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 26th, 2026

EPISTLE 1 Cor. 1:10 – 18 Phil. 3:7 – 14	**GOSPEL** Matt. 14:14 – 22 Mark 10:29 – 31, 42 – 45	**Tone 7**

DIVINE LITURGY OF ST. JOHN CHRYSOSTOM

8th SUNDAY AFTER PENTECOST – THE REPOSE OF ST. JACOB (NETSVETOV), ENLIGHTENER OF THE PEOPLES OF ALASKA (1864). Hieromartyr Hermolaus and Martyrs Hermippus and Hermocrates at Nicomedia (ca. 305). Ven. Moses the Hungarian, of the Kiev Caves (Near Caves – ca. 1043). Martyrs Parasceva of Rome (2nd c.). Ven. Gerontius of St. Anne Skete (Mt. Athos). The "Emvolon" Icon of the Most-holy Theotokos in Constantinople.

Saturday	July	25	4:30p	Memorial Service for Tim Masick, Antonia Constantine, Marge German, John Petro, Metro Krenitsky, Anastacia Matey and John Mytryshyn.
			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
Saturday	Aug	1	5:30p	Vespers
			6:15p	Bible Study
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
				Schedule continues on back page.
Thursday	Aug	6	10:00a	Divine Liturgy – Transfiguration – YouTube Live Stream
Saturday	Aug	8	5:30p	Vespers
Sunday	Aug	9	9:15a	Reading of the Third Hour
			9:30a	Divine Liturgy –YouTube Live Stream
			11:30a	Coffee Hour Fellowship

The **Altar Candles** are offered by **Christina Kalavritinos** for the health of the **Williams Children and Parents**.
The **Sanctuary Candles** are offered by **Christina Kalavritinos** in memory of **John and Vasiliki Kalavritinos**. May their memory be eternal!

Coffee Hour Fellowship

Date	Hosts/Hostesses	
July 26	Vance Budish	
Aug 2	Albert	

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

Date	Director	Reader	Preparer	Greeter	Altar Servers
July 26	S. Hardy	P. Dean	R. Jefferson	T. Amara	All eligible altar servers welcome!
Aug 2	W. Tatusko D. Hardy	T. Jenkins	Rdr. V. Lutes	N. Borrisow	

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!

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. **Paul** Giovetsis, **Denise** (Dionysia), Godsister 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 **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.

SAFE TRAVELS & OUR BLESSINGS FROM ST. MARK! Altar server Samuel Estrada leaves today for Suprasl, Poland to participate in the 2026 World Fellowship of Orthodox Youth conference at the Monastery of the Annunciation. Samuel will spend 10 days in this immersive learning program, which brings together young Orthodox adults from across the globe to engage in daily worship, theological studies, and community service. Afterward, Samuel will have the opportunity to travel in the Czech Republic and England before returning home to Maryland in mid-August. He will represent St. Mark and the Archdiocese of Washington, DC, as did our own Lizzie Sedor a few years ago. May God bless you with safe travel, Samuel!

COURTYARD CONSTRUCTION WORK CONTINUES We are starting to see a transformation of our courtyard that will make the space more enjoyable for the St. Mark community and our visitors. Our courtyard has become a temporary construction zone and will be off limits until the work is complete. New, level permeable pavers will improve drainage and stormwater management while enhancing the courtyard's beauty and maintainability for years to come. We will also install a new permeable paver landing for our front stairs, replacing the cracked concrete and helping with stormwater runoff. Both areas, the courtyard and the front stairs, will be cordoned off until the work is complete. Please pray for a good outcome and for the crew doing this work for us. For your safety, please stay clear of these areas until completion. Thank you!

OUR YOUTUBE CHANNEL Please visit our very own YouTube channel at https://youtube.com/@stmarkoca! Not only can you stream all of our regular services, but you can also see past Lenten lectures and some other special services. While you are there, please take a moment to subscribe. There is no cost or obligation to you, but we do need another 150 or so subscribers to reach the level where we can more easily produce our videos. Please visit and subscribe!

