

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: Tom Jenkins Home: 410-643-9249 taj@toucan411.com	
SEPTEMBER 17th, 2023						
EPISTLE Gal. 2:16 – 20 2 Cor. 4:6 – 15			GOSPEL Mark 8:34 – 9:1 Matt. 22:35 – 46		Tone 6	
DIVINE LITURGY OF ST. JOHN CHRYSOSTOM						
15th SUNDAY AFTER PENTECOST – Sunday after the Exaltation of the Cross. Afterfeast of the Exaltation of the Cross. Martyr Sophia, and her three daughters: Faith (Vera), Hope (Nadézhda), and Love (Liubóv', Charity, Caritas) at Rome (ca. 137). Martyr Theodota and Nicæa (ca. 230). (ca. 230). Martyr Agathocleia. 156 Martyrs of Palestine, including Bishops Peleus and Nilus, Zeno the Presbyter, the Noblemen Paternuthius and Elias, and others (ca. 310).						
Saturday	Sept	16	5:30p	Vespers – YouTube Live Stream		
Sunday	Sept	17	9:15a	Reading of the Third Hour – YouTube Live Stream		
			9:30a	Divine Liturgy – YouTube Live Stream <i>Church School blessing immediately following.</i>		
			11:30a	Church School		
			11:30a	Coffee Hour Fellowship		
Tuesday	Sept	19	10:30a	Bl. Mka. Olga Prayer Group - Akathist		
Thursday	Sept	21		Piroghi Prep #1		
Saturday	Sept	23	9:00a	Assembling Piroshki #1		
			4:30p	Memorial Service for Vassil Georgiev		
			5:30p	Vespers – YouTube Live Stream		
			6:30p	Bible Study		
Sunday	Sept	24	9:15a	Reading of the Third Hour – YouTube Live Stream		
			9:30a	Divine Liturgy – YouTube Live Stream		
				<i>Schedule continues on back page.</i>		

Sunday	Sept	24	11:30a	Church School
			11:30a	Coffee Hour Fellowship & Piroghi Pinching!
Thursday	Sept	28		Piroghi Prep #2
Saturday	Sept	30	5:30p	Vespers – YouTube Live Stream

The **Altar Candles** are offered by **Paula, Brian, Rose & Reneé** in loving memory of **Robert Zabela**. May his memory be eternal!

The **Sanctuary Candles** are offered by **Don Truitt** in celebration of wife **Jan’s** birthday! May God grant her many years! Also, in memory of Jan’s mother **Lynne**. May her memory be eternal!

Coffee Hour Fellowship			
Date	Hosts/Hostesses		Donuts/Bagels
Sept 17	Baxtresser		
Sept 24	Vance		

Choir Directors, Readers, Preparers, Greeters, & Altar Servers					
Date	Director	Reader	Preparer	Greeter	Altar Servers
Sept 17	W. Tatusko	R. Kundell	Mka. G. Phelps		H. Meyers E.J. Pedersen M. Sedor
Sept 24	A. Boyd	D. Rodak	Dn. D. Phelps	M. Hydock	

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: Vera Bum-bak; Helen Damiani; Shirley & Paul Dean; Margaret Dove; Julia Flick; George Freimann; Marge German; Jurretta Heckscher; John & Patricia Ihnat; Linda Jackson; Cindy & David Jefferson; Katherine Johnson; Cristin and John Michael Kumar; Alex Landsburg; Marilyn Macht; Joan Mitchum; John Michael Mikuluk; Mary Mytryshyn; Millie Mytryshyn; Drs. Mary and Anna Nemesh; Matthew Nimmer; David Rodak; Alexandra Sedor; Mka. Alexandra Safchuk; Peter Sielinski; Ann Steger; Cliff Tarpy; Gregory Yakubik.

Please pray for the child **Penelope**; Christine Cacic's friend, **Carmen**; Sharon Carter's mother **Marjorie**, brother **Stephen**, step-son **Nicholas** and sister-in-law **Anita**. **Hannah**, friend of Theodora Dean. Marge German's grandson **Joshua**; friend **Louise**, who is recovering from triple by-pass surgery, and sister **Mary** Rodzon, neice **Debbie** Kuhl. **Denise** (Dionysia), Godsister of Christina Kalavritinos, and also family friends **Constantine** and **Thomas**; Tammy Karas' mother **Carole** Roberts. **Olga**, friend of Helen Kerch; **Mary** Everhart, mother of Ted Koopersmith; **Sandra** Little, Dawn Little's mother-in-law. Kim Lungociu's cousin **Doug**. Marilyn Macht's friend **Carmen**; friend **Ken** Reichard; cousins **Helen** and **Linda**. **Marina** McKee; **Katherine** Nyce, friend of Mary Mytryshyn. **Mka. Kelly** Oleynik; **Amanda** St.Cyr, sister-in-law of Susan Rodak; Anelia Rotunda's father, **Ivan**. Don Truitt's mother, **Janet**; Paula Zabela's cousin **Helen**. **Fr. Patrick** of St. Mary's in Pittsburgh.

