St. Mark Evangelizer

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

April - June 2019 Issue Volume 19 - Number 2



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

The Result of **Trust in God**

The movement from resentment to gratitude involves the discovery that God is the God of history and that things are recently marvelling at where quietly and slowly unfolding as they should. My spiritual task is to learn to listen to all that is going on and trust that God's hand longer a series of interruptions to my schedule and plans, but rather the patient and purposeful way by which God forms and leads me day by day.

interruption into an invitation, and the occasion of complaint into a moment of contemplation.

Henri Nouwen

Time and Despondency

us so vividly via the distraction of the internet, struggles with it. it's a wonder that any of us spend any time

what and whom God has put before us in our own lives. The title above is the first part of the title of a book by Dr. Nicole Roccas. The full title of her book is: Time and Despondency - Regaining the Present in Faith and Life. I read it toward the end of last year and it spoke to me in a very intimate way.

My wife and I were just the last few decades have

gone. We came to St. Mark in September of which we feel that nothing really matters. 2,000 with two of our three children: one in elementary school and the other in middle prevent everything from happening at once. school. Now, all three of them live on their To be sure, there is some practical wisdom in is guiding me. Then life is no own as grown adults with careers - one even this which resonates with our Orthodox married and with children! How we wish at Christian theology. Time is an element of times that they and we were still young and creation. God made it, and He Himself is all together again. At the same time, we are outside of it and not bound by it. In a way, proud of them and wonder and worry about the spiritual challenge for us then is to regain them out there on their own. The past and the understanding of the sacredness of time the future; while we're busy focused on and to move willingly and peacefully in its flow. Gratitude makes the those, the present continues to slip away. This It is a gift from God, for which we should be devisive pull at its worst, can produce in us profoundly grateful. what has been called "despondency" - which we can understand despondency "as the time in the face of eternity. - Fr. Gregory

An old maxim from the East says: "If extension of a broken relationship with the you are sad, you are living in the past; if you experience of time. Driven by the fear of are anxious, you are living in the future, but if death and the anxiety of living, despondency you are at peace, you are living in the drives us to abandon the present moment, present". Is it not one of our greatest forsaking the only temporal realm in which challenges to live in the present? With the we have true fellowship with Christ." The strong pull of sentiment, the enticement of the fathers referred to this as "acedia" and some future and both of these things presented to wrote about their ongoing personal spiritual

If we think we are immune from it or that focused personally on the here and now - on it really doesn't apply to us in this present

> "enlightened" day and age, all we need do is honestly recall how difficult it is for us at times to adhere to our rule of prayer and/or to fervently attend the liturgical services. When we feel numb inside, unmotivated to pray, fast or read the scriptures or care about God, or to believe that He cares about us or our neighbor; it is most likely, the "demon of the noonday" nudging us toward acedia in



It's been said that time exists solely to

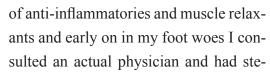
We look forward to welcoming Dr. is really a spiritual sickness rooted in a lack Roccas for our final Lenten Lecture this year of care or effort in the present. Borrowing on April 17th., and to learning more about how from the back cover of Ms. Roccas' book, we can heal from despondency by redeeming

STEPPING INTO THE ENCOUNTER

Submitted by Matuskha Alexandra Safchuk

Over the last several years I have had Achilles tendonitis in both of my heels. It is not lost on me that this is generally considered an athletic injury and that if you look up athlete in the dictionary, no matter how much you search, you will not find me listed.

I have spent an enormous amount of cash on remedies and could likely open my own orthopedic museum with the heel cushions, braces, arch supports and compression gear. I have applied boatloads of creams and ointments and taken scores



roid shots (possibly ending my Olympic career) and custom orthotics made. Even though I am not a millennial, I poured through the Internet and received the usual conflicting information, some of which I tried.

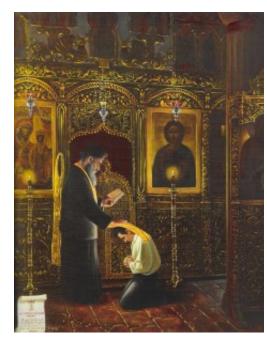
One particular method centered on finding the tender area and applying gentle pressure. Now, I have spent quite a bit of time (think, years) avoiding exactly that. I know where the tender area is, even visually,

since I have had to go up an entire shoe size to accommodate my rather robust Achilles tendons. I have offered up to the tender area cushioning garb and numbing agents. I have warmed it and cooled it. I have tried to circumvent

its exuberant activities by attacking it internally with my good friend, Advil. But touching it – UGH.

