

Saint Mark Orthodox Church

Orthodox Church in America Archdiocese of Washington 7124 River Road Bethesda, MD 20817 Church Office: 301-229-6300 www.stmarkoca.org	Rector V. Rev. Gregory Safchuk Office: 301-229-6300 Home: 301-320-0739 gsafchuk@hotmail.com admin@stmarkoca.org	Parish Council President: Michael Thompson Home: 703-204-9092 dunaad@msn.com
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ST. GREGORY PALAMAS MARCH 4, 2018

EPISTLE Heb. 1:10-2:3 Heb. 7:26-8:2	GOSPEL Mark 2:1-12 John 10:9-16	Tone 6
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DIVINE LITURGY OF ST. BASIL THE GREAT

SECOND SUNDAY OF LENT. St. Gregory Palamas. Ven. Gerasimus of the Jordan (475). Gen. Gerásim (Gerasimus) of Vologdá (1178). Ven. Joasáph of Snetogársk (Pskov-1299). Rt. Blv. Prince Basil (Vasilko) of Rostov (1238). Rt. Blv. Prince Daniel of Moscow (1303). Martyrs Paul and his sister, Juliana (ca. 273). St. James (Jacob) the Faster of Phoenicia (Syria-6th c.). Translation of the Relics of Rt. Blv. Prince St. Wenceslaus (Viachesláv), Prince of the Czechs (938). St. Gregory, Bishop of Constantius in Cyprus.

Sunday	Mar	4	9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy – St. Gregory Palamas
			11:15a	Coffee Hour Fellowship
			11:30a	Choir Rehearsal
			11:30a	Church School
			11:30a	50 th Anniversary Planning Committee Meeting
Tuesday	Mar	6	10:30a	Bl. Mka. Olga Prayer Group – Intercessory prayer
Wednesday	Mar	7	6:30p	Presanctified Liturgy
			7:30p	Lenten Lecture
Saturday	Mar	10	5:00p	Private Confession
			5:30p	Great Vespers
			6:30p	Bible Study
			6:30p	Parish Council Meeting
Sunday	Mar	11	9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy – Veneration of the Cross
			11:15a	Coffee Hour Fellowship
			11:30a	Church School

The **Altar Candles** are donated by **Daniela and Michael Mihailov** in celebration of their wedding anniversary! May God Grant Them Many Years!

The **Sanctuary Candles** are donated by **The Rodak Family** in celebration of **Isaiah's** 3rd birthday! May God Grant Him Many Years!

Coffee Hour Fellowship				
Date	Hosts/Hostesses			Donuts/Bagels
Mar 4	T&G Jacobsen	Prose	S. Jacobsen	Freimann
Mar 11	Mid	Lent	Potluck	Dean

Choir Directors, Readers, Preparers, Greeters, & Altar Servers					
Date	Director	Reader	Preparer	Greeter	Altar Servers
Mar 4	C. Berencz	D. Rodak	V. Lutes	P. Masick & T. Sekellick	A. Ahmadi A. Datch C. Datch J. Sedor M. Sedor
Mar 11	J. Sokich	M. Mihailov	D. Golembiewski	G. Freimann & K. Phinney	

Classes	
Bible Study	
Saturday, March 3 rd	Following Vespers
Saturday, March 10 th	Following Vespers

TO OUR VISITORS WITH YOUNG CHILDREN: If you are seeking a quiet place to nurse or calm a rambunctious child, there are two rooms off of the main hallway on this floor to serve you. Our library is the second door on the left as well as our teen classroom, the last door on the left, at the end of the hallway. The library has rocking chairs, and both rooms offer comfortable couches and moderate privacy. Changing tables are located in the Ladies room on the upper level and in the Men's room on the lower level.

PRAYER REQUEST – O Christ, You alone are our Defender: Visit and help Thy servants who are in need of your help, protection and healing. Among them: Christina Berencz, Migs & Helen Damiani; Shirley & Paul Dean; Margaret & Bill Dove; Mary Ann Fitzgerald; Julia Flick; Marge German; Jurette Heckscher; Evelyn Leleck; Larisa Looby; Marina McKee; Catherine Mikuluk; Timothy Parrish; Clint Perdue; Alexandra Sedor; Peter Sielinski; Beth Tucker.

