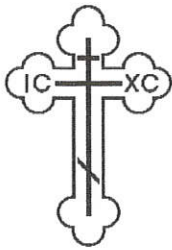


# St. Mark Evangelizer

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

Volume 18 - Number 4

October - December 2018 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](http://www.saintmarkoca.org)

## The Way into the Kingdom

The way into the kingdom of heaven is rough, narrow and thorny, and it seems so especially at the beginning. But on the other hand, it leads straight to paradise, to the heavenly kingdom, to eternal blessings, to God who is the source of all blessings. This way may be difficult and sorrowful, yet for every step we take along it, thousands of rewards lie ahead. The sufferings on this way are not eternal, and one can say that they are even no more than momentary, whereas the rewards for those who walk this path are unending and eternal, like God Himself. The sufferings will become less and lighter from day to day, while the reward will increase from hour to hour, throughout an infinite eternity.

- St Innocent Veniaminov of Alaska, Apostle to America

## Sin - Part II

In the last issue, I wrote about a different view of sin. As I write this article, we've just completed our Archdiocesan Clergy Continuing Education Program which was hosted here at St. Mark. This years topic addressed clinical and pastoral issues related to substance abuse. The sessions covered, among other things, the national crisis involving fatal opioid abuse which has received so much media coverage of late. Addictions of all kinds were discussed

and the latest available statistics were presented across the board. The numbers were staggering in terms of how many people's lives are either directly or indirectly affected by addiction.

When we add behavioral addictions and compulsions which may be distinct from substance abuse, but are often conditioned by the same disfunctional circumstances and context of human life, we realize that ALL of us are touched by it. In a word, we are once again, talking about "sin" and its far reaching effects.

Whether it's oversleeping, smoking, shopping, hoarding, overeating, drinking, rage, lying, sex, drugs, gaming or internet enticements, we humans often become enslaved to counter productive and self destructive behavior. We take comfort and refuge in pleasure and fantasy to escape the pain and difficulties of reality. Abuse, shame, self loathing, fear, violence, treachery, dishonesty, and neglect are some, but not even close to all of the many

things that can hurt us and close our hearts to the love of God and those around us.

As the presentation went on, I saw that addiction is the very epitome of how the power of temptation and sin are at work in our lives. St. Paul talks about being "enslaved" to sin. This IS addiction from a spiritual perspective. It is also likened to a sickness as our hymnography refers to Judas "ailing with avarice". Breaking the chains of sin in the form of our varied obses-



sions, compulsions and addictions is very difficult, but not impossible. In many instances, clinical help and treatment is required. Interventions, diagnosis, detoxification, therapy and counseling

may be necessary. But finally, there must be a change of heart and the embrace of truth. We must humbly call out to a "higher power" knowing that we are powerless. A renowned feature of addiction is denial. Fr. Thomas Hopko once said that "you are only as sick as your secrets." It's crucial for us to realize that the power of sin is many times enshrined in secrecy. The Church in her wisdom offers us the blessing of confession. Often, when we recognize and admit our sins and confess them openly, the chains are broken and we are given self control. The truth is known and reality is faced squarely.

Christ, our Heavenly Physician, comes to seek and to save the lost. He is the truth and He comes to set us free.

- Fr. Gregory

## “...FOR YOUR FATHER KNOWS WHAT YOU NEED...”

### MATTHEW 6:8

*Submitted by: Matushka Alexandra Safchuk*

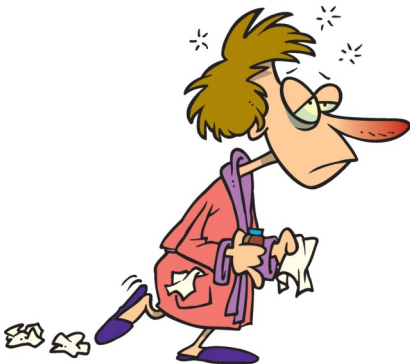
In the Bible I used during my Seminary classes, when dinosaurs roamed the earth, in the margin next to this verse I wrote, “intimacy and confidence that we shall be heard.” Not an original thought, I’m certain, but relationship with God is both complicated and simple, and sometimes remembering that in fact we are in a relationship with God, is still difficult for me.



Recently a friend related that after a move across the country and the building of a new home she had prayed that God would help her find a job. She had already joined a parish in the area, but was surprised when the parish priest called her within a few days. He asked her to teach church school. She did, but she also revised her job prayer to include a salary.

