

# Saint Mark Orthodox Church

**Orthodox Church in America  
Archdiocese of Washington**

7124 River Road  
Bethesda, MD 20817  
Church Office: 301-229-6300  
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**Rector**

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**NOVEMBER 26<sup>th</sup>, 2023**

**EPISTLE**

Eph. 4:1 – 6

**GOSPEL**

Luke 13:10 – 17

**Tone 8**

**DIVINE LITURGY OF ST. JOHN CHRYSOSTOM**

**25<sup>th</sup> SUNDAY AFTER PENTECOST (10<sup>th</sup> of Luke) – Ven. Alypius the Stylite of Adrianopolis (7<sup>th</sup> c.). Ven. Jacob (James) the Solitary of Syria (457). Dedication of the Church of the Greatmartyr George at Kiev (1051 – 54). Repose of St. Innokenty (Innocent), First Bishop of Irkutsk (1731).**

Saturday	Nov	25	5:30p	Vespers – YouTube Live Stream
Sunday	Nov	26	9:15a	Reading of the Third Hour – YouTube Live Stream
			9:30a	Divine Liturgy – YouTube Live Stream
			11:30a	Coffee Hour Fellowship
Tuesday	Nov	28	10:30a	Bl. Mka. Olga Prayer Group – Akathist via Zoom
			7:30p	Choir Rehearsal
Saturday	Dec	2	4:30p	Memorial Service for Sylvia and Nicholas Lungociu
			5:30p	Vespers – YouTube Live Stream
Sunday	Dec	3	9:15a	Reading of the Third Hour – YouTube Live Stream
			9:30a	Divine Liturgy – YouTube Live Stream
			11:30a	Church School & St. Nicholas Workshop
			11:30a	Coffee Hour Fellowship
Tuesday	Dec	5	10:30a	Bl. Mka. Olga Prayer Group – Intercessory Prayer
Wednesday	Dec	6	10:00a	Divine Liturgy – St. Nicholas – YouTube Live Stream
<i>Schedule continues on back page.</i>				

Saturday	Dec	9	5:30p	Vespers – YouTube Live Stream
Sunday	Dec	10	9:15a	Reading of the Third Hour – YouTube Live Stream
			9:30a	Divine Liturgy – YouTube Live Stream
			11:30a	Church School
			11:30a	Coffee Hour Fellowship

The **Altar Candles** are offered by **The Hydock Family** in loving memory of Father and Grandfather **Michael Ference**. May his memory be eternal!

The **Sanctuary Candles** are offered by **Don & Jan Truitt** in celebration of their 31<sup>st</sup> wedding anniversary and also in memory of Don's father. Memory Eternal!

**Coffee Hour Fellowship**

Date	Hosts/Hostesses	Donuts/Bagels
Nov 26	<b>Potluck</b>	
Dec 3	Albert	

**Choir Directors, Readers, Preparers, Greeters, & Altar Servers**

Date	Director	Reader	Preparer	Greeter	Altar Servers
Nov 26	S. Carter	M. McDonald	Dn. D. Phelps	M. Hydock	H. Meyers E.J. Pedersen M. Sedor
Dec 3	A. Boyd	M. Phinney	V. Lutes	N. Stanton	

**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; Michael** Ouellette, brother-in-law of Ginny Albert. Christine Cacic's friend, **Carmen**; Sharon Carter's mother **Marjorie**, brother **Stephen**, step-son **Nicholas. 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. **Heng-Jin** Park, friend of David Hardy. **Denise** (Dionysia), Godsister of Christina Kalavritinos, and also family friends **Constantine** and **Thomas; Olga**, friend of Helen Kerch; **Mary** Everhart, mother of Ted Koopersmith; **Cynthia**, sister of Michael Kopcha. **Sandra** Little, Dawn Little's mother-in-law. 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; 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 TEACHERS AND STUDENTS** There is no church school today!

**ST. NICHOLAS DAY WORKSHOP** All parish children are invited to the St. Nicholas Day workshop to be held after liturgy on Sunday, December 3rd. There will be crafts, stories, and a visit from St. Nicholas himself!

Everyone is asked to please bring a non-perishable food item for donation. Some preferred items include microwaveable macaroni and cheese cups, individual soup cups, oatmeal packets, fruit cups, granola bars, canned tuna or meat, and peanut butter and jelly.

If you have any questions, please see Alexandra Sedor. All are welcome and we hope to see you there!

