

# 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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**MARCH 2<sup>nd</sup> , 2025**

**EPISTLE**

Rom. 13:11 – 14:4

**GOSPEL**

Matt. 6:14 – 21

**Tone 3**

**DIVINE LITURGY OF ST. JOHN CHRYSOSTOM**

**Sunday of Cheese fare.** The Expulsion of Adam from Paradise. Hieromartyr Theodotus, Bishop of Cyrenia (ca. 320). St. Arseny (Arsenius), Bishop of Tver' (1409). Virgin Martyr Euthalia of Sicily (257). Martyr Troadius of Neo-Cæsarea (3<sup>rd</sup> c.). Ven. Agathon of Egypt (5<sup>th</sup> c.). 400 Martyrs slain by the Lombards in Sicily (579).

Saturday	Mar	1	5:30p	Vespers – YouTube Live Stream
Sunday	Mar	2	9:00a	Christmation of Samuel Estrada
			9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy – Cheese fare – YouTube Live Stream <i>Forgiveness Vespers immediately following Liturgy Rite of Forgiveness</i>
			11:30a	Coffee Hour Fellowship
			11:30a	Church School
Monday	Mar	3		<i>Great Lent Begins</i>
Monday	Mar	3	7:00p	Canon of St. Andrew – YouTube Live Stream
Tuesday	Mar	4	10:30a	Bl. Mka. Olga Prayer Group – Intercessory Prayer
			7:00p	Canon of St. Andrew – YouTube Live Stream
Wednesday	Mar	5	6:30p	Presanctified Liturgy
			7:45p	Lenten Lecture
Thursday	Mar	6	7:00p	Canon of St. Andrew – YouTube Live Stream
Saturday	Mar	8	5:30p	Vespers – YouTube Live Stream

*Schedule continues on back page.*

Saturday	Mar	8	6:30p	Bible Study
Sunday	Mar	9	9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy – Sunday of Orthodoxy – YouTube
			11:30a	Coffee Hour Fellowship
			11:30a	Church School
			5:00p	Pan-Orthodox Sunday of Orthodoxy Vespers at St. Katherine - Falls Church, VA

The **Altar Candles** are offered by **Debbi Dillon** in celebration of **Doug's** birthday! May God grant him many years!

**Coffee Hour Fellowship**

Date	Hosts/Hostesses	
Mar 2	Petro	
Mar 9	Potluck	

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

Date	Director	Reader	Preparer	Greeter	Altar Servers
Mar 2	S. Hardy	R. Kundell	R. Jefferson	J. Stevens	S. Brhane H. Meyers E.J. Pedersen D. Roth E. Roth M. Sedor
Mar 9	W. Tatusko	P. Dean	M & D Mihailov	M. Macht	

Donation

**To make a donation electronically, please scan the QR Code:  
Please specify the purpose of your donation in the text box.**

*(Example: candles, general purpose, pledge, etc.)*

**Thank you!**



**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 Bumbak; Helen Damiani; Shirley & Paul Dean; Margaret Dove; Julia Flick; George Freimann; 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; David Rodak; Alexandra Sedor; Mka. Alexandra Safchuk; Peter Sielinski; Ann Steger; Cliff Tarpy; Marsha Zellem.**

Please pray for **Becky; Michael** Ouellette, brother-in-law of Ginny Albert. **Eileen, Rosemary and Robert**, friends of Tina Burpee. **Hannah**, friend of Theodora Dean. **Paul** Giovet-sis, **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; **Mka. Kelly** Oleynik; **Amanda** St.Cyr, sister-in-law of Susan Rodak; **Rosemarie**, sister-in-law of Nancy Stanton. Don Truitt's mother, **Janet**;

**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 Forgiveness Vespers and Rite of Forgiveness. Any children between the ages of 4-18 who are visiting St. Mark today are welcome to join the children for Church School!