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.

VESPERS BIBLE STUDY Bible Study will meet on Saturday, August 1st, 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!

28 Benjamin Safchuk
Cliff Tarpy
30 Zhenya Bainbridge
Julia Flick
31 Drew Bumbak
David Holovac

ONLINE CLASS – SVS: HEARING THE CHURCH'S HYMNS
Join us in the parish hall for a live group viewing!

In this four-week online course, Dn. Harrison Russin opens the hymnography and music of the Triodion as a single art. Through four case studies: the Great Canon, the daily idiomela, the Akathist, and the hymns of Holy Week, you'll learn how these hymns embed scriptural interpretation and how their music carries theological meaning. Whether you sing in a choir or simply pray these services, you'll come away listening with new attention.

Tuesdays at 8:00pm, starting August 4th, in the Parish Hall

Week 1: St. Andrew of Crete and the Great Canon
How does a single hymn become a school of repentance? We explore St. Andrew of Crete's Great Canon the way it weaves scriptural interpretation into its verses, and the bond it forges between text, meter, and music.

All are welcome! No prior musical background needed!

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.

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.

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, Sucevița) and Putna Monastery; Monasteries in Moldova: Bistriţa, Pângărați, 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

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!

LADIES ACTIVITY FOR AUGUST:

Date/Time: August 20th from 11:00 - 2:00 pm

Location: Teen Room Upstairs

Performance: King David (read ahead if you like)

Potluck: Bring non-fasting food to share

Note: since we are in teen room, please bring food easy to eat sitting on a couch/chair and easy to cleanup.

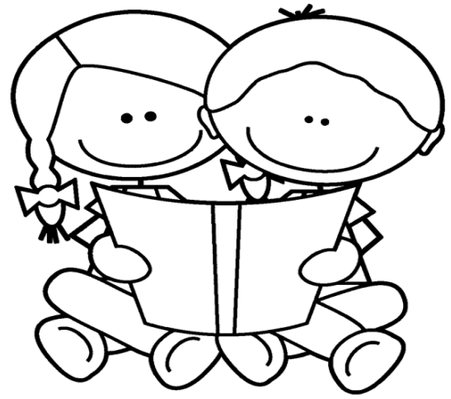
RSVP: Carol Mary at cjashley2@protonmail.com

*****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)

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!

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.

The St. Mark gift corner has become a place of many treasures but did you know we have a wonderful selection of Orthodox books for children such as prayer books, books about Pascha, a children's guide to Divine Liturgy, another one on the sacrament of Confession, as well as a wide collection of tiny colorful books perfect for little hands introducing children to saints from many different traditions:



Modern saints: St. Porphyrios
Slavic saints: Sts. Cyril & Methodius, St. Sava, St. Nikolai Velimirovich
Biblical saints: The Holy Myrrh bearers
Early Church saints: St. Thekla, St. Paraskevi
Family saints: St. Emmelia (mother of St. Basil the Great, St. Gregory of Nyssa, St. Macrina, and several other saints)

Special Agents of Christ: A Prayer Book for Young Orthodox Saints by Annalisa Boyd A prayer book written especially for Orthodox youth. Uses the engaging "special agent" theme to encourage young people to see themselves as disciples of Christ.
The Prayer Rope A beautifully illustrated introduction to the Jesus Prayer and the Orthodox prayer rope.
The Three-Day Pascha by Mother Melania A children's book explaining Christ's Passion, death, burial, and Resurrection. Mother Melania's books are generally known for presenting Orthodox theology in a gentle, poetic way.
A Child's Guide to the Divine Liturgy One of the best introductory books for helping children understand what is happening during the Liturgy.
A Child's Guide to Confession Helps children prepare for the Mystery of Confession in an age-appropriate way. Focuses on God's mercy rather than fear, making it a helpful resource for families

Plant seeds of faith that will last a lifetime. Stop by the Gift Corner and discover these beautiful Orthodox books that help children and grandchildren grow in their love for Christ and His saints!