St. Mark Evangelizer

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

Volume 24 - Number 3

July/August/September 2024 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

The Right and the Righteous

We are much more likely to want to be right than to want to be good. However, the Gospels do not call us to be right, but to be righteous. The righteous are charitable, merciful, gracious, patient, kind and loving, all characteristics of our God. Jesus never suggested to His disciples that they be right. What he did demand is that they be righteous. In listening to His words, we find that we spend almost all our energy in the wrong direction, since we generally pursue being right with every ounce of our being, but leave being good to the weak and the naive. (Archimandrite Meletios Webber, BREAD & WATER, WINE & OIL, p. 40)

The Fly

the rectory - our refuge and shelter. Not ately to bring me back into reality. surprisingly, several flies had enter our home and did what they do best. Fly!

and save our space from the unwelcomed intruder. But alas, flies have inherent advantages over us. Despite their physically smaller brains, they have well honed survival instincts and a superior set of unbelievably quick reflexes and (of course) the

great equalizer. Windex!

whenever I grabbed the bottle, he was no or even other beings, to conform to my will. longer anywhere to be seen (or heard). As

to defend our home and triumph over the cannot always control things. enemy. I was ... a failure. In the process of

As we experience the heat of the Sum-realizing this, I fell into a dark anger. Why? mer months, we often notice a hightened Why Oh Lord am I being tormented by this sense of competition for the resources we creature and seemingly deprived of a blessall require. While considering the topic for ing to overcome it? As this rediculous scethis article, I recalled a recent experience at nario unfolded, my poor wife tried desper-

It's a fly. Get a grip! Don't worry about it. Despite her saying all the right things, the They, and in a particular instance, one rage pulsated within me. I selected the photo "flew" around us relentlessly and incessantly at the center of this article to illustrate just disturbing our tranquility and ability to sleep. how far this type of insanity might go. Was it Being the man of the house, I accepted my worth the aggravation? Of course not. But responsibility to try and eradicate the beast there I was in the midst of having allowed

> this minor provocation to become much greater than it should ever have been.

> So then, let us consider how we respond to provocation which is an inevitable reality in this fallen world. In my own case, the prayer of

ability to fly-very well. Through the years, St. Ephraim came to mind. Specifically the in previous encounters, I had discovered the line that asks that we be delivered from the "lust of power". I never thought that applied I learned that a well aimed blast of the to me since I have no desire to rule the world blue stuff has the ability to slow their re- or be a leader of nations. But, I could not flexes and simultaniously inhibit their flight avoid the realization that the lust of power speed making it a much more fair fight. In can be translated into the desire to have things time however, they must have improved their go the way I want them to. The desire thereability to comunicate for in this instance, fore at times is to try to force circumstances

Although I still question the need for flies soon as I would put it down and take off and mosquitoes to exist, I admit, that this my glasses, there he was again - in my face. dominutive insect, perhaps by God's provi-This provoked an intense sense of frus-dence, taught me a valuable lesson. I've tration in me as time wore on. I was unable made my peace with the fact that I don't and

Fr. Gregory



REMEMBERING...

Submitted by Matuskha Alexandra Safchuk

On June 6th I watched, with tears, footage from the 80-year memorial of D-Day filmed on the beaches of Normandy, France. I thought of my father, a WWII veteran who enlisted underage after his older brother was killed during the war in Italy. I thought about my father-in-law who landed on Omaha Beach in the second wave on June 7th. I was shocked to learn that 90% of those soldiers who landed on the Normandy beaches that



first day died. I watched interviews of a few of the remaining soldiers who were there on D-Day, all of them now more or less 100 years old, who wanted everyone to remember, because if we don't remember the danger of repeating the horrors that led to all those young men landing on those beaches is so much more likely to be repeated.

Still though, those horrors are repeated daily. Some we hear about on our news. Some we do not. Ethiopia, Armenia, Iran, Sudan and in so many parts of our world. How can that happen? Do we not remember?

When I was cleaning out my mother's desk, I found some well-worn papers that had on them prayers. I was astonished to learn that a prayer my mother said for her parents is the very same prayer that I say for her and my father. I thought about how prayers, with words often so familiar that we struggle to be attentive to them, reach back generations, and up, to the throne of Glory.

