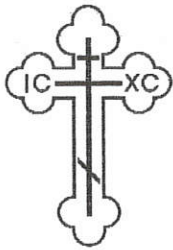


# St. Mark Evangelizer

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

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July/August/September 2019 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)

## To Pray

To pray means to lean on God; to spend time with Him; to give myself to Him and await His visitation; to put my whole self, with all my failings and my sins, into His mercy and love; to breathe spiritually; to come out of myself and be freed. To rejoice in His presence, to enjoy His glory, to be moved by gratitude for His blessings, to wonder at His creation, to see in man the engraving of His image and in events the seal of His wisdom and love. To bring God into my everyday life and live within His kingdom; to contemplate in Christ unceasingly, both when one works and when one sleeps... This is possible. All this can be attempted and become an aim. That is the worst thing – for this natural path of prayer to be considered an exaggeration. (Metropolitan Nikolaos of Mesogaia and Lavreotiki)

## The Author of Life

I think of God, the maker of all things, both visible and invisible, when I see His handiwork. According to our faith, He is indeed, the “Author of Life”. This phrase appears in the second part of the anaphora prayer from St. Basil’s liturgy. We proclaim it in more detail with the recitation or singing of Psalm 104 at vespers:

*O Lord, how manifold are Thy works! In wisdom hast Thou made them all; the earth is full of Thy creatures. Yonder is the sea, great and wide, which teems with things innumerable, living things both small and great.*

We cannot know God’s Essence, but we can and do know Him through His energies and activities. So, when we notice the details of the physical world, we see what God has done and still does in sustaining it all. Great art Thou O Lord and marvelous are Thy works!

Living things both small and great display the qualities God placed in them. We see immense beauty in nature, as well as harmony and variety - power and gentleness. Our relationship with other creatures is set forth in chapter one of Genesis. We who are made in the image and likeness of God are to have “dominion” over them. We got to “name” them. But our dominion is not to be tyrannical, cruel or totally self-serving. We are rather to be good stewards of God’s creation. We are to cultivate and care for

living things and they serve us and our needs. For centuries, this was lived out in the form of flocks, herds and harvests. Ones wealth and status was often measured by this.

Of late, in wealthier nations (ours included) our relationship with some creatures has become a bit more personal. We have “pets”. Creatures who, for the most part, we’ve chosen to invite into our lives and homes. And unlike those in the wild, these now directly depend on us and our care for survival. Bonds form with them and they

become, in a way, part of our family. Such is the case with this little Corgi puppy in the picture.

Although we’ve only known her for a few months, she’s brought joy and comfort to us all. God continues to



teach and inspire us through our relationships with these special creatures that He puts into our lives. Tenderness, compassion, patience, faithfulness and responsibility are standouts for me. It’s telling that even in scripture, the model between shepherd and sheep is used by our Lord to help us understand His love for us and our relationship with Him. He is the Good Shepherd who cares for His flock, and each is precious to Him even when they go astray. This carries over into our understanding of family, children and of priest and parish as well.

And, as I’ve learned, a pet can even inspire the writing of a newsletter article. Thanks, Thorgi!

- Fr. Gregory

# RUNNING THE RACE

*Submitted by Matuskha Alexandra Safchuk*

During the years that I have been writing to you, discussing my aches and pains and how they bring me closer to, or move me further from God, I never thought that I would write an article about my breast cancer. Surprise! I won't be this time around either. Although my breast cancer is a huge reality in my life, in so many ways charting



my daily course, motivating my thoughts and directing my actions, I am still not able to comprehend it.

I have a place in the back of the church and from it I have often had an opportunity to perform vital church tasks. I can adjust the heat and AC, monitor the weather on procession days and Christmas Eve (seeking very different conditions), run down to check the flame under soup and witness the flow of gentle foot traffic that characterizes parish life where there are people actually present to worship.

Because, it is sadly true that there are lots of places, and even times in our own parish where there are not crowds, or presence or children exchanging books and crayons. At those times I am grateful that we are “surrounded by so great a cloud of witnesses” (Hebrew 12:1) represented on our adorned walls and latticework screen and present with us, strengthening us for each struggle.