Please pray for **Margaret**, Mary Carol Ashley's mother; Ellen Barber's friends **Bruce** and **Pamela**; Tina Burpee's brother-in-law **James**; and friend, **Edward**; Christine Cacic's friend, **Carmen**; **John & Suzette** Eremin; Julia Flick's son, **James** Shimer, and her stepdaughter, **Jeanie** Folton; Karina Fortuny's god-daughter infant **Maria**, Maria's parents **Tzvetelina** and **Lyubomir**, and brother **Ioan**; Marge German's sister, **Elaine**, grandson, **Joshua** and friend **Louise**, who is recovering from triple by-pass surgery; **Jeff** Jordan, friend of the Hardy family; Jurette Heckscher's father, **Stevens**; Margie Johnson's granddaughter **Nadia**. **Will & Janie** McNamara, friends of Christina Kalavritinos; **Carole** Roberts, mother of Tammy Karas; **Olga**, friend of Helen Kerch; Mat. Jan and Fr. Mark Koczak's friend, **Metropolitan Isaiah** (Georgian Patriarchate); **Mary** Everhart, mother of Ted Koopersmith; Michael Kopcha's mother-in-law **Barbara Durynski** Michael Lungociu's brother-in-law, **Douglas**, and a friend's mother, **Gitta** Finch; Marilyn Macht's cousins **Helen** and **Linda**. Anelia Rotunda's father, **Ivan**; Friend of Debbie Sieff, **Fr. Taras** Chubenko, of St. Demetrius Ukrainian Orthodox Cathedral in Carteret, NJ, who is recovering from esophageal surgery; Sharon Sielinski's niece **Taylor**, and her friend **Bill** who was recently diagnosed with colon cancer; Olga & Slavina Skenderska's cousins, **Desi & Stanislav**, and friends **Catherine & Justin**; **Fr. Basil Summer**; Ellen Thompson's daughter, **Sonya**; **Don Truitt's** parents; friends of St. Mark, **Tanya & James** Twyman; Friend of St. Mark **Linda** Weir; **Christen** and infant **Alexander**

Deliver them from sickness and grievous pains. Raise them up that they may sing to Thee and praise Thee without ceasing, through the prayers of the Theotokos and all your Saints!



ST. GREGORY PALAMAS

BULLETIN SICK LIST: If you have someone listed on the sick list, please provide us with an update on how they are doing. If they are no longer ill, please let Fr. Gregory or Sharon Sielinski know so that we can remove them from the list. Going forward, names that are submitted will be included for 40 days, then deleted unless a request has been made to continue the prayers for chronic or long term reasons. Thank you!

PRESANCTIFIED LITURGY The St. Mark tradition of bringing a sack "lunch" continues, but for those who forget their dinner, those who are moved at the last minute to attend the Presanctified Liturgy, and those who are just plain hungry, we will have peanut butter, jelly and bread to make sandwiches and at least one pot of hot soup. All Lenten soups, bread and other dishes are gratefully accepted. Thank you, all.

BIBLE STUDY: will take place on March 10th, following Vespers. Topic: "Disaster Strikes (Achan's sin)"

PARISH CLEAN UP DAY will take place on Saturday, March 17th, at 8:00 am. Please mark your calendars and plan to help out!

LENTEN RETREAT: There will be a Lenten Retreat at Saint Sophia Cathedral on Saturday March 17th between 3 and 5 PM where bestselling author and radio host Eric Metaxas will share insights from his recent books *Miracles* and *Martin Luther*. Please see the flier on the candle stand for additional details or visit: <http://www.saintsophiadc.com/metaxas>

FOCA STOCK AWARDS: FOCA will be selling Stock Awards tickets. \$2 per ticket or \$10 for packet of 5. Winners will be drawn at the District Bowling Tournament on April 14, 2018. See Barbara or George Freimann to get your winning ticket.

THOSE CATKINS ARE READY TO POP. Our pussy willow bush here on the church property is just about ready to pop and we will be checking so we can get them cut before the catkins go to seed. If you have bushes, please check them. We are always grateful for pussy willow donations for Palm Sunday. Thank you.

PROECT MEXICO: I've been informed that there are some openings available with a trip planned by St. Katherine's Greek Orthodox Church in Falls Church, to build homes with Project Mexico in Tijuana this July. Please let me know if you're interested in participating. Thanks. - Fr. Gregory

FR. BASIL SUMMER: Fr. Basil continues to gain strength and recover from his recent surgery. Please continue your prayers on his behalf. Thank you! His address is: 304 Centre Island Rd Oyster Bay, NY 11771-5017.

MID-WINTER FROZEN FOOD SALE Meat piroshky \$8.00/bag; cabbage pirog (1) - \$8.00/pan; spanakopita (5) - \$20.00/pan; walnut roll - \$8.00/roll. See Tina Burpee if you are interested.

ST. MARK WOMEN'S BOOK CLUB: If you enjoy a good read followed by a worthy discussion, please consider attending the St. Mark Woman's Book Club. We choose books well in advance and then meet on the last Sunday of every month to discuss the merits of our choices. February 25th—*Killers of the Flower Moon: The Osage Murders and the birth of the FBI* by David Grann and others; March 25th—*Miller's Valley* by Anna Quinlan; April 29th—*Saints for All Occasions* by J. Courtney Sullivan. Book suggestions are always welcome. See Mat. Sasha for more details.

WAYS TO HELP STEPPING STONES: Stepping Stones Shelter has a list of items it always desperately needs. These are detergent, dishwasher soap, hand soap, paper towels, toilet paper, shampoo. Just household staples. Lately, I have been buying one or two extra items when I go shopping to take to them - like whatever is on sale - and taking it over. If you'd like to participate but don't live in Rockville you can give stuff to me to run over. Kim Lungociu

Happy Birthday To You!
May God Grant You Many Years!