When we sing Memory Eternal, we are praying to be remembered by God, the One who says, "Before I formed you in the womb I knew you" (Jeremiah 1:5). Each unique identity. We want God to remember us



in His Kingdom; cherished by Him. To be in His memory. For, as it has been said, "when God remembers, man lives".

Our bodies exhibit memory when we physically recoil from a frightening thought. Our ears can remember even the pattern of the footfalls of a loved one. Our noses remember the sharpness of onions. We know the mouthfeel of a smooth, creamy cup of coffee. Our eyes can look upon a familiar place and we remember where we are. The value of memory is not lost on us, until memory itself is lost.

We all have both good and bad memories. Memories of trauma

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REMEMBERING...

Continued from Previous

and memories of joy. Sometimes we dwell on sad memories, rolling them over in our minds, giving them the power to continue to affect us, haunt us, hurt us. We can also linger on good memories, that lift up our hearts, buoy our spirits, bring us delight.

Let's remember the One who gave us life, the ones He entrusted to care for us, and those who died to protect us so that we might have the freedom to pray and to remember. Memory Eternal!

To love is to remember. (Fr. Alexander Schmemann)

With love in the Lord, Mka. Alexandra Safchuk



MICHAEL LUNGOCIU AND TOM JENKINS IOCC TRIP TO WESTERN KENTUCKY APRIL 14 – 20, 2024

by Michael Lungociu & Tom Jenkins

IOCC stands for International Orthodox Christian Charities. It operates in some 18 countries, including Africa, Europe, the Middle East and the Americas. Here in the United States, the IOCC Programs focus on helping our own neighbors in need by mobilizing volunteer teams providing disaster preparedness, response and long-term recovery.



Here in the United States, there are three action teams: The Orthodox Frontline, Emergency Action Teams, and Home Build Teams. First, the Emergency Action Teams offer disaster victims emotional, psychological support, as well as helping them navigate government and local relief agencies. The Emergency Action Teams support response in the early days immediately following a disaster event. IOCC started Home Build Teams after Hurricane Katrina in 2005. These teams may be involved in the initial cleanup, muckout, and preparation for rebuild and repair through the entire process of making the homeowners whole again. The Orthodox Frontliners are highly trained, credentialed, and experienced Orthodox Clergy and laity. The IOCC Frontliners are part of Emergency Action and Home Building Teams and are trained to care for others. Each Frontliner receives specific training with IOCC in disaster chaplaincy and response. The Frontliner is a key part of each team providing spiritual and emotional care for the victims as well

as the action team members.

Friday, December 10, 2021, at around 10 pm, a violent, long tracked EF4 tornado moved across Western Kentucky. It was the deadliest and longest-tracked tornado that lasted just over three hours and became commonly referred to as the Mayfield tornado. The Mayfield tornado traveled over 160 miles, killing

80 people and destroying 15,000 structures. Two years after the disaster, IOCC continues to be involved in long-term recovery work in Western Kentucky. It is important to note that most on the early response organizations hit the ground immediately after the disaster and provide near-term care and relief for disaster victims; this type of assistance usually lasts through the first one or two years. The objective of IOCC long-term recovery is to fill that gap between immediate response and making the victim whole again.



NOAA National Weather Service Dec 12, 2021

MICHAEL LUNGOCIU AND TOM JENKINS IOCC TRIP TO WESTERN KENTUCKY APRIL 14 – 20, 2024

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Tom and I travelled to Western Kentucky the during Great Lent the week of April 14th as part of a Home Building Action Team. In our humility, we were able to work on just two homes during that week. The boots on the ground are important but there are always behind-the-scene logistical heroes. In our case it was Krista at IOCC. Tom and I agreed to drive out to Kentucky and Krista rented us a car here in Annapolis for the week saving IOCC the cost of two flights and paid for it with an 11 and a half hour drive through some beautiful countryside. Krista also organized housing for the team and provided a budget for food. We had three other members, the IOCC Team Leaders