Yet, when all the constituent parts work together; i.e., the traffic, the weather, the soccer schedules, the car batteries, the work responsibilities, the constant needs of others, then a loving dialogue goes on in this place. We stand. We sit. We sing. We serve. We care for one another. We uphold one another. We pray for one another. We strive together. It is not always a rosy picture. It is rarely easy (I confess, though I don't recommend it, that a life threatening disease does add a certain sharper meaning to many of our prayers), but it is ours and these actions work to bring us closer to the living God.

There are days when we feel just plain frustrated. As if we are spinning on a wheel. And some days we are. There are obstacles and noise. Interruptions poke at us and distract us. And there is the ongoing challenge to faith, the nagging wondering about the relevance of worship. When we battle the “other things” we have to do, we set a priority and honor the God that we ask to watch over us, to protect us, to guide us, to help us to do well on exams, or blood work. Even when we are



*(Continued on next page.)*



# RUNNING THE RACE

*Continued from Previous*

broken we are capable of thanksgiving.

This past Sunday was the Sunday of All Saints. We read from Hebrews 12:1-2,

*“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance that race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”*

I am so grateful to be in that cloud of witnesses, so crowded sometimes that St. Seraphim of Sarov had to bat away angels. But I am also, and each day, so grateful to be among these witnesses, the saints of Saint Mark Orthodox Church. Each in your, and our, own way making that effort to keep the eyes on Christ, and run with perseverance that race, as personal and challenging as it is, that is set before us.

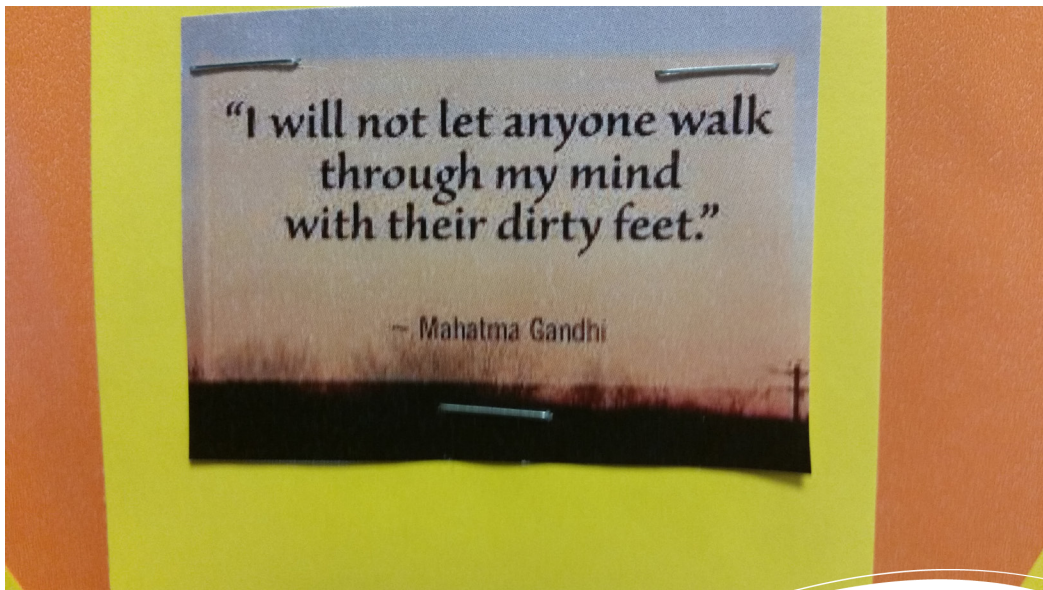
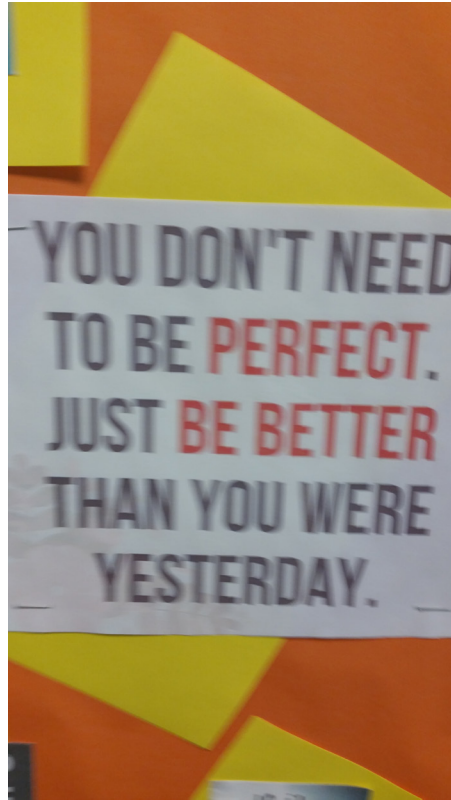
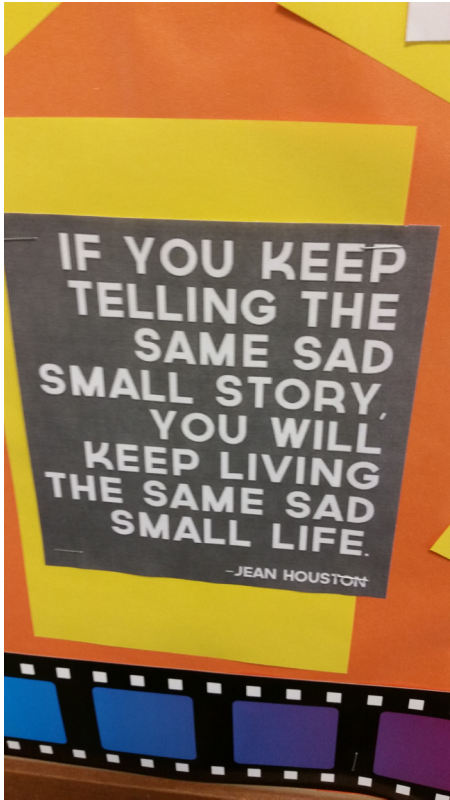
With love in Christ,  
Matushka Alexandra Safchuk