As I gingerly pressed on the "affected" area my foot would back away. Really? REALLY? More pain? What's that about? But strangely, sometimes I would experience a little relief. As if my gentle pressure was releasing some accumulated tension. And this work, much like massaging tired muscles, made for less painful walking. The pain and swelling always return, like sore shoulders or a clenched jaw, but regularly giving it attention has seemed to stave off some of the worst of it.

Let's face it. Having to give that painful area attention is a lot like confession. And any kind of self-examination, including the kind that we as Christians are called to regularly perform. Looking at those places



(Continued on next page.)

Achilles tendon

STEPPING INTO THE ENCOUNTER

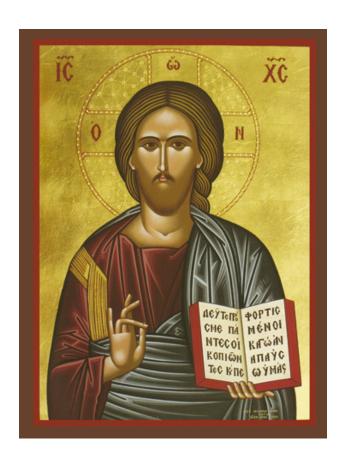
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inside of us that could use some work can be very painful. Who wants that? Not me. Acknowledging my weaknesses and

spiritual shortcomings can make me back away with fear, anxiety, guilt or embarrassment. I want a quick fix, a few prayers, maybe a devotional book. Or I want to avoid the whole thing, including any expectations God might have of me.

But does ignoring God make God any less real? No. Going to the painful places of our personal failings reminds us of our weaknesses but offers us an opportunity to correct them, even if we must return over and over again. God is also present there, over and over again, offering us the strength to soldier through. God is always present, "filling all things" but we must be willing to participate in the encounter, to recognize, touch and smooth out those painful areas in each of us, some of them new and some of them old habits that have caused us to limp through our lives. In our joys and in our sorrows, and in our pain, God is with us!

With Love in Christ, Matushka Alexandra Safchuk





Pilgrimage to Alaska 2020



Book early and save. Early bird price available until June 15, 2019. single supplement \$675

Join your fellow Orthodox believers in the 50th Anniversary celebrations of St. Herman of Alaska's canonization and the 50th Anniversary of the OCA's autocephaly in 2020. There will be weekly trips to Alaska over the summer of 2020 sponsored by each of the dioceses of the OCA. This will be a special trip for all Orthodox believers. Sign up early and save. Regular price \$2,525/person

Included:

- 6 days/5 nights accommodation
- round trip air to Kodiak from Anchorage
- excursion to Spruce Island
- touring and sight seeing as listed in itinerary
- daily breakfast

Required intra-vacation air segments are Anchorage/Kodiak. Included air prices are based on \$350pp. If air is higher at time of booking traveler to pay difference. Not Included: tips, optional tours, alcoholic beverages, personal expenses, air tickets to/from Alaska



Visit website for complete details and register. Space is limited.

www.culturallycreativetravel.com/pilgrimage-to-alaska-2020

THE LUNCH BUNCH

Submitted by Joan Mitchum

The Lunch Bunch meets the 3rd Monday of each month at noon, alternating restaurants in Maryland and Virginia. We try to choose restaurants that aren't too far into each state, and we vary the cuisine. Although we are not lim-



ited to retirees, it seems as though we are the only ones that look forward to Monday's. Please plan to join us. The contact person and restaurant is listed in the bulletin. Please call the contact to add your name to the reservation.

In April, because of Pascha, we have decided to forego the 3rd Monday, and go on Bright Monday April 29th, after Liturgy.

HAVE YOU SEEN CAMILLA???





Kaitlin Meyers has lost her beloved stuffed kitty! She is about 3.5" long, probably without a bow. If found, please email: malkinka@msn.com

CHILI COOK OFF 2019

Submitted by Barbara Freimann



Do you like it sweet and hot? Or fiery and smooth? Well, at the 9th annual FOCA Chili Cook Off all kinds of chili threatened to smack your taste buds with heat and pleasure. Over a dozen pots of chili made their way to the the checkerboard tables where sample cups provided everyone a chance to find their favorite.

Thanks to the Jacobsen and Prose families for hosting this annual event. Paula and Renee collected tickets and

passed out beans for voting. Put all your beans in your favorite jar or spread them out over three chili entries. While many tasted and enjoyed their favorite chili, others prepared their spot for two, four or more Bingo cards.

Our number caller, Matthew Sedor was anxious to call the different games like X, L, small picture frame, plus sign, four corners and more! Winners shouted "BIN-GO!" and after a verified win, selected a prize from the plethora of donated gifts.

