

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

MARCH 31st, 2024

EPISTLE
Heb. 1:10 – 2:3

GOSPEL
Mark 2:1 – 12

Tone 2

DIVINE LITURGY OF ST. BASIL THE GREAT

SECOND SUNDAY OF GREAT LENT. ST. GREGORY PALAMAS. Repose of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1879). St. Hypatius the Wonderworker, Bishop of Gangra (ca. 336). Repose of St. Jonah, Metropolitan of Moscow and All Russia (1461). Ven. Ipátii (Hypatius) the Healer, of the Kiev Caves (Far Caves – 14th c.). Ven. Apollonius, Ascetic, of Egypt (4th c.). Hieromartyr Abdas, Bishop of Persia, and Martyr Benjamin the Deacon (418 – 424). Ven. Hypatius, Abbot of Rufinus in Chalcedon (ca. 446). Appearance of the “Iveron” (Iberian) Icon of the Most-holy Theotokos.

Saturday	Mar	30	4:30p	Memorial Service for Bill Dove and Fr. Basil Summer
			5:30p	Vespers – YouTube Live Stream
			6:30p	Bible Study
Sunday	Mar	31	9:15a	Reading of the Third Hour – YouTube Live Stream
			9:30a	Divine Liturgy – St. Gregory Palamas – YouTube Live Stream
			11:30a	Coffee Hour Fellowship
			11:30a	Church School
Tuesday	Apr	2	10:30a	Bl. Mka. Olga Prayer Group – Intercessory Prayer
Wednesday	Apr	3	6:30p	Presanctified Liturgy
			7:45p	Lenten Lecture
Saturday	Apr	6	5:30p	Vespers – YouTube Live Stream
			6:30p	Bible Study
				<i>Schedule continues on back page.</i>

Sunday	Apr	7	9:15a	Reading of the Third Hour – YouTube Live Stream
			9:30a	Divine Liturgy – Veneration of the Cross – YouTube Live Stream
			11:30a	Coffee Hour Fellowship
			11:30a	Church School
Tuesday	Apr	9	7:30p	Choir Rehearsal

The **Sanctuary and Altar Candles** are offered by **Drs. Mary and Anna Nemesh** in loving memory of parents **Charles and Annie Nemesh** and brother **Dr. Walter Nemesh**. May their memory be eternal!

Coffee Hour Fellowship

Date	Hosts/Hostesses	Donuts/Bagels
Mar 31	Petro	
Apr 7	Riscuta	

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

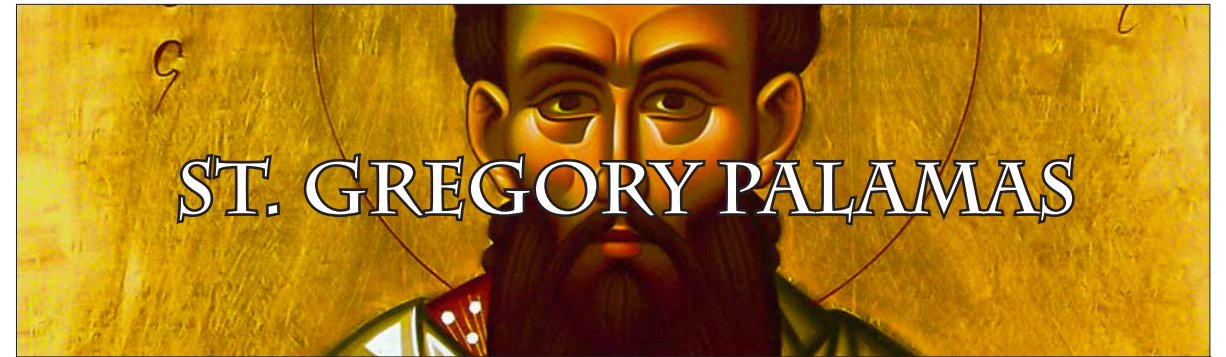
Date	Director	Reader	Preparer	Greeter	Altar Servers
Mar 31	S. Carter	M. Lungociu	V. Lutes	K. Phinney	H. Meyers E.J. Pedersen M. Sedor
Apr 7	J. Sokich	P. Dean	S. Carter	N. Stanton	