**ANGEL TREE** Fellow parishioners it's that time of year when we think of St Nicholas and his wonderful service to others. You, too, could be God's answer to someone's prayers. Our annual Angel tree project is underway. Please give some thought to sponsoring one of our "angels" from the surrounding area. There are a few "angels" on our bulletin board in the downstairs hallway to sign out or you could go to <https://www.signupgenius.com/go/30E084DA4AC2DA5FF2-46267458-angel> to select a recipient to sponsor. If you need any assistance in getting your own recipient to sponsor, see me after liturgy, I can help. I can also be reached at 703-395-5260 if you have any questions or need help. This project is a quick turn around as all gifts need to be delivered to the church by Sunday December 10th for distribution. Thank you in advance for your generosity.

**PARISH CHRISTMAS CARD!** Christmas (card) has come early this year! Once again, we will be sending out a Community Christmas card. If you would like your name included on the card, the cost will be **\$15** per family name. Any profit will be used to defray the cost of flowers used to decorate the Church during feast days and for Nativity! If interested, please see Coy Williamson or Mka. Sasha to make a donation. **The deadline has been extended to is Friday, December 1st!** Thank you!

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

25 John Thomas Sedor  
28 Virgeil Carstea  
Jessica Humphries  
Samantha Pearson  
30 Alexis Christine Freimann  
Helen Kerch

*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 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 (except in Dec.) 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!

**YOUNG ADULT RETREAT** St. Mary Orthodox Church in Falls Church, Va, is hosting a “mini-retreat” which is open up to all young adults from parishes in the DC area.

**“Serving God in All That You Do: Orthodox Thoughts on Career & Calling” Young Adult Mini-Retreat** Event registration ([tinyurl.com/career-and-calling-2023](http://tinyurl.com/career-and-calling-2023))

Saturday, December 2, 2023 10:00am - 2:00pm; St. Mary Orthodox Church 7223 Roosevelt Ave. Falls Church, VA 22042.

Subdeacon Ken Liu from Orthodox Youth & Young Adult Ministries will lead a mini-retreat for all young adults, college students, and high school juniors and seniors, on the topic of career and calling. Whether you’re considering your future career path, or you’re in the working world and wondering how God relates to all those boring meetings in your job (and whether to switch careers), this retreat is for you! Issues to be discussed include: Does God have a specific career calling for me? Is “following my passion” an Orthodox way of choosing a career? What does God have to do with my career in \_\_\_\_\_? What should I do if I’m stuck in a career I can’t stand? How do I serve God in all that I do?

### **OCF COLLEGE CONFERENCE – “Walk in the Light”**

**When:** December 27 - 30, 2023

**Where:** East at Antiochian Village in Bolivar, Pennsylvania, and Midwest at St. Iakovos Retreat Center in Kansasville, Wisconsin.

**Registration:** Registration is \$385 per student for students registering by October 31, 2023. The price will increase to \$400 for any students registering between November 1-December 1, 2023. There are scholarships available!

**For Event details and more information visit:** <https://www.ocf.net/cc23/>

**LADIES WHO LUNCH!** If you want a great social experience YOU’RE IN LUCK! You don’t even have to be hungry. We meet once a month alternating between Maryland and Virginia in various local restaurants. Give us a try, you’ll be glad you did.

Reach out to Paula Zabela Text: 301-237-6488 Email: [alebazpa@gmail.com](mailto:alebazpa@gmail.com)

**COFFEE HOUR REMINDER** We extend our heartfelt gratitude to all our coffee hour volunteers. Your hospitality and generous offerings have created a welcoming atmosphere for our visitors and our church community. As we approach the upcoming Nativity fast, let’s embrace the spirit of simplicity and togetherness. As a reminder, even the simplest offerings bring immense joy and are wholeheartedly welcomed. Let’s continue to share in the joy of fellowship through these modest but meaningful contributions. Your participation truly enriches our community. Thank you for your continued support.

**DISCRETIONARY FUND** As this year draws to a close, please consider making a donation to our parish Discretionary Fund. Many people in need have been helped through the fund, and it is now in need of some replenishing. All donations are tax deductible. Checks can be made out to St. Mark Church, with a notation on the bottom for “discretionary fund”. Thank you very much! - Fr. Gregory

**VESPERS BIBLE STUDY** Saturday Dec 2 - Group Discussion CONTINUED: Christian Principles For Conflict Resolution. Last time we covered the basics but there was much more to discuss. Join us for a continuation of our discussion of Christ’s teachings about resolving conflicts. Doug plans on pulling highlights to pass on to our teens in a church school class.