

THE VEIL

The Monthly Journal Covering The News at St. Mary



APRIL 2014



NO REGRETS AND THE YOLO GENERATION

By Rev. Fr. David G. Subu

Recently I've heard or seen the frequent expression that we should live without regrets, because after all, "You Only Live Once." This, not surprisingly is used as an excuse for any number of hedonistic endeavors. But some, more thoughtfully, also express this idea a bit more seriously, pointing out the tragedy of a life lived in regret and how much harm unmitigated regret can do. Certainly I would never advocate that anyone seek to live in maudlin regret perpetually. However, I've never met anybody who could honestly, when reflecting on it in a sober manner, say they had no regrets whatsoever. When I look at my own life I can quite quickly find rivers of regret flowing with past mistakes, failed friendships, callous and thoughtless words, missed opportunities. I'd love to be able to say I have "No regrets," but they are the weight of my past and present sins which so easily ensnare. The best I can do is not to dwell on them and live for the good God has shown me. I'd like to share some of those things with you next month...

In an article (and now a book) entitled "The Top 5 Regrets of the Dying," former palliative nurse Bonnie Ware collected and condensed the five most common regrets she heard from her patients, all who were facing the end of their lives. Originally published a few years ago, the article has been making the rounds of the internet again. She writes:

"People grow a lot when they are faced with their own mor-

tality. I learnt never to underestimate someone's capacity for growth. Some changes were phenomenal. Each experienced a variety of emotions, as expected, denial, fear, anger, remorse, more denial and eventually acceptance. Every single patient found their peace before they departed though, every one of them."

It's important to note that recognizing and facing our regrets is an essential part of that growth. Making peace with God also must necessarily result in making peace with ourselves and our past decisions. Here are the five most common regrets of the dying Nurse Ware discovered, and what she had to say about them. I offer them to you as a vehicle for your own spiritual growth as we make our own personal spiritual and moral inventories in preparation of the Lord's Pascha:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

This was the most common regret of all. When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honored even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. It is very important to try and honour at least some of your dreams along the way. From the moment that you lose your health, it is too late. Health brings a freedom very few realise, until they no longer have it.

2. I wish I didn't work so hard.

This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret. But as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a

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Protection of the Holy Mother of God Orthodox Church in Falls Church, VA
An English Speaking Parish Community of the Romanian Orthodox Episcopate, OCA

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work existence. By simplifying your lifestyle and making conscious choices along the way, it is possible to not need the income that you think you do. And by creating more space in your life, you become happier and more open to new opportunities, ones more suited to your new lifestyle.

3. I wish I'd had the courage to express my feelings. Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result. We cannot control the reactions of others. However, although people may initially react when you change the way you are by speaking honestly, in the end it raises the relationship to a whole new and healthier level. Either that or it releases the unhealthy relationship from your life. Either way, you win.

4. I wish I had stayed in touch with my friends. Often they would not truly realize the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying. It is

common for anyone in a busy lifestyle to let friendships slip. But when you are faced with your approaching death, the physical details of life fall away. People do want to get their financial affairs in order if possible. But it is not money or status that holds the true importance for them. They want to get things in order more for the benefit of those they love. Usually though, they are too ill and weary to ever manage this task. It is all comes down to love and relationships in the end. That is all that remains in the final weeks, love and relationships.

5. I wish that I had let myself be happier. This is a surprisingly common one. Many did not realize until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content. When deep within, they longed to laugh properly and have silliness in their life again. When you are on your deathbed, what others think of you is a long way from your mind. How wonderful to be able to let go and smile again, long before you are dying.

Choose consciously, choose wisely, choose honestly. Choose happiness.



**PASCHA
BREAD SALE
PALM SUNDAY
APRIL 13**

The Pascha bread sale fundraiser is scheduled for Palm Sunday after Liturgy.

Stephanie Kozemchak makes the bread following her grandmother's Ukrainian recipe. The bread is similar to challah and contains dairy, and raisins but no nuts. She has not adapted the recipe for gluten free flour as of yet, but will try if someone pre-orders it.