#### **RITE OF FORGIVENESS**

Dear Brothers and Sisters in Christ,

Forgiveness Vespers will begin immediately after the Divine Liturgy today. At the conclusion of Vespers is the mutual request for forgiveness. Some in our parish community, for health or mobility reasons, prefer to bow to one another and not hug at the forgiveness rite. Please be conscious of those who may be taking a step back understanding that we are grateful that so many of us can participate in the rite, to whatever degree is possible.

Thank you very much!  
In Christ,  
Fr. Gregory

**VESPERS BIBLE STUDY** Saturday March 8, "How To Be Useful And Productive According To Saint Peter" This session will be particularly practical and applicable and the discussion following the presentation should be more interesting than the presentation especially for those of us who "Ain't Getting Any Younger". Access presentation portion (typically 3 slides a minute) of previous studies at [www.youtube.com/@dougdil-lon1956](http://www.youtube.com/@dougdil-lon1956) or by following this QR code:



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

- 3 Mat. Tamara Cowan
- 4 Samantha Sokich
- 6 Doug Dillon  
Ryan Jefferson
- 7 Eileen Holovac

**COFFEE HOUR UPDATE!** We're growing here at St. Mark, which is wonderful, but it's made coffee hour a little more challenging for our hosts. To lighten the load and encourage more parishioners to participate in this ministry, we will return to having coffee hour teams. We will have assigned team leaders who will be the main point-person for that week. Then, we have tasks that others can sign up for, like set-up and clean up, bringing donuts, bringing a portion of the food. Sign up every week for a month to do a task or do it once every few months. This gives everyone the flexibility to help as often as they can and offers new people an opportunity to participate without having to host by themselves. In March we will have sign-up sheets available near the kitchen for the April-June schedule. Please consider what way you can be part of the coffee hour team. Thank you!

*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.

**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.

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

**ST. MARK WOMEN'S BOOK GROUP UPDATE** The Women's Book Club will meet on **Thursday, March 13th @ 7:15 p.m.** via Zoom. We will be discussing *The Orthodox Way* by Metropolitan Kallistos Ware. A link will be sent out the day before.

**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 29 to July 5). 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. Registration opens on February 14th here: <https://www.sttikhon-scamp.org/>. For more information or questions about the camp, please reach out to Jake Toroney Email: [Toroney@hotmail.com](mailto:Toroney@hotmail.com) Phone: 610-223-3919. There are a limited number of need-based scholarships available from the Archdiocese, please see Fr. Gregory for more information on scholarships.

Additionally, St. Tikhon's Summer Camp is looking for volunteers. We are in need of kitchen staff, age group counselors, area counselors, and lifeguards. You must be 18 years or older and Orthodox Christian in good standing to apply. If interested, apply here: [https://accounts.doepa.org/counselor\\_application](https://accounts.doepa.org/counselor_application)

#### **LENTEN LECTURE SCHEDULE**

**March 5th** - Fr. Sean Levine - Topic: *Burnout*

**March 12th** - Kim and Michael Lungociu - Topic: *Visit to Romania*

**March 19th** - John & Betty Slanta - Topic: *The Shroud of Turin*

**March 26th** - Eugenia Ordynsky - Topic: *Orthodox Prison Ministry*

**April 2nd** - Fr. Nicholas Roth - Topic: *To be determined*

**April 9th** - Svetlana & Predrag Rogic - Topic: *Serbian Orthodox heritage and monasteries*

**FIRST WEEK OF LENT SERVICE SCHEDULE** Services will be live streamed on our YouTube channel: <https://www.youtube.com/saintmarkorthodoxchurch>