While in Kentucky, we were housed at First Presbyterian Church of Calvert City, one of the churches participating with the Presbyterian Disaster Assistance, part of the long-term recovery effort. There were two other volunteers on our team: John and Connie from South Carolina. The 4 of us lived, ate, and worked together that week. This trip was during Great Lent, and we had anticipated holding to a reasonable fast. The Fast did not last, and by Tuesday we all arrived at conclusion we needed protein to replenish our bodies after working on drywall and fiberglass installation all day for three days. We asked for forgiveness and ate well. Help-

ing in the efforts to eat well were our hosts Terry and Beckey (true Church Ladies of Southern Hospitality) who would clandestinely leave us food of all sorts. Several women got together and prepared a buffet on Wednesday evening of fried chicken, catfish, corn bread other sides and about six different deserts and we had a lovely meal with our hosts and team leaders from IOCC.

On-site we had everything needed to work productively. IOCC equipes the Action Team with a van load of tools and supplies.



Everything is in good and safe working condition and team

leaders make sure volunteers are trained and comfortable with using the tools. We had two support vans, Michael & Gabriel on site with us during the week. The last two days we worked on a couple's house completing the lower-level living space. Insurance replaced the house but did not provide enough cov-

MICHAEL LUNGOCIU AND TOM JENKINS IOCC TRIP TO WESTERN KENTUCKY APRIL 14 – 20, 2024

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erage to complete the living space. This couple worked right alongside the volunteers and shared stories of the disaster and the recovery over the last two years. Describing their ordeal that night, they had just under 10 minutes of warning and the duration of it at their home lasted 1 minute. The lady of the house said she had just finished putting up all the Christmas decorations the tree and lights and all. And it was all gone. Her checkbook was returned by a gentleman from 130 miles away. The man of the house said, if you are ever in a situation like that, the first thing you do is put on your shoes, even before your pants. With glass and debris everywhere, you need shoes.



They were able to make us laugh and cry with some of the unbelievable ab-



surdity of their situation. The thankfulness that comes from these disaster victims is really something that makes it worth it. When coupled with the absolutely beautiful people you meet when on an IOCC trip its more than worth it.

Supporting IOCC as a volunteer is an incredible experience. The service for our fellow man is a cause worthy of a blessing. Supporting IOCC with a donation allows the organization to continue to provide service here in the United States and abroad. Learn how to support the IOCC at https://iocc.org/ways-to-give

More on the Mayfield Tornado:

- https://www.weather.gov/pah/December-10th-11th-2021-Tornado
- https://en.wikipedia.org/wiki/2021_Western_Kentucky tornado

IOCC United States Programs:

- https://iocc.org/where-we-work/united-states
- https://iocc.org/take-action



First Presbyterian Church of Calvert City:

https://fpccalvert.wordpress.com





April 5, 2024

St. Mark Orthodox Church V. Rev. Gregory Safchuk 7124 River Road Bethesda, MD 20817

Dear Fr. Gregory and St. Mark's Parishioners,

The Shady Grove Pregnancy Center wants to thank you for your generous donation of diapers, infant and toddler clothes, adorable dresses, hand knit hats, sweaters, blankets and formula during the 4th Annual National Orthodox Baby Shower. Thank you for standing with us in support of women struggling with a pregnancy decision. This helps us to provide all of our services at no charge to the women we serve.

Services we provide in addition to Pregnancy Testing and Sonograms are a Parenting Class Program for first time moms and dads to be and Material Assistance until their child is 2 years old where they can receive diapers, formula and clothing.

Thank you for partnering with us as God enables us to minister to the women who need our services and we are so grateful for your invaluable support for our ministry.

Warm regards,

Kathleen Garcia

Executive Director

No goods or services were provided for this donation. We do not share our mailing list with others. The Shady Grove Pregnancy Center has 501 (c) (3) status. All contributions are tax deductible.

CONGRATS GRADS!

High School Graduates



<u>Nicola Ilario</u> graduated from Bethesda Chevy Chase High School. He will be attending University of Pennsylvania, majoring in Economics and History.