God is like that.

Another friend told me that after asking God to make her more useful to others she was soon diagnosed with cancer. That seems incongruous, but during her battle she was VERY useful to others. As a therapist, she had spent countless hours helping others with their concerns, problems and relationships. But her life during illness was a picture of faith and faithfulness, accompanied by humor and sensitivity. The lessons are unforgettable and imminently useful.



One day I had a call from someone who needed help. Sick at home, she needed her prescriptions picked up, some food purchased and a specific Entenmann’s cake (?) obtained. It was a Sunday. It had been a long day already and I was tired. The weather was irritating. The Sunday paper was waiting. I had things to DO! But, I knew what I should do. So, I put on my responsible girl shoes and got in my car.

Since I have visual issues I require help in low light settings and always in the dark. I don’t drive during certain hours (the dark ones, particularly, but sometimes the glary ones too). I need help down steps, on uneven ground and sometimes to find the toothpaste. People who need a lot of help do not always feel as if they need to be helpful to others. After all, they have their own issues. And just worrying about me can be a full time job.



After navigating the dark, inside parking lot at the Safeway (it was the middle of the afternoon) I was really

*(Continued on next page)*



## “...FOR YOUR FATHER KNOWS WHAT YOU NEED...”

### MATTHEW 6:8

*(Continued from Previous)*

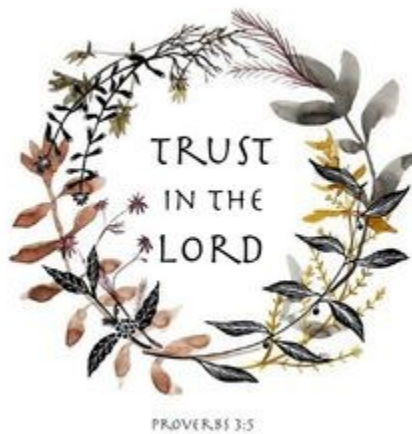
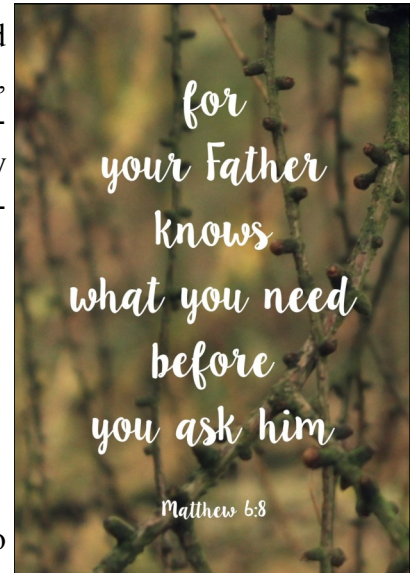
feeling martyred. All these inconveniences. All these NEEDS. But I comforted myself that I was doing the right thing, even if it wasn't with the right attitude, and I knew that counted for something. Sitting in that parking lot, patting myself on the back, I remembered though, that in the midst of some particularly scary challenges, just a few days prior, I had asked God to make me more helpful to others.

Hello.

Our God is like that.

It is a lesson to be careful what we ask for. But also a lesson to be careful not to miss the opportunities to venture ever closer to God to become who God intends us to be. He knows our struggles and challenges. He also knows that this life is fleeting, but the next one is eternal. He knows what we need.

In Christ,  
Mka. Alexandra Safchuk



## FOOD FESTIVAL & BAZAAR 2018

# Ethnic food festival & Bazaar!

**Featuring Russian & other Eastern European Specialties**



### **St. Mark Orthodox Church**

7124 River Road, Bethesda, MD 20817

(301) 229-6300    <http://stmarkoca.org>

*Friday, Nov. 2    –    12:00 pm to 8:00 pm*

*Saturday, Nov. 3    –    11:00 am to 7:00 pm*

*Sunday, Nov. 4    –    12:00 pm to 4:00 pm*

### **Featuring these Eastern European Favorites:**

Piroghi...	Chicken Kiev	Kielbasa..	Kapusta	Piroshki..	Pirog..
Borscht	Beef Stroganoff	Halupki	Halushki	Spanakopita	Blini
Cabbage Soup	Poppy Seed Roll	Nut Roll	Baklava	Russian Torte	

Also featuring home-baked breads & pastries; desserts; beverages; candy;

decorative hair accessories; shawls, hats & scarves, Artel Collection Faberge-style jewelry; Iris Grundler pottery; Lipsense; religious gifts & books; Lucky Draw & Grand Raffle; and church tours to see our beautiful Byzantine icons and windows.