**Monday, March 3rd** - *Great Lent Begins*  
**7:00 pm** - Canon of St. Andrew

**Tuesday, March 4th** - **7:00 pm** - Canon of St. Andrew

**Wednesday, March 5th** - **6:30 pm** - Presanctified Liturgy  
**7:45 pm** - Lenten Lecture

**Thursday, March 6th** - **7:00 pm** - Canon of St. Andrew

**LENTEN LECTURE SOUP AND BREAD** The Lenten Lecture series continues this year, following the Wednesday Presanctified Liturgies. The St. Mark tradition of bringing a sack "lunch" continues as well, but we will have peanut butter, jelly and bread to make sandwiches, and at least one pot of hot soup. Anyone who might be able to make a Lenten soup or bring Lenten bread on one of the Wednesday evenings (March 19, March 26, April 2 and April 9 are all currently available) please let Matushka Sasha know either in person, on the phone (301-320-0739), by email ([asafchuk@hotmail.com](mailto:asafchuk@hotmail.com)) or carrier pigeon if you could bring soup for a specific date. We can do this the easy way, where others bring soup, or the hard way, where week after week Sasha's Cabbage Soup is the only choice, making it a true Lenten experience. If you would like to bring a soup, but don't have a Lenten recipe, never fear, we have a number of seasoned soup makers who would share a recipe. Thank you all.

**PUSSY WILLOWS** Please keep an eye out on the willow trees. In some places the catkins are getting ready to pop and need to be cut before they do. Anyone who brings willows (Thank You!) please put them in the back of the kitchen, behind the walk-in. There are already some there. Thank you! Mka. Sasha

**SUNDAY OF ORTHODOXY VESPERS** will take place on Sunday, March 9th, 5:00pm, at St. Katherine Greek Orthodox Church in Falls Church, VA. Dinner reception to follow!

**EVANGELIZER SUBMISSION DEADLINE** for the April/May/June issue is Sunday, March 23rd. Please gather your articles, updates, photos, etc. and submit to Sharon ([sscarter2018@gmail.com](mailto:sscarter2018@gmail.com).) Thank you!

**ST. MARK PARISH EMAIL LIST** "The Friends List" If you are new to our parish, or not new, and would like to be added to our parish email list please email [admin@stmarkoca.org](mailto:admin@stmarkoca.org) and we will add you!

**A NOTE OF CAUTION** In light of the recent scam emails that were sent in my name to some of our parishioners, I will not make personal appeals for donations or vague references to needing help via email. Our parish charitable efforts are funded from your donations to our budget and through our discretionary fund. Please be alert and aware of possible attempts to defraud in this way. In Christ, Fr. Gregory



**THANK YOU!** We offer a heartfelt “Thank You” to all those who participated in and helped with this year’s wonderful Chili Cook Off. It was a delicious and fun event! Special thanks to the Jacobsen and Prose families for planning, decorating, setting up and cleaning up the great decorations and to Matthew Sedor for calling the bingo games! We congratulate this year’s winners:

- 1st place Vicky Jacobsen
- 2nd place Daniella Mihailov
- 3rd place Michael McDonald



From Left to Right:  
 Daniela Mihailov  
 Vicky Jacobsen  
 Michael McDonald

*Happy March Birthdays!  
 May God Grant You Many Years!*

- |    |                   |    |                   |
|----|-------------------|----|-------------------|
| 3  | Mat. Tamara Cowan | 24 | Christos Williams |
| 4  | Samantha Sokich   | 25 | Michael Mihailov  |
| 6  | Doug Dillon       | 26 | Kellie Holovac    |
|    | Ryan Jefferson    | 29 | Susan Sielinski   |
| 7  | Eileen Holovac    | 30 | Meghan Fitzgerald |
| 10 | Debra Yakubik     | 31 | David Rodak       |
| 11 | Jerry Lutes       |    |                   |
|    | Kyra Smerkanich   |    |                   |
| 12 | Aaron Prose       |    |                   |
| 15 | David Hardy       |    |                   |
| 16 | Patricia Ihnat    |    |                   |
| 17 | Matthew Looby     |    |                   |
| 19 | Catherine Corbin  |    |                   |
| 20 | Vera Bumbak       |    |                   |
| 21 | Kieran Perdue     |    |                   |
| 22 | Caleb Bryan       |    |                   |
| 23 | Adam Needham      |    |                   |