If you want to order bread without raisins, or to place an order to ensure that you get a loaf, please contact her at: skozemchak@verizon.net

**"The Veil" Monthly Journal
Protection of the Holy Mother of God
Orthodox Church
Romanian Orthodox Episcopate, OCA**

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"LET THERE BE LIGHT" CAMPAIGN

Glory be to God! After replacing the old carpeting with vinyl tile last Fall, we are now in the process of doing some much needed "refreshing" of the fellowship hall: re-painting the walls/doors and installing new crown molding. This work began Monday, March 24.

After a surprise fire inspection during the week, the Fire Marshall cited we needed new emergency lighting units by April 4-which we are finding requires new wiring from an electrician as well. After trying to replace some bulbs on our not-really-retro-just-old "flying saucer" lights, they have too have reached their safe end and had to be replaced. A project this large begins to stretch the annual budgeted amount for Building and Grounds and becomes exceptional.

Therefore, I would like to initiate the "Let There Be Light Campaign", in which an individual or family can donate towards one or all of the following items to offset the costs: Emergency Light (\$100), a new Ceiling Light Fixture (8 x \$50 each), a gallon of paint (16 x \$25), or any amount you can afford to spare.

Thank you for all of your support and we hope you like the new look!



2014 St. Mary Church School Youth Retreat

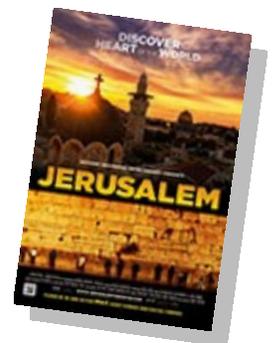


JERUSALEM JERUSALEM

Children age 4 and over are encouraged to attend the Lazarus Saturday Retreat on Saturday, April 12. This retreat is considered part of their church school program and teachers work very hard to put this together! Following the retreat, children have the option to travel to Washington DC to see "[Jerusalem-An IMAX 3-D Experience](#)" as continuation of their study of The Holy Land. Tickets must be purchased in advance. **Please RSVP with Father David by April 6 to attend.**

10:00 AM
11:00 AM -11:30 AM
11:30 AM -12:15 PM
12:15 PM -1:00 PM
1:00 PM-2:00 PM

Liturgy with children's choir
Breakfast
Session 1
Session 2
Palm Crosses/Depart to Smithsonian (*optional*)



7th Annual

PASCHA LAMB ROAST EXTRAVAGANZA

Sunday, April 20

2:00-5:00 P.M.

Once again, Hans & Marshall will be preparing and keeping vigil over TWO delicious, fresh lambs roasting all night long in celebration of Pascha! Side dishes (both hot and cold), Hot Dogs, Greek Salad, Bread and Ice Cream will be served.



\$15 per adult (Lamb or no lamb)

\$5 per child (Ages 10 and under)

(Proceeds to cover cost of entire event)

RSVP to psastephanie@stmaryorthodox.org by April 7th.*



Agape Vespers at 1:00 P.M.-Come and hear the good news that Christ is Risen in various languages: Romanian, Greek, Chinese, French, Slavonic, Spanish and more! If you speak a unique language, please see Father David to be added to the readers list.

Egg Hunt at 2:00 P.M.- All children welcomed! Parent supervision needed. Please RSVP so we have enough eggs.

Lamb Dinner served at 2:30 P.M.

Trivia Challenge at 3:30 P.M.- Teams of 2-4 know-it-all's can take on Subdeacon Eugene's challenging questions to win a prize!