**Eat in or visit our carry-out area at the rear of the church (during peak hours)**

**10% discount on hot foods for seniors 65+ years of age, enlisted military, or**

**first responders in uniform or with ID badge!**

# CALLING ALL BAKERS!

*Submitted by Ginny Albert*

It's time to put your special baking talents to work! Our **Bake Sale** customers come looking for all kinds of yummy homemade sweet or yeast breads and ethnic specialties. Examples of popular items include: baklava; fruit/nut breads; apricot, pecan, raspberry and prune kolache; filled cookies; black Russian mini cakes; Lebanese butter cookies, pecan tassies; Serbian mocha nut balls; Russian tea cookies; poppy seed cake; other homemade cakes and pies, and just about any gluten free cookie, muffin or bread you can bake! Some customers come specifically looking for baked goods with NO NUTS or that are GLUTEN FREE, so if you have a good recipe, **please bake it!**

Several workshops will be held in the church kitchen this fall; if your schedule permits, we hope you will join in the fun! Sept. 27 – 9:00 am – Black Bread Baking

Oct. 3 – 9:00 am – Nut Roll Baking

Oct. 11 – 9:00 am – Apricot Roll Baking

Oct. 25 – 9:00 am – Poppy Seed & Apricot Roll Baking

**Help is also needed all day on Thursday, November 1** setting up. Twenty tortes need to be frosted, cut and packaged along with packaging and pricing poppy seed and nut rolls and everything else!

If this is your first Bazaar, you may want to pick up a copy of “*Suggested Recipes For Baked Goods For Our Bazaar*” from the table in the church hall. It contains suggestions for donations to the Bake Sale and the Desert Table, along with instructions for at-home preparation and storage.

The Health Department requires that ingredients be listed and that items are packaged individually for sale (i.e., cookies are packaged by the half dozen or dozen). Let Ginny know ahead of time what you are making and she will prepare labels in advance and have packaging ready for your goodies.

## **Please sign up!**

Questions? Contact Ginny Albert ([ginny.albert@gmail.com](mailto:ginny.albert@gmail.com)) or Paula Zabela ([pzabela@comcast.net](mailto:pzabela@comcast.net))



## OPA! OCTOBER!

# OPA! OCTOBER!

**Saturday, October 6th at 6:30 PM**  
**A Family Event!**

Please join your family and friends for a fun night at St. Mark. Its Opa! October! October 6, 2018 at 6:30 pm in the Social Hall. There will be festive Greek Dance lessons taught by Maria; famous photos by Fr. Gregory and fabulous Greek food. There will also be a raffle for a fantastic Greek Basket full of Greek fare and fluids. So put on your dancing shoes, prepare to feast and enjoy the festivities! No breaking plates, PLEASE! This event is sponsored by St. Mark FOCA to support charities and scholarships.

### Menu

Pastischio  
Chicken Kabobs  
Greek Green Beans  
Greek Salad

Baklava  
Portokalopita

### Tickets (get them early!)

Adults = \$15  
Child = \$10 age 6-10  
Child 5 and under = FREE

**\$20 at the door**



**\*\* There will be Baklava making class on Friday October 5, 2018. Join Pat Ihnat and Maria Zellem and make this luscious dessert for Greek Night at St. Mark.\*\***



## BIBLE STUDY

*Submitted by Doug Dillon*

### Vespers Bible Study Slide Of The Month

What Does It Mean To Be "Saved"?

**POPULAR LEVEL:** Go to heaven, not hell when you die

**THEOLOGICAL LEVEL 1:**  
All your sins are forgiven

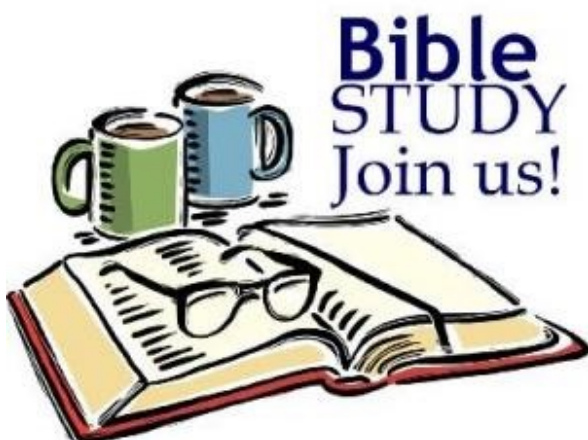
**THEOLOGICAL LEVEL 2:**  
Restored relationship with God

