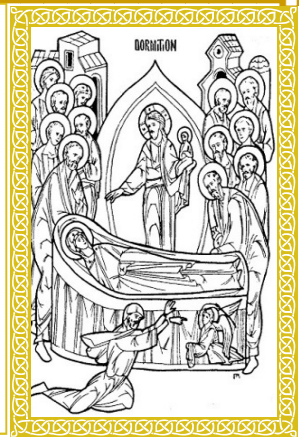




Church of the Virgin Mary

كنيسة العذراء مريم الأنطاكية الأرثوذكسية

Antiochian Orthodox Christian Archdiocese
of North America



"The disciples were first called Christians in Antioch." (Acts 11:26)

January 15, 2012

Twenty-Ninth Sunday after Pentecost

لأحد التاسع والعشرون بعد العنصرة

12147 S. Cicero Avenue, Alsip, IL 60803

Phone : (708) 239-0004 Fax : (708) 221-6449

www.virginmaryoc.org

Fr. Mousa Haddad - cell phone: (708) 979-3222, email: fr.mousa@gmail.com

Fr. Malek Rihani - cell phone: (708) 516-6417, email: myrihani@hotmail.com

Dn. Saed Rihani - cell phone: (773) 454-2191, email: srihani6@cs.com

Weekly Schedule of Services

Saturday: 5:30 p.m. Great Vespers

Sunday: 9:15 a.m. Matins -- 10:30 a.m. Divine Liturgy

Wednesday: 10:00 a.m. Matins -- 10:30 a.m. Bible Study

(Confessions by Appointment)

Welcome to the Church of the Virgin Mary! We extend our warmest and heartfelt greetings to you and your family. If this is your first time with us, we pray that you feel at home. After all, we are gathered together in our Father's house. Please see one of the ushers at the end of the service for a "Welcome Packet" for more information. May God bless you and give you many healthy years in His service.

أهلاً بكم في كنيسة العذراء مريم! يُسعدنا أن نُقدّم لكم ولعائلاتكم تحياتنا القلبية الحارة. إذا كانت هذه زيارتكم الأولى لكنيستنا، نرجو أن تشعروا بأنكم في بيتكم الذي هو بيت أبنينا جميعاً. أَلرّجاء أن تسألوا أحد المساعدين في الكنيسة في نهاية الخدمة الالهية عن "رزمة معلومات الترحيب" التي تحتوي على المعلومات المطلوبة. اللهُ يبارككم وينعم عليكم بالصحة لسنين عديدة في خدمة الرب.

Clergy, Parish Council, Committees, and Ministries

Parish Clergy:

Rev. Fr. Mousa Haddad, Pastor
Rev. Fr. Malek Rihani
Rev. Dn. Saed Rihani
Subdeacon Matthew Sweis

Parish Council:

Presiding Officer

Rev. Fr. Mousa Haddad

Chairman

Fadi Abu Manneh

Vice Chairman

Rashid Sweis

Treasurer

Abdullah Tadros

Financial Secretary

Samer Tadros

Secretary

Abeer Khouri

Council Members:

George Barakat

Maher Ibrahim

Bassam Salman

Faris Samawi

Ramzi Sweis

Committees:

Altar / Liturgics

Mazen Ammari & Steve Rihani

Expansion

Luai Sweis

Communication

Martha Eannace

Financial

Abdullah Tadros & Samer Tadros

Fundraising

Ramzi Sweis

Building Maintenance

Scott Johnson

Humanitarian

Shireen Salman

Stewardship

Rashid Sweis

Web Master

Sana Sweis

Office Secretary

Katia Haddad

Organizations and Ministries:

Sunday School Director

Rita Sweiss

Sunday School Spiritual Director

Fr. Mousa Haddad

Ladies Guild President

Kholoud Swais

Ladies Guild Spiritual Director

Fr. Mousa Haddad

Fellowship President

Khalil Haddad

Fellowship Spiritual Director

Fr. Mousa Haddad

SOYO President

Hadeel Sweis

SOYO Advisor

Orieb Sweis & Steve Rihani

SOYO Spiritual Director

Fr. Malek Rihani

Handmaids of the Lord

Mansoura Khouri & Lina Haddad

Handmaids Spiritual Director

Fr. Malek Rihani

Choir Director

Michael Rascia

Chanter

Khaled Salman, Faris Samawi

Church Hall Rental - Call: 708-691-0827 or email: katiahaddad@virginmaryoc.org

Changes in the Liturgy

تغييرات في القداس

Entrance Hymn

O Come, let us worship and fall down before Christ.
Save us, O Son of God, Who art risen from the dead, who sing to Thee: Alleluia!

هلم لنسجد ونركع للمسيح ملكنا والهنا، خلصنا يا ابن الله يا من قام من بين الاموات، لنرتل لك هلوليا!

Troparion of the Resurrection (Tone Six)

When Mary stood at Thy grave looking for Thy sacred body, angelic powers shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led hades captive and wast not tempted thereby, Thou didst meet the virgin and didst give life to the world, O Thou who art risen from the dead, O Lord, glory to Thee.

إن القوات الملائكية ظهروا على قبرك الموقر. والحراس صاروا كالأموات. ومريم وقفت عند القبر طالبةً جسدك الطاهر. فسبيت الجحيم ولم تجرب منها وصادفت البتول يا مانحاً الحياة. فيامن قُمت من بين الأموات يارب المجدلك.

Troparion of St. Paul of Thebes (Tone Eight)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundred-fold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Paul, intercede with Christ God to save our souls.