- 4 Gwyneth Berry
Samantha Sokich
- 6 Doug Dillon
Ryan Jefferson
- 7 Eileen Holovac
- 9 Selam Bezuneh
Stephen Morgan
- 10 Debra Yakubik

LENTEN RETREAT: Greek Orthodox Cathedral of the Annunciation in Baltimore, MD, is hosting its 24th annual Lenten Retreat titled: *Taming The Passions: The Orthodox Lifestyle of Freedom* with special guest speaker Fr. Barnabas Powell. This retreat will take place Saturday, March 10th, 2018 beginning at 9:00 am. Registration deadline is March 1st, \$30 per person. For more information go to www.goannun.org and click on "2018 Retreat" or email JeanneTsakalos@hotmail.com

GOLF TOURNAMENT The 15TH annual St. Andrew Orthodox Church Golf Tournament will be held on Friday, June 1ST at The Wetlands Golf Club in Aberdeen, MD. Registration will begin at noon, with a shotgun start at 1:30 pm. More information regarding registration and sponsorship will be sent in the near future. In the meantime, please mark your calendars, and hope to see you there!

MEETING FOR COFFEE HOUR HOSTS MARCH 11th: We've been trying a new format for coffee hour for about 5 months and want to have a chance to hear feed-back on the changes from our volunteers. Rather than doing another survey, we decide to hold a meeting for all coffee hour hosts, scheduled for March 11th. Our goal is to find out how the changes are working for hosts, clear up any confusion, and possibly work on other options. Our volunteer list did not grow much, and we are still looking for ways to decrease the frequency of hosting. One idea we want to speak with you about is decreasing the number of host families per coffee hour from three to two. We realize that not everyone will be able to make it to the meeting, so if you have any comments, questions, or suggestions please don't hesitate to speak to Daniela, Debbi, or Renee.

LENTEN LECTURE SCHEDULE:

- **March 7** - Alex Norton
Topic: *Life as a Student at St. Tikhon's Seminary*
- **March 14** - Eugenia Ordynsky
Topic: *Orthodox Christian Prison Ministry*
- **March 21** - Marsha Zillum
Topic: *The Orthodox Church in Kenya*
- **March 28** - Maria Rosana Roncatto (with Frederica Matthewes-Green),
Topic: *Presentation on Fr. Gheorgue Calciu*

LENTEN CONFESSION: I will be available to hear confessions at 5:30 pm prior to Wednesday evening Presanctified Liturgies. Also, for the first three Saturdays in March at 4:30 pm prior to Vespers. I will also hear confessions by appointment as well. Please try to offer your Lenten confession earlier rather than later as things get really busy toward the end of the fast and during Holy Week. Thank you! - Fr. Gregory

BIBLES FOR KENYA: The St. Mark Chapter of F.O.C.A. has finalized the purchase of a case of "Study Bibles" (12) for Kenya. A volunteer group of parishioners from St. George Orthodox Cathedral in Wichita Kansas will be hand carrying the Bibles to Nairobi Kenya within the next week or so. Due to the problems within the postal system, the Bibles had to be hand carried. The Bibles will be given to Bishop Neofitos, from the Holy Orthodox Diocese of Nyeri and all Mt Kenya Region. The Bishop will then give the Bibles to the appropriate clergy in his Diocese. Thanks to everyone involved who made this worthy project a reality. Marsha

50th ANNIVERSARY COMMITTEE MEETING: The first 50th Anniversary of the Founding of St Mark Team Meeting will be held TODAY following Liturgy and will take place in the Library. The meeting will be co-chaired by council member Sarah Borger and Jerry Marti (25th anniversary chairperson).

GOLD RINGS FOUND: Two gold wedding bands were found in the church in the last week. One in the downstairs ladies room and one in the sanctuary. If you, or someone you know, misplaced their ring please let Fr. Gregory or Sharon Sielinski know. Thanks!

*Happy March Birthdays!
May God Grant You Many Years!*

3 Mat. Tamara Cowan
Mark Kern
4 Gwyneth Berry
Samantha Sokich
6 Doug Dillon
Ryan Jefferson
7 Eileen Holovac
9 Selam Bezuneh
Stephen Morgan
10 Debra Yakubik
11 Cormac Allen
Jerry Lutes
Kyra Smerkanich
12 Arianna Cacic
Aaron Prose
13 Nadia Burns
Catherine Mikuluk
14 Beth Tucker
15 David Hardy
Sean McHugh



16 Patricia Ihnat
17 Matthew Looby
19 Catherine Corbin
20 Vera Bumbak
21 Sarah Arnold
Kieran Perdue
22 Dr. Dumitru Carstea
23 Daria Victorov
25 Michael Mihailov
26 Kellie Holovac
27 Alice Krenitsky
Theo Sheppard
29 Susan Sielinski
30 Michael Ahmadi
31 David Rodak
Rachel Sieff
Zachary Sieff



happy
birthday!