[CLICK ON THIS LINK TO RSVP AND GET YOUR TICKET](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <ul style="list-style-type: none"> • St. John Climacus • 9am - 10am Matins/ Choir Practice • 10am - 11:30am Divine Liturgy • 11:30am - 12:30pm Fellowship/ Church School 	<p>31</p> <ul style="list-style-type: none"> • St. Innocent • 9am - 12pm Office Hours • 7pm - 8pm Byzantine Chant Class 	<p>1</p> <ul style="list-style-type: none"> • St. Mary of Egypt • 9am - 12pm Office Hours 	<p>2</p> <ul style="list-style-type: none"> • 6pm - 7pm Confessions/Choir Practice • 7pm - 8pm Pre-Sanctified Liturgy • 8pm - 9pm Lenten Supper • 8:30pm - 11pm Matins with Great Canon/Life of St. Mary of Egypt 	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> • 10:30am - 11:30am Pre-Sanctified Liturgy • 12pm - 1pm Book Study • 6pm - 7pm Akathist Hymn 	<p>5</p> <ul style="list-style-type: none"> • 5pm - 6pm Vespers with confessions
<p>6</p> <ul style="list-style-type: none"> • 9am - 10am Matins/ Choir Practice • 10am - 11:30am Divine Liturgy • 11:30am - 12:30pm Fellowship/ Church School 	<p>7</p> <ul style="list-style-type: none"> • St. Patriarch Tikhon • 9am - 12pm Office Hours • 7pm - 8pm Byzantine Chant Class 	<p>8</p> <ul style="list-style-type: none"> • 9am - 12pm Office Hours 	<p>9</p> <ul style="list-style-type: none"> • 6pm - 7pm Confessions/Choir Practice • 7pm - 8pm Pre-Sanctified Liturgy • 8pm - 9pm Lenten Supper 	<p>10</p> <ul style="list-style-type: none"> • 7:30pm - 9pm Parish Council 	<p>11</p> <ul style="list-style-type: none"> • 10:30am - 11:30am Pre-Sanctified Liturgy • 12pm - 1pm Book Study • 2pm - 3pm Baptism: Fernandez 	<p>12</p> <ul style="list-style-type: none"> • Lazarus Saturday • 10am - 11:30am Divine Liturgy with Children's Choir • 11:30am - 2pm Parish Clean-Up Day/ Church School Retreat • 5pm - 6pm Great Vespers with Litya • 6pm - 7pm Group Confession
<p>13</p> <ul style="list-style-type: none"> • Palm Sunday • 9am - 10am Matins/ Choir Practice • 10am - 11:30am Festal Liturgy with Children's Choir • 11:30am - 12:30pm Fellowship/ Church School • 7pm - 8pm Bridegroom Matins 	<p>14</p> <ul style="list-style-type: none"> • Holy Monday • 10:30am - 11:30am Pre-Sanctified Liturgy • 7pm - 8pm Bridegroom Matins 	<p>15</p> <ul style="list-style-type: none"> • Holy Tuesday • 10:30am - 11:30am Pre-Sanctified Liturgy • 7pm - 8pm Bridegroom Matins 	<p>16</p> <ul style="list-style-type: none"> • Holy Wednesday • 10:30am - 11:30am Pre-Sanctified Liturgy • 11:30am - 12pm Holy Unction (Short form) • 7pm - 8:30pm Holy Unction • 8:30pm - 10pm Matins of Holy Thursday 	<p>17</p> <ul style="list-style-type: none"> • Holy Thursday • 10:30am - 12pm Vespertal Liturgy of Last Supper • 7pm - 10pm Matins with Passion Gospels 	<p>18</p> <ul style="list-style-type: none"> • Holy Friday • 10am - 12pm Tomb Decorating • 6pm - 7pm Vespers • 7pm - 9pm Matins with Procession to Hades • 10pm - 10am Vigil at the Tomb 	<p>19</p> <ul style="list-style-type: none"> • Holy Saturday • 10am - 12pm Vespertal Liturgy of Pascha • 10pm - 11:30pm Acts of the Apostles • 11:30pm - 12am Midnight Service
<p>20</p> <ul style="list-style-type: none"> • 12am - 2am Paschal Service • Great and Holy Pascha! • 2am - 4am Agape Meal • 1pm - 2pm Paschal Vespers • 2pm - 5pm Lamb Roast/ Egg Hunt 	<p>21</p> <ul style="list-style-type: none"> • (Fast Free Week) • Bright Week • 10am - 11am Bright Liturgy • 7pm - 7:30pm Bright Vespers 	<p>22</p> <ul style="list-style-type: none"> • Bright Week • 10am - 11am Bright Liturgy • 7pm - 7:30pm Bright Vespers 	<p>23</p> <ul style="list-style-type: none"> • St. George • Bright Week • 10am - 12pm Liturgy and Lamb Roast @ St. George GOC Bethesda • 7pm - 7:30pm Bright Vespers 	<p>24</p> <ul style="list-style-type: none"> • Bright Week • 10am - 11am Bright Liturgy • 7pm - 7:30pm Bright Vespers 	<p>25</p> <ul style="list-style-type: none"> • St. Mark • Bright Week • 10am - 11am Bright Liturgy • 7pm - 7:30pm Bright Vespers 	<p>26</p> <ul style="list-style-type: none"> • Bright Week • 11am - 12pm Baptism: Scheifele • 5pm - 6pm Vespers with confessions
<p>27</p> <ul style="list-style-type: none"> • St. Thomas Sunday • 9am - 10am Matins/ Choir Practice • 10am - 10:15am Memorial: Spita • 10am - 11:30am Divine Liturgy • 11:30am - 12:30pm Fellowship/ Church School 	<p>28</p> <ul style="list-style-type: none"> • Apostle Jason • 9am - 12pm Office Hours • 7pm - 8pm Byzantine Chant Class 	<p>29</p> <ul style="list-style-type: none"> • 7:30am - 9am Women's Bible Study • 9am - 12pm Office Hours 	<p>30</p> <ul style="list-style-type: none"> • 7pm - 7:30pm Vespers 	<p>1</p>	<p>2</p> <ul style="list-style-type: none"> • 9am - 12pm Office Hours • 12pm - 1pm Book Study 	<p>3</p> <ul style="list-style-type: none"> • 5pm - 6pm Vespers with confessions

