

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: Thomas Jenkins Home: 410-200-0165 taj@toucan411.com
JULY 19 th , 2026				
EPISTLE Rom. 15:1 – 7 Heb. 13:7 – 16		GOSPEL Matt. 9:27 – 35 John 17:1 – 13		Tone 6
DIVINE LITURGY OF ST. JOHN CHRYSOSTOM				
7 th SUNDAY AFTER PENTECOST – COMMEMORATION OF THE HOLY FATHER OF THE FIRST SIX ŒCUMENICAL COUNCILS. Uncovering of the Relics of Ven. Seraphim of Sarov (1903). Ven. Macrina, sister of St. Basil the Great (380). Ven. Dius, Abbot, of Antioch (ca. 430). Rt. Blv. Román, Prince of Riazan’ (1270). Ven. Paísii of the Kiev Caves (Far Caves – 14 th c.). Bl. Stephen (1427), King of Serbia, and his mother, St. Militsa (1405).				
Saturday	July	18	5:30p	Vespers
			6:15p	Bible Study
Sunday	July	19	9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy –YouTube Live Stream
			11:30a	Coffee Hour Fellowship
Tuesday	July	21	10:30a	St. Olga of Alaska Prayer Group - Akathist
Saturday	July	25	4:30p	Memorial Service for Tim Masick, Antonia Constantine, Marge German, John Petro, Metro Krenitsky.
			5:30p	Vespers
			6:15p	Bible Study
Sunday	July	26	9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy –YouTube Live Stream
			11:30a	Coffee Hour Fellowship
Saturday	Aug	1		Dormition Fast Begins
				Schedule continues on back page.

Saturday	Aug	1	5:30p	Vespers																							
Sunday	Aug	2	9:15a	Reading of the Third Hour																							
			9:30a	Divine Liturgy –YouTube Live Stream																							
			11:30a	Coffee Hour Fellowship																							
Tuesday	Aug	4	10:30a	St. Olga of Alaska Prayer Group – Intercessory Prayer																							
Thursday	Aug	6	10:00a	Divine Liturgy – Transfiguration – YouTube Live Stream																							
The Altar Candles are offered by Bella in celebration of Dani’s 8th Birthday! May God grant her many years! The Sanctuary Candles are offered by Christina Kalavritinos for the health of The Williams Children and their parents.																											
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Donation To make a donation electronically, please scan the QR Code: Please specify the purpose of your donation in the text box. <i>(Example: candles, general purpose, pledge, etc.)</i> 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: **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** Zelle.

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. **Paul** Giovetsis, **Denise** (Dionysia), Godsis-ter of Christina Kalavritinos, and also family friends **Constantine** and **Thomas; Olga**, friend of Helen Kerch; **Mary** Everhart, mother of Ted Koopersmith; **Alexandra**, Grandaughter of Larisa Looby; **Sandra** Little, Dawn Little’s mother-in-law. Marilyn Macht’s friend **Car-men**; 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.

*****NEW ITEMS IN GIFT SHOP*** COME AND CHECK US OUT!** We have censors, incense, charcoal, head-scarfs, children’s books, St. Mark coffee mugs, Koliva stencils, auto accessories, and handmade icons (which benefit the HVAC fund). We also have the following new books: “The History of the Miraculous Icons of the Theotokos”, “Prayer Rope” book from St. Nektarios Monastery and many 33 knot prayer ropes. Let us know if there is anything specific you want us to order for you especially if you have a Chrismation or Baptism coming up. We are here to be a blessing to our parish community. Anelia and Carol Mary (Gift Shop Coordinators)

CATECHESIS Guided instruction in the Orthodox Faith is available. Those interested are encouraged to contact me with questions in person or via email at gsafchuk@hotmail.com Thank you! Fr. Gregory.