Two candy-filled jars provided by Martha Baxtresser and Michael Chow, had everyone using their math skills attempting to guess the correct number of goodies in each jar. Winners were Marilyn Macht and Kaitlin Meyers.





Finally, the chili winners were announced. Congratulations to 1st John Sedor, 2nd Barbara Freimann, and 3rd Tina Burpee.

Many Kudos to all who helped out in the kitchen, especially those who provided the scrumptious desserts.

More Photos on the next page



2019 Chili Cook Off Winners!



1st: John Sedor 2nd: Tina Burpee 3rd: Barbara Freimann









A POEM

Submitted by Anelia Rotunda

The Creed

The hand that spins the galaxies brought me into being.

The One who holds the stars has made me his own.

I am God's child. My life is rich, my days are sacred.

I am held by a love that's wider and higher than the farthest edges of this expanding universe.

I am a pilgrim in this world, in search of wisdom and wonder.

I will take new adventures.

And follow God into the unknown.

What I achieve is not as important as the person I become.

So I will seek to imitate the Nail-Pierced One.

I will step in the direction of my strengths and talents.

They are Spirit-given tools for my God-given tasks.

I will pay attention to my persistent aspirations.

They could be the whispers of God.

I will serve all I can and walk deeply with a few.

I will aim for great things but leave my legacy to God.

The path is long and the terrain at times hard.

Still:

I will not wish for another's life.

I will take my place, play my part.

Something important will be missed if I don't.

For the hand that spins the galaxies wants me here.

By Sheridan Voysey



SUNDAY OF ORTHODOXY 2019

Photos Courtesy of Victor Lutes















2019 LENTEN LECTURES

Week 1: March 13th, 2019

Marsha Zellem - Orthodox Mission Work in Kenya



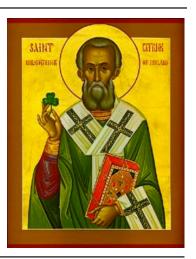
Marsha Zellem gave the first of our Lenten Lectures this year on the topic of Orthodox Missionary work in Kenya. Her personal familiarity with the country and it's people, as well as the many trips she's made there made her slide show come alive with commentary and insights. She put names to faces and showed us through her words and photos what it's like to live and work there. Descriptions of the kindness and intense personal faith of the Orthodox clergy and faithful she encountered were truly inspiring. It was especially gratifying to get an update of the work of Bill Black and to see the new pick up truck our parish helped raise funds to purchase. Those

in attendance appreciated the decorative items she brought to the presentation from Africa.

Week 2: March 20th, 2019

Doug Dillon - The Greatest Story Never Told

If your interest was piqued, you were not alone! Doug Dillon gave the second talk of our Lenten Lecture series on the fascinating spiritual life of St. Patrick, Bishop of Armagh. An apropos subject given the proximity to St. Patrick's feast day, March 17th! Full of fascinating details on St. Patrick's life and experiences framed as a great game of Guess Who? As our Bible Study leader, Doug never fails to engage and rivet the attention of his audience!



Week 3: March 27th, 2019

Alex Norton - Life at St. Tikhon's, The Legacy of our North American Saints and St. Tikhon's Spiritual Connection to the Tradition of Mt. Athos and Elder Sophrony.



Alex Norton gave the third talk of our Lenten Lecture series on his student and spiritual life at St. Tikhon's Seminary. He intricately interwove his seminarian experience with an in-depth history of how the seminary humbly began all those years. He introduced the audience to its leaders, both academic and spiritual, past and present. Alex outlined his course experience with which classes were most beneficial for him each semester. He also described the extra pastoral activities in which he participates. He discussed and introduced some of the faculty and what they teach. And finally, he discussed St. Silouan the Athonite and Elder So-

phrony, their connection with St. Tikhon's, their writings, and how they helped him understand his spiritual life.

2019 LENTEN LECTURES

Upcoming Speakers:



Week 4: April 3rd, 2019

Fr. David Subu - It works if you work it: An Introduction to Recovery-based Repentance for Orthodox Christians





Week 5: April 10th, 2019

Dan Golembiewski - The Galilean Jewishness of Yoseph, Miryam and Yeshua.







Week 6: April 17th, 2019

Nicole Roccas - The Time of Christ and the Eternity of Despondency: Healing an Ancient Ailment in a Modern World."