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!

WELCOME VISITORS! We invite you downstairs following Liturgy for coffee and light refreshments in the parish hall.

CHURCH SCHOOL will begin TODAY! We will bless our church school teachers and students immediatly following Liturgy.

NEXT VESPER'S BIBLE STUDY Is Scheduled For Saturday Sep 23 This week's Bible study continues from last time's look at Christ's letter to the Church in Smyrna in Revelations with a look at Christ's investment advice to the Church in Laodicea, a city with significant parallels to our own Bethesda, MD. Here's what's interesting about our previous Vesper's bible study:

- (1) It's up on youtube (feel free to forward this to anyone who might be interested). <https://www.youtube.com/watch?v=erCOBBaQpvs> or <http://tinyurl.com/mrxbkdvz>
- (2) Has a unique combination of video and a dense supply of still photos and picturesque slides.
- (3) Starts with how the Return Of The King Movie betrayed J.R.R. Tolkien.
- (4) Covers what Jesus said to folks who had been and were about to suffer great tribulation and how that might apply to us and people we care about. Particularly interesting as we consider end-of-life issues and situations where there might not be a return to health.
- (5) Provides a useful model for understanding the book of Revelations that you may not be familiar with and which allows real application to everyday Christian life.
- (6) Covers the apostolic fathers in a fresh way, in particular, Polycarp's relationship to the Apostle John and so to the Book Of Revelation. "

SHADY GROVE ANNUAL BENEFIT BANQUET (see above) will take place on Thursday, October 26th at 6:30 pm. Fr. Gregory would like to host a table of 10 as we have done in the past. Please let Fr. Gregory know if you'd like to attend.

SANCTUARY ICONOGRAPHY The Sanctuary Iconography fund balance is now **\$61,741.59**

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

19 Barbara Freimann
20 Christina Kalavritinos
 Clint Purdue
22 Max William Kumar

ST. MATTHEW MULTI-CULTURAL FESTIVAL The Orthodox Church of St. Matthew is hosting their annual Multi-Cultural Festival on Friday, October 6 through Sunday, October 8, 2023. Festivities will begin on Friday evening with Oktoberfest, featuring German music and food. On Saturday and Sunday, join us for the Multi-Cultural Festival with delicious ethnic food from around the world, a wine and beer garden, entertainment featuring the music and dancers of many countries, church tours, unique vendors, beautiful themed basket raffles and a kid's area. Fliers for additional details about the festival and also for the icon raffle are available on the candle counter. More information is available through the website, <https://www.stmatthewoca.org/festival>

FOOD FESTIVAL Nativity of Our Lord Orthodox Church of Manassas, Virginia, will host an International Food Festival on Saturday, September 16th, from 11:00 am - 5:00 pm. Food, live entertainment, face painting, music & dancing, and more! See the flier on the bulletin board in the parish hall for more details!

SS. PETER AND PAUL MEDITERRANEAN FESTIVAL will take place September 22nd - 24th featuring authentic middle eastern food, vendor booths, fun for kids, Arabic music and raffle prizes! Free parking and admission. For more information: <https://www.peterpaulpotomac.org/festival.html>

EMAIL LISTS All of the St. Mark email lists appear to be functioning properly again. Thank you for your patience! In the troubleshooting and repair process, many old, bounced, and orphaned email addresses were removed. This has significantly improved the health of the list. If you think you may have been inadvertantly removed, please let Sharon Carter know and she will add you back.

Since we understand Communion to mean that we have all things in common, sharing an identical Faith, only those who are members of the Orthodox Church and who have prepared themselves through prayer, fasting and recent confession may participate in Holy Communion. Following reception of Holy Communion, we should stay in the church until the conclusion of the Liturgy. Our fellowship begins after we venerate the Cross and receive the Blessed Bread (of which all may partake). If you have questions concerning the above, please feel free to speak with Fr. Gregory after Liturgy.