UNNEEDED GARDENING TOOLS? If you have gardening tools in good condition that you no longer need, please consider donating them to St. Mark. As the Environmental Stewards of St. Mark get underway, we anticipate needing supplemental tools. Most helpful would be: pruning shears and loppers of various sizes, shovels, rakes, trowels, tarps, gloves. Please see Jill Stevens to discuss donating. Thank you!

COURTYARD CONSTRUCTION WORK We are starting to see a transformation of our courtyard that will make the space more enjoyable for the St. Mark community and our vis-itors. Starting last week, our courtyard has become a temporary construction zone and will be off limits until completion of the work in roughly two weeks. Sometime in early July, new, level permeable pavers will allow for better drainage and stormwater management in the courtyard area while enhancing its beauty and maintainability for many years to come. In addition, we will have a new permeable paver landing for our front stairs, which will replace the cracked concrete and help with stormwater runoff. These two areas, the courtyard and the front stairs area, will be cordoned off for a short period of time. Please pray for a good outcome and for the crew who will do the work for us. For your safety, please stay clear of these areas until the work is completed. Thank you!

VESPERS BIBLE STUDY Bible Study will meet on Saturday, July 25th, in the teen room following Vespers! Earlier presentations are up on youtube channel at: <https://www.youtube.com/@dougdillon1956>

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

20 Vicky Jacobsen
Mka. Kelly Oleynik
21 Laura Jefferson
24 Douglas Fitzgerald
John M. Steger
25 Virginia Albert

VACATION BIBLE CAMP: THE ARMOR OF GOD Ss. Peter & Paul invites sister parishes to its Vacation Bible Camp for middle and highschoolers, Mon. Aug 17 – Fri. Aug 21, 9:30 AM–4:30 PM. Activities include Bible study, iconography, holy bread baking, and lessons on faith and outreach. Cost is \$50 per child (\$25 per additional sibling); parent volunteers are needed for shifts. Questions? Contact Michelle at michellegboyle@yahoo.com or (703) 937-7319. For more information see the flier on the candle counter!

ST MARK TSHIRTS ARE HERE! GET’EM WHILE IT’S HOT! Show your support for St. Mark by purchasing a T-Shirt! Black and White are standard cut. Burgandy and Gold are women’s cut. Standard sizes available, special order sizes available by request! All shirts are \$30 and proceeds go to the St. Mark HVAC Fund! Cash, Check, Credit Card, Paypal payment methods accepted! See Michael Lungociu during coffee hour.

FROZEN BAKED GOODS there are still a few frozen walnut rolls (\$25) available for sale. Proceeds go to the HVAC fund. See Tina Burpee during coffee hour if you are interested.

HOUSEHOLD ITEMS NEEDED Alex Vig, recently chrismated at Holy Resurrection, is in flight school in Gaithersburg. He and a fellow student are moving from their dorm into an apartment next week and could use some help furnishing it. If you’re downsizing or have any of the following items to give away, they would be greatly appreciated:

Twin bed (frame is fine); Queen-size bed (frame is fine); Desks; Chest of drawers; Small couch and chair; Cookware and kitchen items; Lamps.

Please contact Carol Mary if you have items to donate! cjashley2@protonmail.com

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: New in June! 1st or 3rd Saturday in June at the Orchard Cafe in Odenton, MD. 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:

Aug 6 - “The Murder of Roger Ackroyd” by Agatha Christie

Sep 3 - “The Count of Monte Cristo” by Alexandre Dumas
Parts 1 and 2

Oct 1 - “The Count of Monte Cristo” by Alexandre Dumas
Parts 3 and 4

HVAC FUNDRAISING Perhaps you’ve seen the fundraising posters around our church building. As per our most recent parish meeting, we are about to embark on the replacement of the entire HVAC system at a total cost of approximately \$700,000. Funds have been set aside for this purpose for several years.