*Photo by Victor Lutes*

# FOOD FOR THOUGHT

*Submitted by Joan Mitchum*





# PENTECOST 2019

*Photos Courtesy of Victor Lutes*



## Troparion of Holy Pentecost

Blessed art Thou O Christ Our God  
You have revealed the fishermen as most wise By  
sending down upon them the Holy Spirit Through  
them thou didst draw the world into thy net  
O Lover of Man, Glory to You!





# PASCHA 2019

*Photos Courtesy of Victor Lutes*

*Christ is Risen!*





# PASCHA 2019

*Photos Courtesy of Victor Lutes*

*Indeed He is Risen!*



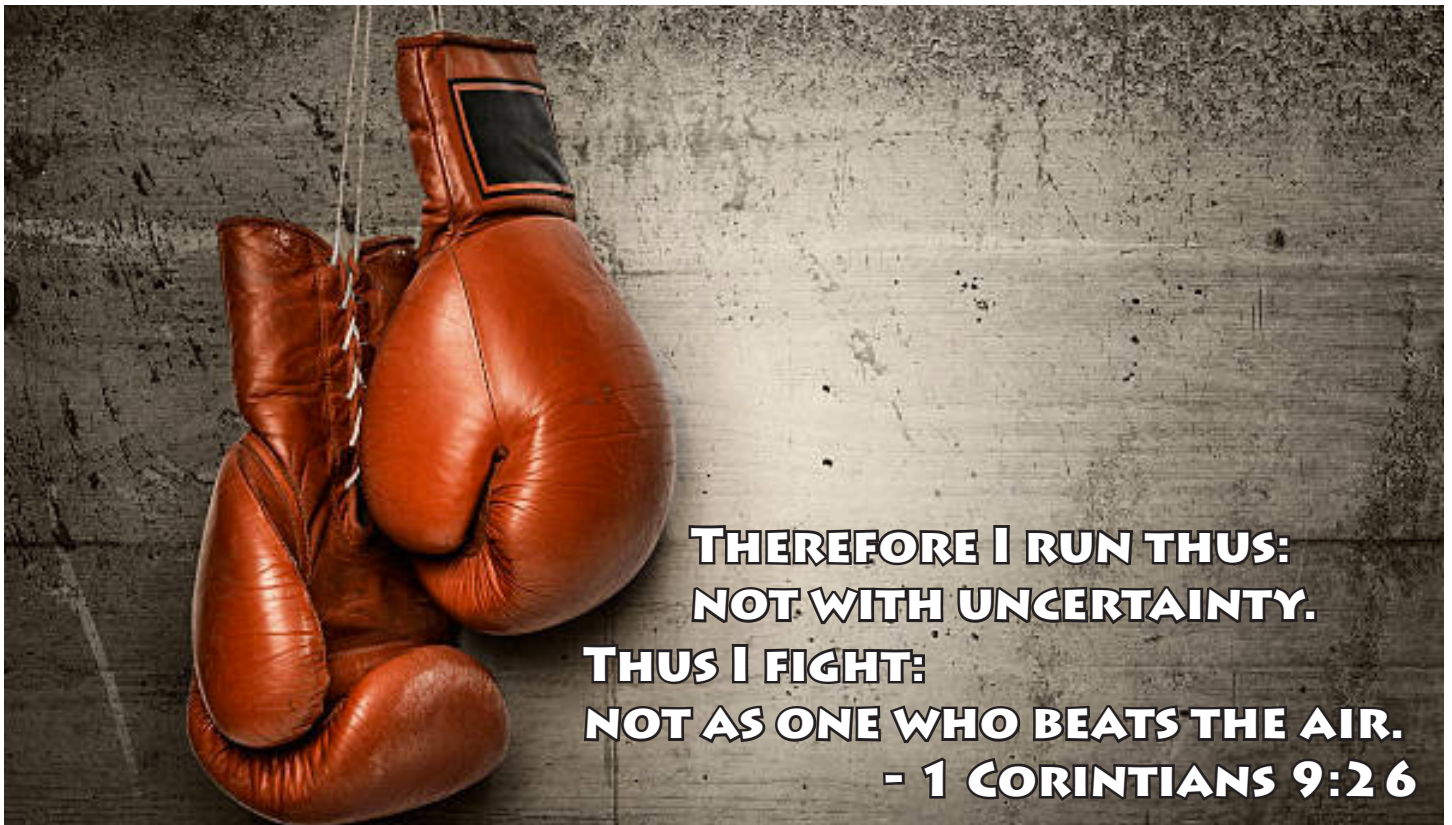


# SENIOR OLYMPICS

*Submitted by Joan Mitchum*

## SENIORS!!

The Senior Olympics will be coming to a venue near you in September. In Virginia, the events take place at community rec centers, churches, retirement communities, etc. I was surprised at the events. I expected running, swimming, sports, etc. They do have these but much more: Bridge (I won a gold medal in that last year), Canasta, Cornhole, Dominoes, Bowling (10 pin and Wii) Scrabble and even yoyo! You compete in age brackets, 60-69, 70-79, etc. This year in Virginia (don't know about Maryland) it is a flat fee of \$15 for as many events as you wish to compete in. Give it a try; it is fun! For more information or to register, visit: <https://nvso.us/>



**THEREFORE I RUN THUS:  
NOT WITH UNCERTAINTY.  
THUS I FIGHT:  
NOT AS ONE WHO BEATS THE AIR.  
- 1 CORINTHIANS 9:26**



# FOCA NEWS & NOTES

**SAVE THE DATE! September 21st, 2019**

FOCA Presents:

*On Top of Spaghetti!*

FOCA is sponsoring an Italian Night Spaghetti, Meatballs and More!

*That's Amore!*



*FOCA National Convention*

The FOCA National Convention will be held in Columbus, Ohio, from August 30th - September 2nd. Anyone interested in attending should contact Marcella Hydock or Barbara Freimann.