**THEOLOGICAL LEVEL 3:**  
Restored image of God

**THEOSIS:**

"Partakers of the divine nature"

"Union with God"



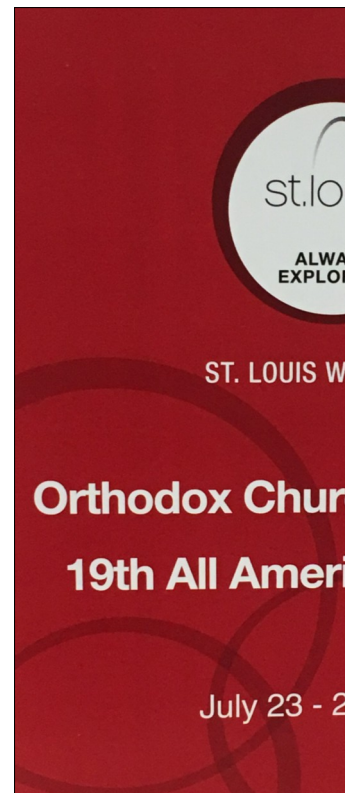
**Bible  
STUDY**  
Join us!

**Bible Study meets most Saturday evenings, following Vespers, in the teen room. See the schedule in the bulletin. Come and see what it's all about!**



# 19TH ALL AMERICAN COUNCIL

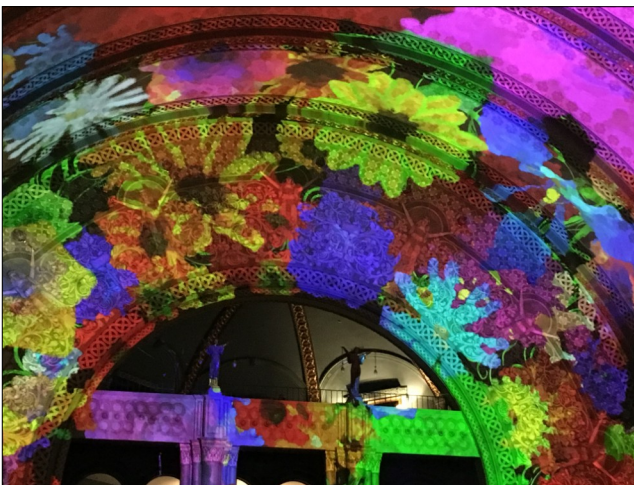
*Photos courtesy of Barbara Freimann*





# 19TH ALL AMERICAN COUNCIL

*Photos courtesy of Barbara Freimann*





## CHURCH SCHOOL NEWS

*Photos by Chris German*



# VACATION CHURCH SCHOOL

JULY 23RD-JULY 26TH

Let your Light so Shine!





## ST. MARK OLYMPIAN!

St. Mark has it's very own Olympian! Joan Mitchum participated in the Northern Virginia Senior Olympica and WON a gold medal! Congratulations Joan!



*Congratulations*



## FOCA NEWS & NOTES

*Submitted by: Marcella Hydock, Chapter President*

St. Mark Fellowship of Orthodox Christians in America (FOCA) An official organization of the Orthodox Church in America. - Submitted by Marcella Hydock - Chapter #229 President

What does St. Mark FOCA do?

We strive to raise funds for charitable causes and to support activities that reveal our Christian faith. Some of our recipients have been Bibles for Kenya, IOCC, and St. Mark Iconography Fund. Through fellowship sponsored social events such as the upcoming Opa October we are able to maintain our scholarship fund and offer scholarships to students attending or about to attend college.

Our meetings are held on the 3rd Saturday of the month following Vespers. It's time to think about renewing your membership or joining our chapter for 2019. Please ask for George Freimann or Marcella Hydock if you are interested or have questions regarding membership. We look forward to hearing from you.



