

Saint Mark Orthodox Church

**Orthodox Church in America
Archdiocese of Washington**

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Rector

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MARCH 9th, 2025

EPISTLE

Heb. 11:24 – 26, 32 – 12:2

GOSPEL

John 1:43 – 51

Tone 4

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

First Sunday of Lent. *Sunday of Orthodoxy. The Holy Forty Martyrs of Sebaste:* Cyrion (Quirio), Candidus, Domnus, Hesychius, Heraclus, Smaragdus, Eunocius (or Eunicus), Valens, Vivianus, Claudius, Prescus, Theodulus, Euthychius, John, Xantheas, Helianus, Sisinius, Angius, Aetius, Flavius, Acacius, Ecditius, Lysimachus, Alexander, Elias, Gorgonius, Theophilus, Dometian, Gaius, Leontius, Athanasius, Cyril, Sacerdon, Nicholas, Valerius, Philoctimon, Severian, Chudion, Aglaius, and Meliton (ca. 320). Martyr Urpasianus, of Nicomedia (ca. 295). St. Cæsarius, brother of St. Gregory the Theologian (ca. 369). Righteous Tarasius. The “Albazin” Icon of the Most-holy Theotokos (“The Word Was Made Flesh” – 1666).

| | | | | |
|-----------|-----|----|--------|--|
| Saturday | Mar | 8 | 5:30p | Vespers – YouTube Live Stream |
| | | | 6:30p | Bible Study |
| Sunday | Mar | 9 | 9:15a | Reading of the Third Hour |
| | | | 9:30a | Divine Liturgy – Sunday of Orthodoxy – YouTube Live Stream |
| | | | 11:30a | Coffee Hour Fellowship |
| | | | 11:30a | Church School |
| | | | 5:00p | Pan-Orthodox Sunday of Orthodoxy Vespers at St. Katherine - Falls Church, VA |
| Monday | Mar | 10 | 7:00p | Parish Council Meeting |
| Tuesday | Mar | 11 | 7:30p | Choir Rehearsal |
| Wednesday | Mar | 12 | 6:30p | Presanctified Liturgy – YouTube Live Stream |
| | | | 7:45p | Lenten Lecture – YouTube Live Stream |
| | | | | <i>Schedule continues on back page.</i> |

| | | | | |
|----------|-----|----|--------|--|
| Saturday | Mar | 15 | 5:30p | Vespers – YouTube Live Stream |
| | | | 6:30p | Bible Study |
| Sunday | Mar | 16 | 9:15a | Reading of the Third Hour |
| | | | 9:30a | Divine Liturgy – St. Gregory Palamas – YouTube Live Stream |
| | | | 11:30a | Coffee Hour Fellowship |
| | | | 11:30a | Church School |

The **Altar Candles** are offered by **Christina Kalavritinos** and **Joanna Williams** for **Demetria and baby.**

Coffee Hour Fellowship

| Date | Hosts/Hostesses |
|--------|-----------------|
| Mar 9 | Potluck |
| Mar 16 | Vance/Budish |

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

| Date | Director | Reader | Preparer | Greeter | Altar Servers |
|--------|------------|-----------|----------------|-----------|---|
| Mar 9 | W. Tatusko | P. Dean | M & D Mihailov | | S. Brhane H. Meyers E.J. Pedersen D. Roth E. Roth M. Sedor |
| Mar 16 | J. Sokich | D. Dillon | V. Lutes | M. Kopcha | |

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. **Pia** Shepherd, sister of Sarah Hardy. **Paul** Giovetsis, **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 Liturgy. Any children between the ages of 4-18 who are visiting St. Mark today are welcome to join the children for Church School!

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.) 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 and we will add you!

VESPERS BIBLE STUDY Saturday March 16, "Once You Are Convinced" immediately following Vespers around 6:15 PM. This, hopefully short, session will focus on James chapter 1. The discussion that follows might include reflections on when we really got serious about following the Lord and what got us to the point of being "CONVINCED". Access the presentation portion (typically 3 slides a minute and less than 30 minutes) of previous studies (including parts 1 and 2 of this "Level Up Series" from 2/8/2025 and 3/9/2025) at www.youtube.com/@dougdillon1956 or by following this QR code:



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

- 10 Debra Yakubik
- 11 Jerry Lutes
Kyra Smerkanich
- 12 Aaron Prose
- 15 David Hardy

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!

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

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 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

SAVE THE DATE! The 21st Annual St. Andrew Orthodox Church Golf Tournament will be held on the afternoon of Friday, June 13th at Geneva Farm Golf Course in Street, MD. Registration information will be posted in the coming weeks. We hope to see you there for this fun-filled fellowship event! Additional details along with registration information will be provided early to mid-March.

IN MEMORIUM - FR. THOMAS HOPKO On Saturday, March 22, 2025 there will be an event to remember and honor Fr. Thomas Hopko on the 10th anniversary of his falling asleep at Holy Transfiguration Monaster in Ellwood City, PA. The event starts with Divine Liturgy at 9:30 am followed by a memorial service. Memorial Luncheon at Noon and 1:30pm Reflections and Remarks by Serge Schmemmann and V. Rev. Alexander Garklavs. Then, Great Vespers with procession of the Holy Cross will take place at 3:30pm. The services, reflections and remarks will be live streamed on the monastery's YouTube Channel here: <https://www.youtube.com/@EllwoodCityChapel>

Fr. Thomas was one of the most articulate and influential contemporary thinkers and teachers having impacted the lives of many seminary students and listeners to his podcasts on Ancient Faith Radio. He was a frequent visitor here at St. Mark serving, preaching and lecturing many times. I am personally grateful to him as a teacher and mentor. - Fr. Gregory

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

LENTEN LECTURE SCHEDULE

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*

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 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) 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.

ADC - LITURGY OF THE PRESANCTIFIED GIFTS Join His Beatitude Metropolitan Tikhon, the Holy Synod of Bishops of the Orthodox Church in America, and the clergy and faithful of the Archdiocese of Washington for the celebration of the Liturgy of the Presanctified Gifts at St. Nicholas Cathedral. Liturgical responses will be sung by the Archdiocesan Choir. Wednesday, March 19th, at 6pm. For more information: www.wdcoca.org