

# Saint Mark Orthodox Church

**Orthodox Church in America  
Archdiocese of Washington**

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

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**Parish Council President:**

Thomas Jenkins  
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**FEBRUARY 22<sup>nd</sup>, 2026**

**EPISTLE**

Rom. 13:11 – 14:4

**GOSPEL**

Matt. 6:14 – 21

**Tone 4**

**DIVINE LITURGY OF ST. JOHN CHRYSOSTOM**

The Expulsion of Adam from Paradise. Forgiveness Sunday. Uncovering of the Relics of the Holy Martyrs at the Gate Eugenius at Constantinople (395 – 423). Martyrs Maurice and his son, Photinus, and Martyrs Theodore, Philip, and 70 soldiers, at Apamea in Syria (ca. 305). Ven. Thalassius, Limnæus and Baradates, Hermits, of Syria (5<sup>th</sup> c.). St. Athanasius the Confessor, of Constantinople (821).

Saturday	Feb	21	5:30p	Vespers – YouTube Live Stream
			6:15p	Bible Study
			6:30p	Young Adult Maslenitsa Party
Sunday	Feb	22	9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy – Forgiveness Sunday (Cheesefare) – YouTube Live Stream <i>Forgiveness Vespers immediately following Liturgy</i>
			11:30a	Coffee Hour Fellowship
			11:30a	Church School
Monday	Feb	23		Great Lent Begins
			7:00p	Canon of St. Andrew
Tuesday	Feb	24	7:00p	Canon of St. Andrew
Wednesday	Feb	25	6:30p	Presanctified Liturgy
			7:45p	Lenten Lecture
Thursday	Feb	26	7:00p	Canon of St. Andrew
				<i>Schedule continues on back page.</i>

Saturday	Feb	28	4:30p	Memorial Service for George Freimann
			5:30p	Vespers – YouTube Live Stream
			6:15p	Bible Study
Sunday	Mar	1	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

**Coffee Hour Fellowship**

Date	Hosts/Hostesses	
Feb. 22	Dillon	
Mar 1		

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

Date	Director	Reader	Preparer	Greeter	Altar Servers
Feb. 22	S. Hardy	Rdr. V. Lutes	Rdr. V. Lutes	J. Stevens	S. Brhane H. Meyers E.J. Pedersen D. Roth E. Roth M. Sedor
Mar 1	S. Hardy			M. Valentin	

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Please specify the purpose of your donation in the text box.  
(Example: candles, general purpose, pledge, etc.)**

**Thank you!**

Donation



**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: Christina & Michael Berencz; Vera Bumbak; Helen Damiani; Shirley & Paul Dean; Margaret Dove; Julia Flick; Philip Hydock; John & Patricia Ihnat; Linda Jackson; Stacy Jacobsen; Cindy & David Jefferson; Steve Kreta; 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 **Doreen** Dyer, friend of Jack and Ginny Albert. **Becky; Eileen, Rosemary and Robert**, friends of Tina Burpee. **Hannah**, friend of Theodora Dean. **Shannon and Matt**, daughter and son-in-law of John Hendrickson. **Pia** Shepherd, sister of Sarah Hardy. **Paul** Giovetsis, **Denise** (Dionysia), Godsisiter of Christina Kalavritinos, and also family friends **Constantine and Thomas; Olga**, friend of Helen Kerch; **Mary** Everhart, mother of Ted Koopersmith; **Alexandra**, Granddaughter of Larisa Looby; **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; **Marjorie** Sielinski; **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!

#### **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

**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!

**VESPERS BIBLE STUDY** will meet not meet again until March. A typical bible study includes a presentation of around 20 minutes, followed by an engaging discussion, but this week will be mostly discussion with some prepared materials mixed in.

Earlier presentations (including last week's) are up on my youtube channel at: <https://www.youtube.com/@doug Dillon1956> QR Code:



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

22 Nancy Stanton  
24 Caleb German  
Michael McCunney  
25 John Bilyeu  
Stacy Nimmer  
27 Isaiah Rodak  
28 Marjorie Sielinski

**MONASTERIES** I am aware that a number of inquiries have made about the status of St. Nina and Holy Spirit Monasteries in Union Bridge, MD. These monasteries are no longer canonical Orthodox monasteries. His Beatitude Metropolitan Tikhon has issued a letter regarding their status. Please see me if you would like more information. Thank you!  
- Fr. Gregory

**BELL RINGING MINISTRY** Anyone who is interested, or who previously expressed interest, in learning to ring the bells, here at St. Mark, is asked to please contact Tom Jenkins. Unfortunately, the original list of interested participants is missing, so even if you have already spoken with us, we kindly ask that you reach out again. Formal training will begin soon, and a regular rotation will be established. Please see Tom Jenkins for more information.

**CGS LENTEN RETREAT** Holy Apostles Greek Orthodox Church is hosting a Lenten Retreat at Camp Plankatank in Hartfield, VA, March 6th - 8th. The cost is \$100 per camper. For more information and to register: <https://bit.ly/4qRZ94q>.