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## St. Mark FOCA Upcoming Meetings

**Mark your calendars!**

- **October 20th**
- **November 17th**
- **December 15th**



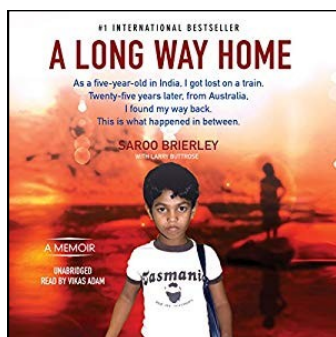


## UPCOMING EVENTS

### WOMENS BOOK GROUP

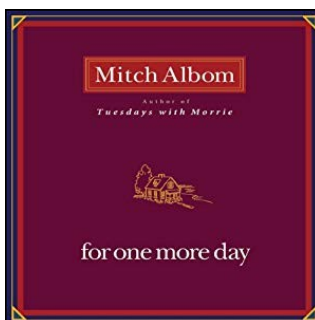
If you enjoy a good read followed by a worthy discussion, please consider attending the St. Mark Woman's Book Club. We choose books well in advance and then meet on the last Sunday of every month to discuss the merits of our choices. Book suggestions are always welcome. See Mka. Sasha or any participant for more details.

#### **October 28th**



*A Long Way Home* by Saroo Brierley

#### **November 25th**



*For One More Day* by Mitch Albom

#### **December 30th**



*Chicken Soup for the Soul* by Ariel Lawhon.

### GROCERY CARDS

Please consider donating grocery cards for the needy for the summer and early fall. Please see Father Gregory, Skip Mersereau for questions or donations. Thank you!

### STEPPING STONES MEAL DELIVERY

Please sign up for monthly food preparation and delivery to Stepping Stones shelter in Rockville, MD. The sign-up sheets are on the Outreach bulletin board outside the fellowship hall.

### BLESSED MAT. OLGA OF ALASKA WOMEN'S PRAYER GROUP

The Blessed Matushka Olga of Alaska Prayer Group meets regularly on the 1<sup>st</sup> 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 3<sup>rd</sup> 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 web-site. We hope you can join us on:

#### Intercessory Prayer Dates & Times:

- TUESDAY, OCT 2<sup>nd</sup>, 10:30 AM
- TUESDAY, NOV 6<sup>th</sup> 10:30 AM
- TUESDAY, DEC 4<sup>th</sup>, 10:30 AM

#### Akathist Dates & Times:

- TUESDAY, OCT 16<sup>th</sup>, 10:30 AM
- TUESDAY, NOV 20<sup>th</sup>, 10:30 AM
- TUESDAY, DEC 18<sup>th</sup>, 10:30 AM



# UPDATER



## **NEW EMAIL ADDRESSES**

Tina & David Burpee  
justina.burpee@gmail.com  
david.h.burpee@gmail.com

## **Deaths**

8/20/18—James Toscano, Brother-in-law of Tina Burpee  
*May Their Memory Be Eternal!*

## **Baptisms/Chrismations**

9/22/18—Elena Papi  
*May God Grant Them Many Years!*

## **New Baby!**

7/2/18—Adrian Gabriel Lindsey  
8/20/18—Vera Wynne Allen  
9/9/18—Aiden Robert Bryan  
9/23/18—Maximus William Kumar  
*May God Grant Them Many Years!*  
*See Photos Next Page!*



## **Anniversaries!**

9/5/18—John and Susan Petro—65 years!  
*May God Grant Them Many Years!*

## **Marriages**

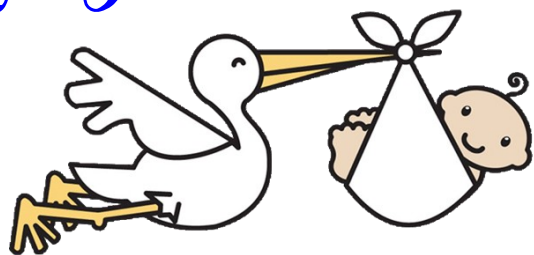
7/15/18—Martha Vance and James Budish  
7/20/18—Jonathan Bussenger and Kathryn Marchesini (Philadelphia)  
8/18/18—Peter and Naomi Dillon (Baltimore)  
*May God Grant Them Many Years!*





# UPDATER

Welcome Baby!!