Chloe Emerson Little attended Linganore High School in Urbana, MD and was on the "A" honor roll all 4 years. She was a member of the National Honor Society for both her Junior and Senior years, as well as the President of the National English Honor Society. She started a chapter of "Morgan's Message", a student athlete mental health association, at Linganore and was in charge of the program during her senior year. She also participated in a student leadership group called "No Place For Hate" during her senior year. Chloe will be attending the University of Maryland College Park in the fall where she will major in Psychology. She will also be participating in the University of Maryland's FIRE program which provides first year UMD students with an inclusive faculty mentored research experience that drives accelerated career readiness and opportunity.



<u>Tyler Kage Vanags</u> graduated in the class of 2024 from The Avalon School. He will be attending Penn State-Greater Allegheny. He will be majoring in Criminal Justice with a focus in Forensic Science and playing baseball.

CONGRATS GRADS!

College (and Beyond!) Graduates



Theodore Frederic Helms Guba grandson of Howard and Dorothy Guba, graduated from the U.S. Coast Guard Academy with a Bachelor of Science degree in Naval Architecture and Marine Engineering. He has been comissioned as an Ensign in the U.S. Coast Guard.



<u>Kyla Prentice</u> graduated from George Mason University in December 2023 with a degree in Anthropology. She has been working as a substitute teacher in Fairfax County Public Schools. She plans to teach abroad and get a Master's Degree in linguistics.



<u>Lizzie Sedor</u> will be attending the University of Mary Washington in Fredericksburg, VA, as an Alvey Scholar studying Historic Preservation and Classical Archeology.



Nina Uritskaya graduated on June 14th from UCLA (University of California, Los Angeles), MBA program.

ST. MARK LADIES WHO LUNCH!

Submitted By Mary Mytryshyn

Once upon a time, before Covid, a small group of retired ladies from St. Mark met for lunch a few times, just for fun and to get to know one another better. The original group thought that this was indeed great fun and soon the invitation went out making the group grow and grow and grow until now as many as 20+ lovely ladies are meeting

once a month to enjoy each other's company at restaurants around the area. One month a volunteer makes the reservation at a fun restaurant in Maryland and the next month another kind lady will make arrangements for lunch in Virginia. The ladies search for a restaurant that can seat us all at the same table or two (or private room) and with a guarantee of separate checks. We have had fun trying cuisines from a variety of countries including Afghan and Indian as well as the more familiar Italian, Greek, and American foods.

Special kudos to all the organizers and all the fine diners. The group welcomes everyone. So, if you are available to do lunch and are interested in joining us, please ask any "senior, retired or mature looking" lady about the lunch group when you go to Sunday coffee hour. We can happily get you on the mailing list.



L to R Paula Zabela, Millie Mytryshyn, Mary Mytryshyn, Marilyn Macht, Ginnie Albert, Tina Burpee



L to R Marcella Hydock, Paulina Massick, Mimi McCamant, Darlene Marti, Martha Vance, Lori Lansberg, Mka, Sasha Safchuk

ST. MARK LADIES WHO LUNCH!

Continued from Previous



L to R Karen Phinney, Marilyn Macht and Dottie Gumpert



L to R Larisa Looby, Mary and Anna Nemesh



L to R Darlene Marti, Mimi McCamant, Pat Ihnat, Lydia Kosar

CHURCH PICNIC

Photos By Victor Lutes











CHURCH PICNIC

Photos By Victor Lutes







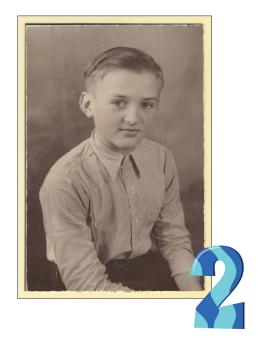




GUESS WHO?

Can you guess who these St. Mark parishioners are?







Answers on next page!

GUESS WHO? REVEALED!