## **St. Mark FOCA Upcoming Meetings**

**Mark your calendars!**

**Following Vespers, 3rd Saturday**

- **July 20th**
- **August 17th**
- **September 21st - Italian Night!**



# WOMEN'S BOOK CLUB

*Submitted by Joan Mitchum*

My daughter gave me these earrings at Christmas. I smiled and thanked her; I also wondered why she gave me those. After 40+ years, she should know my style is more pearl studs or gold hoops. I took them home and put them on my rack with other earrings. About a month later I noticed them and decided to wear them because they matched what I was wearing. I was complimented on them!! Each time I wore them, I received compliments. You might be wondering what this has to do with a book club. But just like those earrings, I have tried other books chosen by other people, and often I have enjoyed them. A book club gets a reader to try something that she would not have chosen. Sometimes the books are really good, but not always. Sometimes we don't finish the book, because we we didn't like it, or maybe just ran out of time. And some of our better discussions are when people didn't like the book. We are not rubber stamps; each of us has preferences. But each of us has been surprised by what we read and enjoyed.



We meet the last Sunday of the month in the library, bringing our coffee and snacks upstairs. We need more members and hope more women will join us. Our books for the next 3 months:

## JUNE

Notes from a Small Island  
*by Bill Bryson*

## JULY

Leaving Tim  
*by Jodi Picoult*

## AUGUST

Code Name Lise  
*by Larry Loftis*

I still don't think I will ever enjoy science fiction. Joan Mitchum



Life is an opportunity, benefit from it.  
Life is beauty, admire it.  
Life is a dream, realize it.  
Life is a challenge, meet it.  
Life is a duty, complete it.  
Life is a game, play it.  
Life is a promise, fulfill it.  
Life is sorrow, overcome it.  
Life is a song, sing it.  
Life is a struggle, accept it.  
Life is a tragedy, confront it.  
Life is an adventure, dare it.  
Life is luck, make it.  
Life is life, fight for it.”  
- Mother Theresa





# UPCOMING EVENTS

## 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.



## VACATION CHURCH SCHOOL 2019

This year's VCS will take place July 22nd - July 25th from 11:00 am - 2:00 pm. Please see or email Mary Neimi (mhniemi@hotmail.com) to sign up. We are also looking for helpers, so please let Mary know if you can volunteer! The theme this year is "Meet the North American Saints: Come on the Adventure!"

## UPCOMING FEASTS & LITURGIES

Tuesday, August 6th - Transfiguration - Divine Liturgy at 10:00 am

Thursday, August 15th - Dormition of the Theotokos - Divine Liturgy at 10:00 am

Thursday, August 29th - Beheading of St. John the Baptist - Divine Liturgy at 10:00 am. Strict Fast.

Sunday, September 1st - Church New Year

Sunday, September 8th - Nativity of the Theotokos

Saturday, September 14th - Exaltation of the Cross.

**GUEST SPEAKERS DURING COFFEE HOUR** On Sunday, September 1st, 2019 during coffee hour, we will host Dr. Jeffrey and Caryn Macdonald. They are traveling the east coast to raise support for their fourth two-year term of teaching at the Seminary in Albania. They will speak about the Orthodox Church's theological education in Albania and missionary service.

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## 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 2nd, 10:30 AM
- AUGUST - TBD
- TUESDAY, SEPT 3rd, 10:30 AM

### Akathist Dates & Times:

- TUESDAY, JULY 16th, 10:30 AM
- TUESDAY, AUG 20th, 10:30 AM
- TUESDAY, SEPT 17th, 10:30 AM

# UPDATER

## New Address

Dn. David, Mka. Gemma and Andrea Phelps  
4515 E Seminary Ave.  
Richmond, VA. 23227  
Our beloved Phelps' family moved to Richmond, Va.  
Their last Sunday with us was May 19th.