NICOLE ROCCAS

WEDNESDAY, APRIL 17TH, 2019 7:45 PM

Topic: The Time of Christ and the Eternity of Despondency: Healing an Ancient Ailment in a Modern World

Idleness. Apathy. Boredom. Procrastination. These are several symptoms of what early ascetical theologians called despondency (acedia, $\alpha \kappa \eta \delta(\alpha)$, a spiritual sickness rooted in a lack of care or effort. A condition as old as the ancients, despondency thrives in today's culture of leisure, anxiety, and digital distraction, enticing sufferers into what feels like an endless loop of meaninglessness. This talk will examine despondency in greater detail, with particular attention to how it limits and cheapens our ability to truly dwell in the time we are given. How can we heal from despondency by redeeming time in the face of eternity?

Lenten Lecture Series

Dr. Nicole Roccas has been researching and writing about time from both a historical and theological perspective for nearly ten years. She is most well-known for her Ancient Faith blog and podcast, Time Eternal, the only online media forum devoted to the interface between Christian faith and the lived experience of time. Her book, Time and Despondency: Regaining the Present in Faith and Life, explores the connection between time and the spiritual sickness of despondency (akedia), first identified by Evagrius of Ponticus in the fourth century. In addition to writing and podcasting, Nicole is an adjunct faculty member at the Orthodox School of Theology at Trinity College (Toronto). She received her PhD in European History, with a subspecialty in Church History, from the University of Cincinnati in 2015. A native of Wisconsin, she lives in Toronto and attends Holy Myrrhbearers' Mission Parish (OCA) with her husband Basilios, whose efforts to indoctrinate her into the ways of maple syrup and Canadian spelling have yet to take effect.

You can find out more about her work as a writer and writing coach at www.nicoleroccas.com.

ST. MARK ORTHODOX CHURCH

7124 River Road
Bethesda, Maryland 20187
703-229-6300

stmarkoca.org

Wednesday, April 17th, 2019 Presanctified Liturgy at 6:30 PM Lenten Lecture at 7:45 PM

FOCA NEWS & NOTES

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

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 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.

Gifts of Love

The Fellowship of Orthodox Christians in America (FOCA) Gifts of Love Collection for 2019

The Fellowship of Orthodox Christians in America (FOCA), a nationwide organization of Orthodox Christians, has designated St. Tabitha's Orphanage and School in Kisumu Kenya as the recipient of its Gifts Of Love collection for 2019. The orphanage, an institution of the Orthodox Christian Diocese of Kisumu and Western Africa, provides food, shelter, academic and spiritual education.

We will have collection baskets available at the end of Liturgy on Sunday, March 31st and April 7th. If you prefer to write a check, please make it out FOCA.

St. Mark FOCA Upcoming Meetings

Mark your calendars! Following Vespers, 3rd Saturday

- April 13th
- May 18th
- June 15th



FOOD ITEMS FOR HIGHLAND

Dear St. Mark Parishioners,

Thank you all for your most generous response to the call to provide Spring Break food items to our friends at Highland Elementary! Thanks to your wonderful support, we were able to pack up and send over about 10 boxes so far. However, if haven't donated yet, you still have the opportunity!

Here are a few items which are still needed:

- Mazola corn oil
- Maseca corn flour
- Condensed milk

Fortunately, these items are easily purchased on Amazon. In fact, if you order today, you can bring them with you to church on Sunday. It would be wonderful if we could fully support the school's food pantry "wishlist". If you have any questions, please let me know.

With love in Christ, Alexandra







RUMMAGE SALE

There will be no rummage sale this year due to lack of interest.

PARISH CLEAN UP DAY

Parish clean up day will be held on Saturday, April 13th at 8:00 am. Mark your calendars and plan to attend! The more hands we have the quicker the work! There might even be food!

GROCERY CARDS

Please consider donating grocery cards for the needy all, and especially, through-out Lent! Please see Father Gregory or John Bilyeu 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.

FOOD FESTIVAL & BAZAAR NEWS

This year's Ethnic Food Festival and Bazaar will take place on November 1st, 2nd, and 3rd. Please reserve this date on your calendars to help make the event a success.

"Thus on Easter we celebrate Christ's Resurrection as something that happened and still happens to us. For each one of us received the gift of that new life and the power to accept it and to live by it. It is a gift which radically alters our attitude toward everything in this world, including death. It makes it possible for us joyfully to affirm: "Death is no more!" Oh, death is still there, to be sure and we still face it and someday it will come and take us. But it is our whole faith that by His own death Christ changed the very nature of death, made it a passage—a "passover," a "Pascha"—into the Kingdom of God, transforming the tragedy of tragedies into the ultimate victory. "Trampling down death by death," He made us partakes of His Resurrection. This is why at the end of the Paschal Matins we say: "Christ is risen and life reigneth! Christ is risen and not one dead remains in the grave!"