ON COMMUNION: The fasting rules concerning communion apply to those who are healthy enough to keep them. If for example, you require medication that cannot be taken on an empty stomach, please speak to me about the possible need to eat or drink something along with it in the morning prior to liturgy. Thanks! Fr. Gregory

CHILDREN'S BOOKS Two baskets of children's books are now located in the vestibule, behind where the greeters stand and next to the stairway to the choir loft. Children should feel free to borrow the books and can return them to the baskets.

IT'S JUST BREAKFAST: A group of our St. Mark men meet for breakfast every 2nd and 4th Saturday of the month. Questions? See Mark Phinney. Thank you!

AKATHIST BOOK: On the third Tuesday of each month the Matushka Olga prayer group prays an Akathist to address a special need. The collected Akathists are in black loose leaf notebooks in the library on the bottom shelf of the first bookcase on the left as you walk in. Please feel free to take a look at these Akathists and copy them for your personal use.

ST. MARK WOMEN'S BOOK GROUP will meet October 5th (Thursday) 7:15pm on Zoom - *The Woman with the Cure* by Lynn Cullen. November 2nd (Thursday) 7:15pm on Zoom - *The Lost Girls of Paris* by Pam Jenoff. December 6th (Wednesday) In person following Liturgy for St. Nicholas Day. We'll meet in the library so you may bring your snack, coffee, or tea. The book/stories information will be forthcoming. We meet virtually at 7:15 p.m. on Zoom. The link is sent usually the day before. Please join us if you are able to.

FLOORS The linoleum floors through out the church have been recently stripped, waxed and polished. To keep them looking their best, please take care to not drag tables and chairs across the floors. Please pick them up to move them. Your cooperation and help to keep our church looking it's best is greatly appreciated!

2023 Youth Activities

Bowling

Sun, Sep 17, 12:30-2:30

departing from and returning to St Mark teen room

Fall Colors Hike

Sun Oct 15, 12:30-3:00

Let us know if your teen is planning on coming to either or both.
Contact Stacy Pedersen: pedersenclan4@gmail.com, 614-506-0801

SAVE THE DATE!! The 2023 St Mark Orthodox Church Ethnic Food Festival will be held on Saturday, November 4th from 11am-8pm and Sunday, November 5th from 12pm-4pm. We need help during the festival, but also with the food workshops that begin in September. As you can see below, there is a lot of work that goes into making the food for our festival. You don't have to have any experience but you are guaranteed to have a lot of FUN and FELLOWSHIP!!! Please consider serving St Mark's with this annual event. If you have any questions, please contact Regina Kundell at 410-430-3713 or email rlkundell@gmail.com

September 2023	October 2023	November 2023
Sept 21: Piroghi Prep #1	Oct 1: Piroghi pinching (after Liturgy)	Nov 4: Food Festival 11 am – 8 pm
Sept 23: Assembling Piroshki – 9am	Oct 6: Walnut Roll – 9:30 am	Nov 5: Food Festival 12 pm – 8 pm
Sept 24: Piroghi pinching (after Liturgy)	Oct 7: Chicken Kiev – 8:30 am	
Sept 28: Piroghi Prep #2	Oct 11: Poppy Seed Roll – 9:30 am	
Sept 29: Slavic torte - 9:30 am	Oct 12: Halupki - 9:30 am	
Sept 30: Blini - 2:30 pm	Oct 13: Spanakopita prep – 9:30 am	
	Oct 14: Spanakopita assembly – 9:30 am	
	Oct 18: Apricot Roll – 9:30 am	
	Oct 25: Slavic Black Bread – 9:30 am	
	Oct 29: Food Festival set-up after coffee hr	

PIEROGI WORKSHOPS The bazaar is quickly approaching and it's time to make the pierogi!! We will be having two Pierogi Workshops on September 24th and October 1st after liturgy.

We need many hands to help us from start to finish including set up, the boilers, the oilers and baggers, the icers, dough kneaders, the circle makers, runners to bring trays of circles and pinched pierogi's back and forth to kitchen, the dishwashers, and of course the pinchers! (I'm sure I left some tasks out). Most of all we need a group of people to help clean up afterward.

There will be a sign-up sheet on the bulletin board after liturgy today.

Every year we notice fewer people stepping up to help. If this continues we will have to consider buying the pierogi as this effort requires everyone at St. Mark to pitch in. We have many repeat customers who attend our bazaar because we make our own pierogi-so please consider giving of your time and energy to continue this St Mark tradition.

Thank you,
Helen and Daniela