepare and distribute meals.

We need you June 27–September 2!
 Sign up to volunteer at specific times at
WWW.FOCUSNORTHAMERICA.ORG/WASHINGTONDC
 For questions email
DC@FOCUSNA.ORG

FOCUS North America is a national movement of Orthodox Christians, united in faith and joined by a desire to provide action-oriented and sustainable solutions to poverty in communities across America. FOCUS has operations and life-changing youth volunteer development opportunities in more than 50 cities.

WONDERWORKING IVERON ICON VISITATION



Father Gregory and the Wonderworking Iveron Icon of the Mother of God. The miraculous Icon visited St. Mark Tuesday, June 7th, 2016.

PASCHA REFLECTIONS

Submitted by: Joan Mitchum

The Orthodox Church I grew up attending was a Russian Church. In the early 1900's my grandfather and several other men built that church after their long shifts in the mills or mines, literally digging the foundation and doing much of the physical labor. The priests that came to serve were from Russia speaking little or no English. I understood no Russian. Prayer books weren't available until probably the 1950's, so we never knew what was going on.

At Eastertime my Grandmother baked these huge Easter breads, Paschas, for them and for four of her children that lived in the area. Of course she had no recipe, using handfuls of this and that and pinches of other things. We always ate our luncheon meal at my grandparent's house.

When I was about seven or eight I went to my first midnight service. Not understanding anything going on, the pageantry was impressive. My sister and I didn't figure out for many years why the choir kept singing songs about my grandmother's bread (Pascha).

My memories about my skirt catching on fire while waiting for the baskets to be blessed aren't quite as happy.



HOLY WEEK AND PASCHA 2016

Photos by: Victor Lutes



UPCOMING EVENTS



BLESSED MAT. OLGA OF ALASKA WOMEN'S PRAYER GROUP

The Blessed Matushka Olga of Alaska Prayer Group meets regularly on the 1st Tuesday of the month at 10:30 AM in the church nave for intercessory prayer. In addition, the group meets regularly to pray varying Akathists on the 3rd Tuesday of the month at 10:30 AM in the church nave.

Please join us as you can and please remember us in your prayers. All prayer requests may be given to Debbi Dillon, Mat. Alexandra or Marcella Hydock. Also, there is a prayer request email address on the St. Mark website. We hope you can join us on:

Intercessory Prayer Dates & Times:

- **TUESDAY, JULY 5TH**, 10:30 AM
- **TUESDAY, AUG 2ND**, 10:30 AM
- **TUESDAY, SEPT 6TH**, 10:30 AM

Akathist Dates & Times:

- **TUESDAY, JULY 19TH**, 10:30 AM
- **TUESDAY, AUG 16TH**, 10:30 AM
- **TUESDAY, SEPT 20TH**, 10:30 AM

STEPPING STONES MEAL DELIVERY

Monthly food preparation and delivery to Stepping Stones shelter in Rockville, MD is on hiatus for the summer and will resume in the fall on Sunday, September 4th. Sign-up sheets will be posted on the Outreach bulletin board outside of the fellowship hall.

WOMENS BOOK GROUP

St. Mark Women's Book Group meets the last Sunday of each month following Liturgy in the parish library. Please refer to the St. Mark Women's Book Club webpage at: <http://stmarkoca.org/book-clubs/> for future month's books and any changes.



- **SUNDAY, JULY 31ST**
- **SUNDAY, AUG 28TH**
- **SUNDAY, SEPT 25TH**

Book Selections:

July — The Wedding by Nicholas Sparks

August — Sacramental Living by Michael Haldos

September — TBD

CHURCH SCHOOL

- **Vacation Church School: TUESDAY, JULY 19TH – FRIDAY, JULY 22ND from 11 AM – 2 PM.**

This year's theme is "Special Agents of Christ" and is for ages 3 through 11 years old. \$25 per child; \$50 max per family. There will be classes, prayers, singing, lunch, games, music and crafts. Teachers and helpers are needed to make the program work; please contact Rachael Datch at rachaeldatch@gmail.com if you have any questions or would like to volunteer during the week. Sign-up sheets are available online at: <http://stmarkoca.org/vacation-church-school/>, in the Evangelizer, and also at the candle counter.

UPDATER

Births

04/19/16 — Nolan Michael Barge, Grandson to Martha Vance

May God Grant Them & Their Families Many Years!

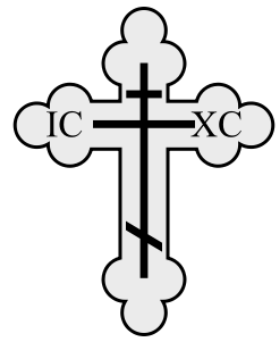
Deaths

04/2016 — Martha, Sister of Marge Dove

04/03/16 — Marlene, Sister of Michael Chow

04/28/16 — Constandina Kalavritinos, Aunt of Christina Kalavritinos

May Their Memory Be Eternal!