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; Philip Hydock; John & Patricia Ihnat; Linda Jackson; Cindy & David Jefferson; Steve Kreta; 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; Hannah**, friend of Theodora Dean. Marge German's grandson **Joshua**; friend **Louise**, who is recovering from triple by-pass surgery, and sister **Mary** Rod-zon, neice **Debbie** Kuhl. **Heng-Jin** Park, friend of David Hardy. **Carmine** Carocella, friend of Pat Ihnat. **Denise** (Dionysia), Godsister of Christina Kalavritinos, and also family friends **Constantine** and **Thomas; Olga**, friend of Helen Kerch; **Mary** Everhart, mother of Ted Koopersmith; **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; **Rosemarie**, sister-in-law of Nancy Stanton. 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 will dismiss immediately at the conclusion of Liturgy. Any children between the ages of 4-18 who are visiting St. Mark today are welcome to join the children for Church School!

EVANGELIZER The latest edition of the Evangelizer is ready and available for pick up on the table outside of the nave.

PARISH CLEAN UP DAY Mark your calendars! Parish clean up day is planned for Saturday, April 20th. More details to come!

PROSPHORA WORKSHOP SATURDAY APRIL 20 Are you interested in learning how to make Prospora, the bread offered for communion at the Divine Liturgy? On Saturday April 20 please join some of the current bakers in a baking workshop to teach anyone interested how to make the holy bread. A basic knowledge of bread baking is helpful but not required. Exact time is TBD but will most likely be 9:30 a.m. If interested, please contact Martha Bax-tresser, mbaxtresser@mac.com

PASCHA PREP WORKSHOP Have you ever wanted to learn to make pysanky eggs? Fold palm crosses? Make Pascha bread with friends? Help make Pascha baskets for parish members who can't? Make arts and crafts with kids of all ages?

As many of you know, Pascha will be here in a few short weeks. We will be having a parish wide Pascha prep event on Lazarus Saturday, April 27th, from 2-5. All are welcome and encouraged to attend. We will have lots of crafts and activities for everyone! If you have any questions, ideas, or want to help please see Patty Prose.



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

	March		April		
31	David Rodak	1	Gherman Uritsky	4	Jessica Herrara
		2	Jack Albert Elizabeth Cannon Elianna Niemi	6	Paulina Masick Mary Mytryshyn

VESPER'S BIBLE STUDY The presentation part of last week's bible study is available online by searching youtube for Doug Dillon Orthodox Teaching Ten Virgins. The group discussion is often lively and engaging but only available in-person. Don't miss out! You can check out earlier bible studies (and new ones as they come out) via this QR code or a YouTube search of "Doug Dillon Orthodox Teaching."



2024 PARISH PHOTO DIRECTORY By popular demand, we will again be taking portrait photos of our parish members on Sundays following liturgy in my office. From past experience, I expect this process will go on for several months. I encourage all of you to participate (even if you are camera shy) since a photo directory is extremely helpful for us to recognize and come to know each other better. The last edition dates back to 2019. We've had many new members join since then, so the need is great! Thanks very much for your cooperation.
- Fr. Gregory

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 The women's book group will meet in person on Sunday April 14th, in the library after Liturgy, to discuss Acquiring the Mind of Christ by Fr. Sergius Bowyer. Join us to discuss this short text. It is available in soft bound form, Kindle and Audible: <https://a.co/d/9EHDITw>

SALE! 2023 BAZAAR FOOD (ALL FROZEN) - FROM FEB.4TH UNTIL GONE! Halupki (8/bag) ~~\$40~~ \$20; Pierogi (1 doz.) \$5; Please see Regina Kundell or Tina Burpee if you are interested.

CROSSROAD SUMMER 2024 Applications now open! The CrossRoad Summer Program is designed for high school juniors and seniors who are interested in exploring their faith and purpose from an Orthodox Christian perspective. It is open to young people from all walks of life, regardless of their background or level of religious education. Whether you are new to the Orthodox Christian faith or were baptized as an infant of the community, the CrossRoad Summer Program is a welcoming and supportive environment where you can deepen your understanding of your faith and connect with other young Orthodox Christians from across the country.