## New Email Address

Nancy Stanton  
nancylaimastanton@gmail.com

## Christmations

4/27/19 - Richard Reeves

## Baptisms

5/4/19 - Mark Alexander Pierce

*May God Grant Them Many Years!*

## Deaths

3/31/19 - Antonia Constantine

4/2/19 - Bill Dove

5/9/19 - Dr. Dumitru "Dan" Carstea

6/13/19 - Marie, grandmother of Tyler Church



Antonia Constantine



Bill Dove



Dr. Dumitru "Dan" Carstea

*May Their Memory Be Eternal!*



# Happy Birthday!

## July

|    |                        |
|----|------------------------|
| 1  | Jackson Tatusko        |
| 2  | Gene Jacobsen          |
|    | Adrian Lindsay         |
| 3  | Andrew Datch           |
|    | Emma Datch             |
| 4  | Patricia Antich        |
|    | Richard Reeves         |
| 6  | Scott Borger           |
|    | Michael Chow           |
|    | Erin Hottle            |
| 9  | Larisa Looby           |
| 10 | Spencer Salas          |
|    | Joseph Sedor           |
| 11 | Lucas Needham          |
| 12 | Ann-Marie Lacko        |
| 13 | Michael Thompson       |
| 14 | Sara Wickard           |
| 17 | EJ Pedersen            |
|    | Mat. Alexandra Safchuk |
| 18 | Aiden Moser            |
|    | Charity Pearson        |
| 19 | Cynthia Helba          |
| 20 | Daniel Golembiewski    |
|    | Vicky Jacobsen         |
|    | Mat. Kelly Oleynik     |
| 21 | Laura Jefferson        |
|    | Lee Malatesta          |
| 24 | Douglas Fitzgerald     |
|    | John M. Steger         |
| 25 | Elowen Sheppard        |
|    | Virginia Albert        |
|    | Benjamin Safchuk       |
|    | Cliff Tarpy            |
| 30 | Zhenya Bainbridge      |
|    | Julia Flick            |
| 31 | Drew Bumbak            |
|    | David Holovac          |
|    | Millie Mytryshyn       |

|    |                         |
|----|-------------------------|
| 1  | Madeleine Gimbal        |
|    | Mark Phinney            |
| 2  | Evgeniya Aseev          |
|    | Justin Barber           |
|    | Fr. Timothy Perry       |
| 3  | Nicholas Rotunda        |
|    | Wyatt Zabela            |
| 4  | Nicholas Fitzgerald     |
|    | Elena Henning           |
| 6  | Martha Dellermann       |
|    | Constantine Ilario      |
|    | Cristina Lindsay        |
|    | Daniela Mihailov        |
| 7  | Robert Hottle           |
|    | Igor Nakshin            |
| 8  | Philip William Masick   |
| 10 | Christine Bryan         |
| 11 | Kathy Petro             |
|    | Astrid Sheppard         |
| 12 | Nicole Johnson          |
|    | Erik Pedersen           |
|    | Sharon Sielinski Carter |
| 13 | Christina Nocera        |
| 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          |
|    | Katherine Karas         |
|    | Matthew Karas           |
|    | Neal Kumar              |
| 20 | Vera Wynne Allen        |
|    | Marcella Hydock         |
|    | Francisco LeFors        |
|    | Hannah Oleynik          |
| 21 | Job Henning             |
| 22 | Andrea Burns            |
|    | Kimberly Lungociu       |
|    | Andrew Sekellick        |
| 23 | JoAnna Balamaci         |

## August

|    |                      |
|----|----------------------|
|    | Mary Lulchuk         |
| 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 Malkin     |
|    | Martin Sieff         |
| 29 | David Lungociu       |
| 30 | Michael Kissell      |
|    | Matthew Joseph Sedor |



## September

|    |                         |
|----|-------------------------|
| 1  | Maura Eileen Moser      |
| 2  | Heathryn Berry          |
|    | Madeleine Hardy         |
|    | Margie Johnson          |
|    | Michael Olynik          |
| 4  | Stephen Koopersmith     |
| 6  | Sara Rose LeFors        |
|    | Luke Prentice           |
| 7  | Theodora Dean           |
|    | Janet Schuresko         |
|    | Stephen Sielinski       |
|    | Jan Truitt              |
| 8  | Nika Nakshin            |
| 9  | Aiden Bryan             |
| 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 | Max William Kumar       |
| 25 | Ashley Hottle           |
|    | Katie Sheppard          |
| 26 | John Michael Niemi      |
|    | Mary Niemi              |
| 28 | Kathy Rudin             |
| 29 | John Sokich             |
| 30 | Fr. Nicholas Dellermann |
|    | Peter O'Halloran        |
|    | Douglas Pierce          |
|    | Martha Vance            |