- Alexander Schmemann, Great Lent: Journey to Pascha

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:

Akathist Dates & Times:

- TUESDAY, APRIL 2nd, 10:30 AM •
- TUESDAY, MAY 7th10:30 AM
- TUESDAY, JUNE 4th, 10:30 AM
- TUESDAY, APRIL 16th, 10:30 AM
- TUESDAY, MAY 21st, 10:30 AM
- TUESDAY, JUNE 18th, 10:30 AM



Births

1/31/29 - Mark Alexander Pierce

May God Grant Him Many Years!















Baptisms

1/19/19 - Vera Allen

1/19/19 - Max Kumar

1/26/19 - Jaxon Delfenthal

1/26/19 - Dominic Robinson

2/9/18 - Olan Sheppard

3/2/19 - Aiden & Andrew Kouvousis

May God Grant Them Many Years!





Marriages

1/12/19 - Emili Malatesta & Wesley Friel

May God Grant Them Many Years!

Deaths

3/10/19 - Raymond Hardy

May His Memory Be Eternal!



Happy Birthday!

	April		May		June
1	Gherman Uritsky	1	John Michael Mikuluk	1	Alexandra Zabela
2	Jack Albert	2	Susan Rodak	3	Christine Cacic
	Elizabeth Cannon	3	Manuella Buzoianu Balan		James J. Rosolanka
	Elianna Niemi	7	Madeleine Voth	5	Michael Cacic
4	Jessica Herrara		Nicholas Voth		Rachael Datch
	Paulina Masick	8	Olga Lobas		Jennifer Malatesta
5	Barbara Kreta		Patricia Pearson	6	Robert Rudin
	Faith Skordinski	9	Michael Karas	7	James W. (Skip) Mersereau
6	Mary Mytryshyn	10	Grace Dillon	9	Simon Markovich
7	Nathaniel Safchuk	12	Paul Antich	10	Nicholas Niemi
	Irene Tarpy		Shirley Dean	11	Mat. Gemma Phelps
8	Darlene Marti		Joanna Navarro	12	Hannah Antich
10	Martin Riskam	13	Ellen Barber		Nicholas Corbin
	Don Truitt	14	Alexander Norton		Eliot Landsburg
	Aaron Wickard	, 15	Bella Prose	13	David Burke Jackson
11	Melanie Firestone		Antonina Riscuta		Ann Marie Steger
12	Eric Williams	16	Alexandra Brasoveanu-Tarpy		Vadim Uritsky
15	Christopher Safchuko	2	Dorothy Dillon	14	Joshua Lindsay
16	Sophia Nimmer	17)	Sherry Safchuk		Maximus Timothy Masick
18	Nina Uritsky	9	Carol Mary Ashley		Daniel Schuresko
19	Ashley Albert		Stephen Ilario	15	Tina Burpee
20	Mary Rudin	21	Coy Williamson		Mary Ann Holovac
21	Doug Burns	22	Simina Lal Ciubotaru		John Humphries
	Anastacia (Stacy) Jacobsen		Renee Zabela		Alexandra Kissell
23	Lori Landsburg		Dominic Rotunda	16	Fr. David Cowan
	Chloe Emerson Little	23	Kenneth Bernstein		Wright Steinberg
	Kiprian Tatusko		Carl Firestone		Kara Yakubik
24	Susan B. Petro		Cindy Jefferson	18	Kathryn Balamaci
25	Sasha Lutes	24	Nicholas Paul Moser	19	David Jefferson
26	Hilary Frimenko	25	Talia Sieff		Rachel Salas
	Peter Truitt	26	Christina Berencz	20	Karen Jankovic
27	Dorothy Gumpert		Andrew Bumbak	21	Kimberly Yakubik
	Sarah Jenkins-Petro	27	Timothy Firestone	22	Salomea Jankovic
	Justin Markovich		Fr. Mark Koczak		Peter Sielinski
28	Linda Weir	28	Shawn Niemi	23	Timothy Dillon
29	Sarah Hardy	29	Henry William Meyers		Michael Hydock
	Tristan Pearson		Lisa Robinson		Ravyn Malatesta
30	Marge Dove		Patricia Prose		Timothy Perry
	Justin Humphries	31	Michelle Bahumian	24	Benjamin Oleynik
			Hannah LeFors	2.5	Joshua Tucker
	4 2 4 4 4 4 4 4		Alexandra Sedor	25	Alexsandra (Sunny) Holovac
					Harell Little
				26	Tara Shimer
	Will.			26	Nicola Ilario
	00000000			27	Dawn Little
				30	Ella Rose Datch
					Jenna Datch