ST. TIKHON'S SUMMER CAMP Saint Tikhon's Summer Camp is a one-week sleep-away camp program for Orthodox Christian children between the ages of 7 and 17. It is held on the grounds of Saint Tikhon's Monastery and Seminary annually during the first week of July (June 30 to July 6). Participants enjoy a host of outdoor recreational activities (e.g. field sports, swimming, boating) with their peers as well as a superior religious education program and daily church services. The camp does have a limited number of spaces and it's first come first serve. The deadline isn't until March and registration is not open yet but we are getting the word out soon so people can start thinking and planning. The fee is \$360 per camper. The Archdiocese will be supplementing part of the fee. For more information or questions, please reach out to Jake Toroney Email: Toroney@hotmail.com Phone: 610-223-3919

SAINT ANDREW'S ORTHODOX CAMP (OCA/NY-NJ Diocese, but open to all Orthodox youth and teens) is another wonderful option to consider this summer, and brochures are available at the candle counter. Located on Lake Oneida in upstate NY, St. Andrew's offers a place to seek God, build friendships, learn, strengthen your faith, enjoy nature, and have fun. The programs include outdoor activities (kayaking, swimming, horse riding, other sports), Christian life discussions, daily worship, arts and crafts, and more! This summer starts with "Family Week" (a shorter program July 1-5) and also includes two Teen weeks, two "Horse" weeks, and a "Mish Mash" week (Music, Art, Drama, Ecology...). For questions not answered in the brochure, send an email to saintandrewscamp@aol.com (someone does check that inbox and will respond), or send a text to (315) 675-9771.

SAVE THE DATE! The 20th Annual St. Andrew Orthodox Church Golf Tournament will be held on Friday, June 28th at The Wetlands Golf Club. As usual, it will be an afternoon tournament with a shotgun start at 1:30P and dinner / awards afterward. Registration will begin at 12P with a lunch served before the tournament starts. Additional details along with registration information will be provided early to mid-March.

SOUP "UPDATE" Following a modicum of arm-twisting, soups have been secured for the rest of the Presanctified Lenten Lectures. Thank you to all those who agreed to bring soup. If anyone would like to bring a loaf of bread as an accompaniment, Lenten dessert or fruit - those are always appreciated, especially as the weather grows warmer. - Matushka Sasha

LENTEN LECTURE SCHEDULE

April 3rd - Matushka Miho Ochiai Ealy - Topic: *The Orthodox Church in Japan*

April 10th - Andrew Boyd - Topic: *The Presanctified Liturgy: What is it and What Are We Doing? - A Liturgical Perspective*

April 17th - Fr. Alexander Garklavs - Topic: *The Theotokos in America*

April 24th - Don Truitt - Topic: *Bless and Sanctify These Bees: The Orthodox Beekeeping Tradition*

YOUTUBE Did you miss a lecture? Or maybe you want to watch it again? All of the Lenten Lectures (that have occurred so far) are available on our YouTube channel.

March 20th - Lizzy Sedor & Victor Lutes - Topic: *Orthodox Youth Efforts Nationally & Internationally* <https://www.youtube.com/watch?v=hUYUpWjIHN4&t=7s>

March 27th - The Right Reverend Alexei - Bishop of Sitka and Alaska Topic: *The Orthodox Church in Alaska*

PUSSY WILLOW UPDATE Our tree here at Church went to seed very quickly this year but thanks to the cutting and shopping diligence of our willow seekers we were able to secure some pussy willows. Thank you so much!

VISITING SHUT-INS: Building my previous sermon regarding loving care for those in need, we have two people from our St. Mark Parish community in residential care at Montcare Potomac (10714 Potomac Tennis Ln, Potomac, MD 20854) - located just 5.5 miles away from St. Mark. If anyone is interested in going there to visit them, please see me and I can answer any questions and provide further details. Thanks very much! - Fr. Gregory