Baptisms/Chrismations

04/30/16 — Eric Williams

05/07/16 — Abigail May Carter

May God Grant Them & Their Families Many Years!

Marriages

05/14/16 — Kitty Steger & James Miller Jr.

06/24/16 — Andrew Yakubik & Taylor Stookey

May God Grant Them & Their Families Many Years!

HAPPY BIRTHDAY!

July

1 Jackson Tatusko
 2 Gene Jacobsen
 3 Andrew Datch
 Emily Datch
 4 Patricia Antich
 6 Scott Borger
 Michael Chow
 Erin Hottle
 David Lulchuk
 7 Matthew Badila
 8 Alexander Braun
 9 Larisa Looby
 10 Spencer Salas
 Joseph Sedor
 12 Ann-Marie Lacko
 13 Michael Thompson
 14 Sara Wickard
 17 Mat. Alexandra Safchuk
 18 Aiden Moser
 Charity Pearson
 Cathryn Tatusko
 19 Cynthia Helba
 20 Daniel Golembiewski
 Vicky Jacobsen
 Mat. Kelly Oleynik
 21 John (Jack) Husak
 Laura Jefferson
 Lee Malatesta
 Peter Shiller
 22 Fr. David Arnold
 24 Douglas Fitzgerald
 John M. Steger
 25 Virginia Albert
 27 Jane Sass
 28 Lauren Piera
 Benjamin Safchuk
 Cliff Tarpy
 30 Zhenya Bainbridge
 Julia Flick
 31 Drew Bumbak
 David Holovac
 Millie Mytryshyn



Aug

1 Madeleine Gimbal
 Mark Phinney
 2 Evgeniya Aseev
 Justin Barber
 Fr. Timothy Perry
 Joe Francis, Jr.
 3 Nicholas Rotunda
 Wyatt Zabela
 4 Nicholas Fitzgerald
 5 Katrina Braun
 Elena Henning
 Gregory Nichols
 6 Martha Dellermann
 Constantine Ilario
 Daniela Mihailov
 7 Robert Hottle
 Igor Nakshin
 8 Philip William Masik
 10 Christine Busenberg
 11 Kathy Petro
 Astrid Sheppard
 12 Nicole Johnson
 Sharon Sielinski
 13 Christina Kuchta
 14 Andrea Ticich
 15 Vera Simonenko
 Ada (Mary) Steinberg
 16 Nick Ayers
 Demetrios Datch
 Ekaterine Gureshidze
 Emili Malatesta
 Samuel Oleynik
 17 Michele Humphries
 John Ihnat
 18 Radu Victor Balan
 Juliana Marie Rudin
 19 Nichole Hottle
 Katherina Karas
 Matthew Karas
 Neal Kumar
 20 Anna Arnold
 Marcella Hydock
 Francisco LeFors
 Hannah Oleynik
 Inna Schwartz
 21 Job Henning
 22 Andrea Burns
 Kimberly Lungociu
 Andrew Sekellick
 23 JoAnna Balamaci
 Mary Lulchuk

Aug (Con't)

24 George Freimann
 Matthew Jones
 Fr. John Vitko
 25 Aurora Thompson
 26 Ann Bumbak
 27 Andrew Espejo
 Dorothy Guba
 28 Kimberly Ahmadi
 Cathy Markovich
 Kelly Ann Meyers
 Martin Sieff
 29 David Lungociu
 30 Michael Kissell
 Matthew Joseph Sedor
 31 Rachel Arnold
 Kristin Husak



Sept

1 Maura Eileen Moser
 2 Heathryn Berry
 Madeleine Hardy
 Margie Johnson
 Michael Olynik
 4 Jennifer Kerrick
 Stephen Koopersmith
 6 Sara Rose LeFors
 Luke Prentice
 7 Theodora Dean
 Stephen Sielinski
 Jan Truitt
 8 Nika Nakshin
 10 Dn. Mark Oleynik
 Natalie Ticich
 11 Mat. Katherine Vitko
 13 Dr. Gerald Marti
 14 Claire McHugh
 15 Anna Hardy
 John Steger
 16 Adina Carstea
 Bryce Pierce
 19 Barbara Freimann
 20 Christina Kalavritinos
 Clint Purdue
 22 Charlotte Miller
 25 Ashley Hottle
 Vasilisa Lyubimova
 Katie Sheppard
 26 John Michael Niemi
 Mary Niemi
 27 Russell Jowell
 28 Kathy Rudin
 29 John Sokich
 30 Fr. Nicholas Dellermann
 Peter O'Halloran
 Douglas Pierce
 Martha Vance