GOD GRANT YOU MANY YEARS!



April Birthdays

Alexander Athanasaw
 Alexis Viau
 Anna Lerner
 Anna Psitos
 April Elizabeth Masick
 Aristotelis Psitos
 Daniel Athanasaw Sr.
 Hazel Lorentz
 James Thomas
 James Woglom
 Joe Henry
 John Thomas
 Josiah Schmalzbach
 Michael Thola
 Petka Lorentz
 Philipp Andrew Mirov
 Svantje Swider
 Virginia Hope Mirov

April Anniversaries

1 Anniversary of Fr. David Subu's ordination to the priesthood (2000).
 28 Anne & Bill Wright (24 years!)

April Saint's Name Days

23 Great Martyr St. George: George Woglom
 24 St Elizabeth the Wonderworker: April Elizabeth Masick

HOLY BREAD BAKER



E.K. Sweet

EPISTLE READER



Subdeacon Eugene Huang

MARCH COFFEE HOUR SPONSORS



MARCH 30		
SPONSORED	Young Adult Kollektive (Y.A.K.)	
APRIL 6		
Coffee/Set-Up	Libby Hall	
Church School Meal & Beverages	Grindstaff	AVAILABLE
Adult Meal & Beverages	Dujmovic	
	AVAILABLE	AVAILABLE
Clean-Up	Huang	
APRIL 13-PALM SUNDAY (Fish Day!)		
Coffee/Set-Up	AVAILABLE	
Church School Meal & Beverages	AVAILABLE	AVAILABLE
Adult Meal & Beverages	AVAILABLE	AVAILABLE
	AVAILABLE	AVAILABLE
Clean-Up	AVAILABLE	
APRIL 20		
SPONSORED	PASCHA (see ad)	
MARCH 27		
SPONSORED	Claudia Spita (In memory of husband Marion.)	

Have question regarding Coffee Hour? Please see Ken Liu, Coordinator.



AROUND THE COFFEE URN

News and events percolating in the St. Mary community.

TURN TRASH INTO OUR TREASURE!

Despite the snow, it's Spring!!!!

Are you doing your spring cleaning and finding items that you do not know what to do with?

Do you have too many toys or clothes the kids have outgrown or books you have already read?

Do not despair....The annual St. Mary's Yard Sale is only 8 weeks away. We would love to have your treasures for our sale.