Presently, just over \$300,000 in reserves is available to dedicate to this project, some of which is the result of recent fundraisers and special gifts. We are applying for a second trust loan in the maximum amount of \$500,000, in case costs go over budget, which often happens with large projects such as this. The terms of the loan are not yet known, but the interest rate is likely to be more than 7% per annum. Our current loan is at 4.5% per annum, has a balance of \$486,218, and our monthly payment is \$3,523. Borrowing close to \$400,000 could double our monthly payments, due to the higher interest rate.

We realize that many may not be in a position to make a large donation. Our Lord regarded the donation of two mites from the poor widow as greater than all other gifts (Mark 12:42) because she gave all that she had, but some among us are blessed with a greater abundance of resources. This is a time to prayerfully consider a gift to reduce the strain on our parish finances.

HVAC FUNDRAISING - DONATING STOCK The stock market is now at an all-time high. You may own stocks that have increased significantly in value. For those in a position to do so, a very tax efficient way to donate to the HVAC project is to transfer appreciated stock into St. Mark’s Schwab account. Several parish members have used this method recently.

For example, a person may be willing to make a gift of \$10,000. Rather than giving cash, that person could transfer stock purchased for \$4,000 that is now worth \$10,000. The generous donor would receive a tax deduction of \$10,000, and will not recognize capital gains tax on the \$6,000 increase. The donor can then purchase the same shares for the \$10,000 in cash the donor was otherwise willing to donate. This eliminates \$6,000 of capital gains tax, provides a donation to St. Mark of \$10,000, and increases the tax basis in the shares to \$10,000, reducing taxes on a future sale.

Please see our Treasurer, Michael Chow, or Wayne Tatusko, for information on how to donate stock.

EVANGLIZER The latest edition of the Evangelizer is ready! Pick up your copy on the table in the hall outside of the nave!

OPPORTUNITIES FOR MINISTRY IN OUR PARISH

- Library care and management
- Prosphora baking
- Hydration of fresh decorative flowers in church
- Upkeep and maintenance of facility and grounds
- Parish hall setup for events
- Assistance with live streaming
- Coffee hour service
- Bell ringing
- Altar and Handmaid service
- Parish Council
- Choir
- Liturgical vestments repair (sewing buttons, etc.)

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

ROMANIA PILGRIMAGE 2026 “Spiritual Treasures of Orthodox Romania” When: September 30 – October 13, 2026. Led by Fr. Robert Miclean (leading Romania pilgrimages since 2011) Join Holy Archangels Orthodox Church on a two-week pilgrimage through Romania, venerating relics and wonder-working icons while visiting the country’s holiest monasteries and churches.

Highlights include: ProVita orphanage in Valea Plopului; Crasna Monastery, Sinaia & Peleş Castle; The painted monasteries of Bucovina (Voroneţ, Moldoviţa, Suceviţa) and Putna Monastery; Monasteries in Moldova: Bistriţa, Pângăraţi, Petru Voda, Sihăstria, Agapia, Văratec Bucharest’s Old & New Patriarchal Cathedrals (the latter newly consecrated as the tallest Orthodox church in the world), plus St. George the New, St. Spiridon, and Antim Monastery

This pilgrimage is open to all Orthodox Christians and interested catechumens — a chance to deepen your faith, experience Orthodox Romanian culture, and support the children of ProVita. Contact: 262-844-2369 | OrthodoxChesapeake.org

REGISTRATION IS OPEN FOR ST. MARY’S VACATION CHURCH SCHOOL!
Join us July 27–31 from 8:30 AM–12:30 PM for “Becoming Blessed: Living the Beatitudes,” a joyful and hands-on Orthodox Christian summer experience for children ages 4–12! Each day will include prayer, Orthodox crafts, outdoor activities, songs, snacks, and opportunities to grow in mercy, peacemaking, humility, and love for God. To Register: <https://onrealm.org/stmaryorthodox/PublicRegistrations/Event?linkString=M2Q1NWE4MzItYWwMi00ZGE2LWE4ZWwYjQ0YjAwZGZjNzJi>