- 1. PAULA ZABELA On the 4th day of October, '44 (19 not 1844) I was born to Joseph and Millie Przewlocki in a suburb of Pittsburgh; McKees Rocks, PA. Saint Mary's Ukrainian Church is where I was baptized and remained a parishioner until leaving Pittsburgh. I graduated Stowe High School in 1962 and on September 19, 1964 married "Zub" (Robert Zabela). Zub attended Rox High (ugh) where our schools had a huge rivalry (obviously the rivalry FOR US didn't last terribly long!). Zub died of pancreatic cancer in 1999, may His MEMORY BE ETERNAL. Our children, of whom I am Extremely Proud are son Brian and daughter Renee. Brian and Rose's children are Alexandra (you know her as Sasha) and Wyatt. Renee's son is Matthew. My Grandchildren are the LOVES OF MY LIFE, should you wish some detailed info on these Grands, and have a few hours to spare, I would be most happy to elaborate. As you probably have guessed all my "Gracefullness" comes from my many years of being a ballerina, tapper and gymnast (LOL). Yep, that darling in the Christmas Ballerina costume picture is me! (Hope you don't mind my attempt at humor)...I AM SO BLESSED to be a part of the St. Mark community and you all! Big Hugs Dear Friends Paula
- 2. <u>JOHN IHNAT</u> John Ihnat grew up in the Western Pa town of Avella, PA. His parents were Paul and Elisabeth Ihnat. Paul worked in the coal mines. John's parents were Byzantine Catholic. John has four sisters. His parents always had a big garden whose vegetables were canned by his Mother. John liked going to school and always had good grades. John liked music and playing games with other kids. He was good at playing marbles. John's life was marked by a broken ankle in the fifth grade that had to be repaired in tenth grade. John loved baseball and played for his school. After working for the local railroad and in a steel mill, John received a degree in Electrical Engineering from the University of Pittsburgh. John worked for the Navy until retirement in 2006. John and his wife Pat married in 1957 in Mingo Junction, Ohio.
- **3.** <u>Marsha Zellem</u> My Friends I am originally from Sewickley Valley, outside of Pittsburgh. My Father was a coal miner from the coal mines near to Summerset, PA. There, he was elevated to be a crane operator near to the town of Ambridge, PA. My Mother was a homemaker after the sudden death of my Father. I have one sister, Mary, and two brothers, Nick and Michael all who live in California.

After high school I was admitted to the Sewickley Valley School of Nursing for three years, as a student nurse. I graduated from nursing school, and from there I started a variety of health related careers. My education continued at Indiana University in Indiana, PA.

While at Indiana University I attended a lecture about the newly formed Peace Corps.I was captivated about the new adventure. I signed up and was sent to Kenya, East Africa as a "nursing tutor" and stayed in Kisumu, Kenya for three years. I still speak "rusty" KiSwahili, and have visited my village four times since my Peace Corps days.

After graduate school at the University of Pittsburgh, I came to the Washington area to start a new job as an officer with the Public Health Service.

At the recommendation of my parish priest in Ambridge, I was led to visit St. Mark. My first introduction to the parish activities, I visited the day of piroghi making! I loved St. Mark from that day on. During the 40 years at St. Mark, I got married to my husband Jerry Lutes, and became parents to Victor Nicolas Lutes and Alexander Lutes. The joy and love at St. Mark is overwhelming. Marsha

UPCOMING EVENTS

GROCERY CARDS Please consider donating grocery cards for the needy all, and especially, through-out Lent! Please see Father Gregory for questions or donations. Thank you!!

ST. MARK YOUTUBE CHANNEL: https://www.youtube.com/saintmarkorthodoxchurch

ST. MARK WOMEN'S BOOK GROUP The St. Mark Women's Book Group will not meet in July. The book selections for August and September are as follows:

The Good Earth by Pearl S. Buck on Thursday, August 1st, @ 7:15 p.m. via Zoom. *You Are Mine* by Sister Anastasia on Thursday, September 5th, @ 7:15 p.m. via Zoom.

Zoom links will be sent out the day before each meeting.

UPCOMING FEASTS:

Transfiguration - Divine Liturgy - Tuesday, August 6th - 10:00 am
Dormition of the Theotokos - Divine Liturgy - Thursday, August 15th - 10:00 am
Beheading of St. John the Baptist - Divine Liturgy - Thursday, August 29th - 10:00 am
Church New Year - Sunday, September 1st
Nativity of the Theotokos - Divine Liturgy - Sunday, September 8th - 9:30 am
Exaltation of the Cross - Divine Liturgy - Saturday, September 14th, 10:00 am

BLESSED MAT. OLGA OF ALASKA WOMEN'S PRAYER GROUP

We meet on the 1st Tuesday of the month @ 10:30 a.m. in the church nave. We no longer do a hybrid version for intercessory prayer.