*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** will meet the first Thursday of each month at 7:15 p.m. via Zoom. Watch this space for possible date changes. The next books for discussion are:  
Mar 5 - "Hunger for Righteousness" by Phoebe Farag Mikhail. The author will be joining us on Zoom for the discussion.  
April 2 - "A Year in the Company of Angels: A Pilgrim on Spruce Island" by Anthony Linderman  
May 7 - "Paul: A Biography" by N. T. Wright  
June 4 - "Persuasion" by Jane Austen

**30TH ANNUAL NICHOLAS TSAKALOS MEMORIAL RETREAT - SATURDAY, MARCH 14.** Join us for a day of worship, reflection, and fellowship at the 30th Annual Nicholas Tsakalos Memorial Retreat, themed “Christianity in Action: The Teachings of Jesus Illuminated Through the Life of Archbishop Anastasios Yannoulatos of Albania.” The retreat will be led by Fr. Luke Veronis, Protopresbyter of Saints Constantine and Helen Greek Orthodox Church (Webster, MA).

The day begins with Divine Liturgy at 8:00 a.m., followed by breakfast and registration from 9:30–10:00 a.m., with the retreat starting at 10:15 a.m. Lunch is included. The retreat will be held at the Greek Orthodox Cathedral of the Annunciation, Baltimore.

Registration is \$30 if registered by March 4 (\$35 after). Free parking available. More information and registration at [www.goannun.org](http://www.goannun.org) (click “2026 Retreat”).

A special youth gathering with Fr. Luke will take place Friday, March 13, 7:30–9:00 p.m., with a light Lenten meal.

#### **OPPORTUNITIES FOR MINISTRY IN OUR PARISH**

- Library care and management
- Prosfhora baking
- Hydration of fresh decorative flowers in church
- Upkeep and maintenance of facility and grounds
- Parish hall setup for events
- Assistance with church school
- Coffee hour service
- Bell ringing
- Snow shoveling

Check the bulletin for updates. Your help is greatly appreciated! Please see Fr. Gregory with questions.

**SUNDAY OF ORTHODOXY VESPERS** will take place on Sunday, March 1st at 5:00 PM at Ss. Peter & Paul Antiochian Orthodox Church (Potomac, MD). We are honored to welcome Rev. Dr. Patrick Viscuso as our guest speaker. Fr. Patrick is a noted professor of canon law, Orthodox canonist, and accomplished scholar who has authored numerous articles and books in the fields of canon law, patristics, and church history. A light reception will follow the service. Everyone is welcome!

**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 for those who are visiting, those who forget their dinner, those who are moved at the last minute to attend the Presanctified, and those who are just plain hungry, 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 soup on one of the Wednesday evenings (**February 25th, March 4th, March 11th, March 18th** and **April 1st** 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. All Lenten soups and bread are gratefully accepted. If you would like to bring a soup, but don’t have a Lenten recipe, never fear, we have seasoned (see what I did there?) soup makers who would share a recipe. Thank you all.

#### **LENTEN LECTURE SCHEDULE**

**February 25th** - Thomas Jenkins - Topic: *IOCC*

**March 4th** - Jill Stevens - Topic: *Rich and Fertile was the Earth Allotted to US: A Grant Application Update*

**March 11th** - Fr. David Bozeman - Topic: *Spiritual Pride*

**March 18th** - Fr. Nicholas Dujmovic - Topic: *Mt. Athos, A Personal Journey*

**March 25th** - *No Presanctified or Lenten Lecture; Divine Liturgy for Annunciation at 10:00 am*

**April 1st** - Andrew Boyd - Topic: *First Three Days of Holy Week*

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

**Monday, February 23rd** - *Great Lent Begins*

**7:00 pm** - Canon of St. Andrew

**Tuesday, February 24th** - **7:00 pm** - Canon of St. Andrew

**Wednesday, February 25th** - **6:30 pm** - Presanctified Liturgy

**7:45 pm** - Lenten Lecture

**Thursday, February 26th** - **7:00 pm** - Canon of St. Andrew

**40th DAY MEMORIAL FOR GEORGE FREIMANN** will take place on Saturday, February 28th at 4:30 pm. George was a longtime and faithful member of our parish community. George was dearly loved by many, and his presence, kindness, and devotion to our church family will be remembered fondly.

The service will be live streamed on our YouTube channel so that his wife, Barbara, and many others who are unable to attend in person may participate. It would be a beautiful witness of our love and support to have a strong gathering of people present as we come together to pray for George and his family and to comfort one another in remembrance.

**CHILI COOK OFF** Thank you to all who made the chili cook off the success it was. From those who made chili, brought desserts, donated bingo prizes, called bingo, helped clean up to those who came and supported the fundraising efforts, we can't say thank you enough. Your generosity is hugely appreciated. This one-day event raised \$7,004.48 toward our HVAC fund.

**ANOTHER THANK YOU!** Congratulations to this year's winners of our parish chili cook off. They are: John Thomas Sedor, First Place, Wayne Tutusko, Second Place, and Vicki Jacobsen, Third Place. Also, many thanks to the Jacobsen and Prose families for organizing and decorating for the event, to Matthew Sedor for calling the bingo games (with help from Francis Brooks and James Ficht), and to all others who helped set up and clean up. Thank you to all of you who entered your delicious recipes, stayed, participated and donated to our HVAC project!

In Christ, Fr. Gregory