We are looking for household items, small furniture, children's toys and clothes, CDs, DVDs, old costume jewelry, purses, storage units, unique items, tools and any other wonderful items.

Please make sure clothing is clean, and in good condition and shoes are paired and in good repair.

All proceeds from this sale benefit charity and the good works of the St. Juliana Guild. We will begin collecting items toward the end of May. We will need volunteers to sort and price items the first week of June, as well.

**Put the date of the sale on your calendar now:
June 14 – Yard Sale.**

STORK ALERT!

Lucas and Lea Halim would like to announce the birth of their first child, Hannah, on January 17. They are all doing well and hope to visit us soon to show her off! Many years!

Stephanie Kozemchak is pleased to announce she has been blessed with two more grandchildren this past winter: Brayden Christopher Kozemchak (Chris And Christina Kozemchak, and big brother Trysten) on January 5th and Kalyna Aurelia Fussell (Kyra And Jarrett Fussell) on February 9th. Many years!

THE VEIL WOULDN'T EXIST WITHOUT PARISHIONER CONTRIBUTION! DEADLINE FOR MAY ISSUE:

APRIL 24

CHURCH SCHOOL SERVICE PROJECT A SUCCESS!

On Saturday March 22, twelve Church School Students assembled Health/Hygiene Kits to be donated to the IOCC (International Orthodox Christian Charities). These kits are sent around the world to people in need, including those affected by violence and wars, weather catastrophes and political unrest.

Because of the generosity of the parishioners of St. Mary, we were able to assemble and send 240 kits this Lenten season. The Church School would like to thank everyone who contributed to this meaningful project.

PASCHA FLOWERS DONATIONS NEEDED

We are accepting donations, both great and even greater, to help defray the cost of purchasing beautiful, colorful flowers for decorating the church and tomb of Christ. Decorating of the tomb and sanctuary takes place on Friday, April 18.



Please see Sarah Zimmerli to know how you can help!

CALLING ALL VOLUNTEERS!

Holy Week and Pascha are always the most beautiful time of the church year. However, it is also our busiest and to make everything go smoothly, we need volunteers in the following areas:

Lazarus Saturday Retreat: We are recruiting cooks and arts/crafts volunteers for the children's retreat taking place that day. If you have an activity you would like to share or would like to help prepare food, please speak with church school co-directors Irene Liu or Renee Lerner. While the children are having their retreat, adults are encouraged to stay and help prepare the church for the service by cleaning the sanctuary, liturgical appointments and help with yard work. Please see Father David about jobs available.

Agape Meal Clean-Up: The Agape Meal is the food that is served immediately following the Pascha service. We invite the faithful to bring their baskets to be blessed. It is tradition at St. Mary's to bring food, potluck style, so everyone has something to nibble on before driving home in the wee hours of the morning. A sign up sheet will be in the church hall bulletin board. Most importantly, we need some kind souls to help clean up afterwards and help prepare the hall for the Lamb Roast dinner. Please see Psa. Stephanie for more details.



Holy Week Schedule:

Holy Monday-Holy Tuesday

10:30 a.m.-Pre-Sanctified Liturgy
7:00 p.m.-Bridegroom Matins

Holy Wednesday

10:30 a.m.-Pre-Sanctified Liturgy
11:30 a.m.-Holy Unction (short form)
7:00 p.m.-Holy Unction
9:30 p.m.-Matins of Holy Thursday

Holy Thursday

10:30 a.m.-Vespertal Liturgy of the Last Supper
7:00 p.m.-10:00 p.m.-Matins with Passion Gospels

Holy Friday (Strictest Fast)

6:00 p.m.-Vespers
7:00 p.m.-9:00 p.m.-Matins with Procession to Hades
10:00 p.m.-10:00 a.m.-All night vigil of the tomb

Holy Saturday (Pascha)

10:00 a.m.-12:30 p.m.-Vespertal Liturgy of Pascha
10:00 p.m.-Acts of the Apostles
11:30 p.m.-Midnight Service
12:00 a.m.-Pascha Service followed by agape meal.



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