Adrian Gabriel Lindsey  
July 2nd 2018



Vera Wynne Allen  
August 20th, 2018



Aiden Robert Bryan  
September 9th, 2018



Maximus William Kumar  
September 23rd, 2018

# HAPPY BIRTHDAY!



## October

2 Michael Lungociu  
 3 Daniel Lulchuk  
 4 Warren Miller  
 Matthew Tucker  
 Paula Zabela  
 5 John McCamant  
 6 Nicholas Antich  
 Alexander Barge  
 Paul Dean  
 Philip Hydock  
 7 Mark Needham  
 Greg Yakubik  
 8 Ionel Baleanu  
 9 John Petro  
 Julia Wickard  
 10 Edward Aseev  
 Marie Petro-Jenkins  
 11 Frank Dellermann  
 12 Aleksandra Cacic  
 13 Matthew Lobas  
 14 Betselot Bezuneh  
 15 Cristin Kumar  
 Tammy Jacobsen  
 Yeshimebet Samara  
 16 Oleg Jankovic  
 17 Martha Baxtresser  
 18 Dean Balamaci  
 Nikolay Korokhov  
 Barbara Mersereau  
 21 Rebeka Badila  
 23 Lori Hottle  
 Aaron Steinberg  
 Erika Steinberg  
 24 William Hardy  
 Francisco Salas  
 25 Emily Kerrick  
 Jack Ryan Ruzila  
 26 Andrew Yakubik  
 27 Pierce Berry  
 Steven Kreta  
 28 George Thompson  
 29 Nina Bilyeu  
 31 Wayne Tatusko



## November

1 Diana Haverlack  
 2 Christina Sokich  
 3 Jessica Fitzgerald  
 5 Jane (Ihnat) Cessna  
 Mat. Ann Prentice  
 6 Emily Arnold  
 Alexander Jankovic  
 Susanna Needham  
 7 Catherine Dillon  
 Dn. David Phelps  
 Karen Phinney  
 Patricia Rodak  
 Brian Zabela  
 9 Zachary Firestone  
 Christian Shimer  
 10 Sonya LeFors  
 Alexander Safchuk  
 11 Andrea Phelps  
 Mark Ticich  
 12 Abigail Dean  
 13 Michelle (Rodak) Weaver  
 14 Mark Lungociu  
 15 Adrian Ahmadi  
 Devon Burns  
 David Holovac  
 16 Bill Dove  
 Kaitlin Brooke Meyers  
 17 John Jr. Bilyeu  
 Connor Alexander Ruzila  
 18 Claire German  
 Joseph Shiller  
 Ellen Thompson  
 21 Matthew Balamaci  
 22 Gregory Mitchum  
 Calla (Catherine) Steinberg  
 23 Deborah Firestone  
 24 Sarah Borger  
 Dn. Matthew Prentice  
 25 Andrew Dillon  
 Diane Kern  
 John Thomas Sedor  
 28 Virgeil Carstea  
 Jessica Humphries  
 Samantha Pearson  
 30 Alexis Christine Freimann  
 Helen Kerch



## December

1 Tatyana Gleason  
 Nino Japaridze Henning  
 2 John Badila  
 3 Daniel Nakshin  
 Tina Parrish  
 5 Theresa Sekellick  
 6 Rebekah Barber  
 Victor Lutes  
 7 David Burpee  
 Lucas Lindsay  
 8 Kyla Prentice  
 Marie Wickard  
 9 Linda Marie Jackson  
 Gale Rutan  
 10 Ransom Berry  
 Olga Uritskaye  
 13 Ivan Borissow  
 Micah Needham  
 14 Mat. Helen Kuchta  
 David Markovich  
 Timothy Petro  
 15 Howard Guba  
 16 Patricia Koopersmith  
 Evelyn Leleck  
 17 Christopher German  
 Jesse Japaridze Henning  
 Catherine Steger  
 18 Jenifer Calomiris  
 Darren Tucker  
 19 Elizabeth Sedor  
 Marsha Zellem  
 20 Anne Tucker  
 21 Nicholas Masick  
 Steven Sekellick  
 22 Caroline German  
 Elaine (Petro) O'Halloran  
 Mat. Christina Perry  
 Mary Williams  
 23 Eugene Borissow  
 Audrey Henning  
 Alexander Landsburg  
 Matthew Tatusko  
 Andrew Tucker  
 24 Sophie Christine Balan  
 25 Mat. Janet Koczak  
 Margaret McCamant  
 26 Marina McKee  
 28 Cristian Ciubotaru  
 29 Alexander Sokich  
 30 Mat. Catherine Arnold  
 Ezanna Bezuneh  
 31 Wayne Cessna  
 Charles Datch