We meet on the 3rd Tuesday of the month @10:30 a.m. to pray an Akathist virtually. A link for the Akathist is usually sent the day before.



Please join us if you can. To update the intercessory prayer list please contact Debbi Dillon at debbi.dillon@gmail.com We thank you for prayers on our behalf. Holy Mother Olga, Pray to God for us!

Intercessory Prayer Dates & Times:

- TUESDAY, JULY 2nd, 10:30 AM
- TUESDAY, AUG. 7th, 10:30 AM
- 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



Births

4/19/2024 - Chloe Evelyn Bryan





Weddings

5/26/24 - Eduardo Valentin-Morales and Margaret Hodson 6/2/24 - Natalia Hutnyan and Bill Edwards

May God Grant Them Many Years!

Jackson Tatusko Gene Jacobsen *Andrew Datch **E**mma Datch Scott Borger Michael Chow Erin Hottle Alexander Braun Larisa Looby Spencer Salas Joseph Sedor Lucas Needham

Ann-Marie Lacko

Michael Thompson Sara Wickard

Mat. Alexandra Safchuk 11

EI Pedersen

Jacqui Hatch

Charity Pearson

Vicky Jacobsen

Laura Jefferson

John M. Steger

Virginia Albert

Cliff Tarpy

Julia Flick

Drew Bumbak

David Holovac

Millie Mytryshyn

Mat. Kelly Oleynik

Douglas Fitzgerald

Benjamin Safchuk

Zhenya Bainbridge

JoAnna Balamaci

Happy Birthday!

August		August cont.	
Mark Phinney	24	George Freimann	2
Evgeniya Aseev		Matthew Jones	
Justin Barber		Fr. John Vitko	
Fr. Timothy Perry	25	Aurora Thompson	4
Nicholas Rotunda	26	Ann Bumbak	6
Wyatt Zabela	27	Andrew Espejo	
Nicholas Fitzgerald		Dorothy Guba	7
Elena Henning	28	Cathy Markovich	
Katrina Braun		Kelly Ann Malkin	8
Martha Dellermann		Martin Sieff	9
Constantine Ilario	29	Diane Kopcha	10
Daniela Mihailov		David Lungociu	
Robert Hottle	30	Michael Kissell	11
Igor Nakshin		Matthew Joseph Sedor	13
Philip William Masick		-	15
Christine Bryan			
Kathy Petro			18
Nicole Johnson			19
Erik Pedersen			20
Sharon Sielinski Carter			
Christina Nocera			22
Andrea Ticich			25
Vera Simonenko			26
Nick Ayers			
Demetrios Datch			28
Ekaterine Gureshidze			29
Samuel Oleynik			30
John Ihnat			
Radu Victor Balan		000000000	
Juliana Marie Rudin	6	** - * - * - * · * ·	
Nichole Hottle			
Katherine Johnson			
Matthew Karas	Ü	A A A A A	
Neal Kumar			
Marcella Hydock	000	000000	
Francisco LeFors			
Hannah Oleynik		2000	
Kimberly Lungociu		A. A.	
Andrew Sekellick			

September

Madeleine Hardy		
Margie Johnson		
Michael Olynik		
Stephen Koopersmith		
Sara Rose LeFors		
Luke Prentice		
Theodora Dean		
Jan Truitt		
Nika Nakshin		
Aiden Bryan		
Dn. Mark Oleynik		
Natalie Ticich		
Mat. Katherine Vitko		
Dr. Gerald Marti		
Anna Hardy		
John Steger		
Eilene Deng		
Barbara Freimann		
Christina Kalavritinos		
Clint Purdue		
Max William Kumar		
Ashley Hottle		
John Michael Niemi		
Mary Niemi		
Kathy Rudin		
John Sokich		
Fr. Nicholas Dellermann		
Peter O'Halloran		
Douglas Pierce		
Martha Vance		