للبرية غير المثمرة بمجاري دموعك أمرعت، وبالتنهديات التي من الأعماق أثمرت بأتعابك إلى مئة ضعف. فصرت كوكباً للمسكونة متألئناً بالعجائب، يا أبانا البار بولس. فتشفع إلى المسيح الإله أن يخلص نفوسنا.

Troparion of St. John the Hut-Dweller (Tone Four)

Since thine early youth, thou longest with fervor for the Lord. Leaving the world and its pleasures, thou becamest an example of monastic life. Thou didst built thy hut at the door of thy parents' house and didst crush the snares of the demons, O most blessed John. Therefore Christ himself has worthily glorified thee.

لما صبوت إلى الرب منذ الطفولية بحرارة، تركت العالم والمطريات التي في العالم، ونسكت نسكاً فاضلاً. ونصبت الكوخ عند أبواب والدتك، فسحقت مكامن الأبالسة، يا يوحنا الكلي الغبطة. فلذلك قد شرفك المسيح باستحقاق.

Troparion of the Dormition (Tone One)

In thy birth giving O Theotokos, thou didst keep and preserve virginity; and in thy falling asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore by thine intercessions, deliver our souls from death.

في ميلادك حفظت البتولية وصنيتها وفي رقادك ما أهملت العالم وتركته يا والدة الإله. لأنك انتقلت إلى الحياة بما أنك أم الحياة. فبشفاعاتك أنقذي من الموت نفوسنا.

Kontakion of the Presentation of our Lord to the Temple (Tone One)

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in peace, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

يا من بمولدك، أيها المسيح الإله، المستودع البتولي قدست، وليدي سمعان كما لاق باركت، ولنا الآن أدركت وخلصت. إحفظ رعيتك بسلام وأيد الذين أحببتهم، بما أنك وحدك محب للبشر.

Epistle for the Twenty-Ninth Sunday after Pentecost

الرسالة للأحد التاسع والعشرين بعد العنصرة

*O Lord, how magnificent are Thy works! Thou hast made all things in wisdom!
Bless the Lord, O my soul!*

The reading is from Saint Paul's Letter to the Colossians (3:4-11).

Brethren, when Christ, who is our life, appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away; anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

ما أعظم أعمالك يا رب. كُلُّها بحكمةٍ صنعْتَ!

باركي يا نفسي الرب!

فصلٌ من رسالة القديس بولس الرسول إلى أهل كُولُسي (3:4-11)

يا اخوة متى ظهرَ المسيحُ الذي هو حياتنا فأنتم أيضاً تظهرون حينئذٍ معه في المجدِ * فأميتوا أعضاءكم التي على الأرضِ الزنى والنَّجاسة والهوى والشهوة الرديئة والطمع الذي هو عبادة وثنٍ * لأنه لأجلِ هذه يأتي غضبُ الله على أبناءِ العصيانِ * وفي هذه أنتم أيضاً سلكتم حيناً إذ كنتم عائشين فيها * أمّا الآن فأنتم أيضاً اطرَحُوا الكُلَّ الغضبَ والسُّخْطَ والخُبْثَ والتجديفَ والكلامَ القبيحَ من أفواهكم * ولا يكذبُ بعضُكم بعضاً بل اخلَعُوا الإنسانَ العتيقَ مع أعمالِهِ * والبسُوا الإنسانَ الجديدَ الذي يتجددُ للمعرفة على صورة خالقه * حيثُ ليسَ يوناني ولا يهودي لا ختانٌ ولا قَلْفٌ لا بربري ولا اسكيثي لا عبدٌ ولا حرٌّ بل المسيحُ هو كلُّ شيءٍ وفي الجميع.

Gospel for the Twelfth Sunday of St. Luke

الإنجيل للأحد الثاني عشر من لوقا

The Reading is from the Holy Gospel according to St. Luke (17:12-19).

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said, “Jesus, Master, have mercy on us.” When He saw them He said to them, “Go and show yourselves to the priests.” And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus’ feet, giving Him thanks. Now he was a Samaritan. Then Jesus said, “Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?” And He said to him, “Rise and go your way; your faith has made you well.”

*فصلٌ شريفٌ من بشارَةِ القديسِ لوقا الإنجيلي البشير، التلميذ الطاهر

*(17:12-19)

في ذلكَ الزمانِ فيما يسوعُ داخلٌ إلى قريةٍ استقبلَهُ عشرةُ رجالٍ بُرَصٍ ووقفوا من بعيدٍ * ورفَعوا أصواتَهُم قائلين يا يسوعُ المعلمُ ارحمنا. فلما رآهم قال لهم امضوا وأروا الكهنةَ أنفسكم. وفيما هم منطلقون طهروا * وإنَّ واحداً منهم لما رأى أنَّه قد برئ رجعَ يُمجِّدُ اللهَ بصوتٍ عظيمٍ * وخرَّ على وجهِهِ عندَ قدميهِ شاكرًا له وكانَ سامريًّا * فأجابَ يسوعُ وقالَ أليسَ العشرةُ قد طهروا فأينَ التسعةُ * ألمَ يوجدُ مَنْ يرجعُ ليُمجِّدَ اللهَ إلاَّ هذا الأجنبي * وقالَ فمَ وامض. إيمانك قد خلَّصَكَ.



Honoring your loved ones: Please consider signing up for one or more Sundays to provide Holy Bread and Coffee hour. It's this gift of Holy Bread that we use to prepare communion and to share with our parishioners at the end of the service.

What better way to honor your loved ones on their birthday, anniversary, graduation or memorial. It takes minimal effort, and it encourages fellowship among our community.

Hospitality Teams

“Let us love one another that with one mind we may confess, Father, Son, and Holy Spirit; the Trinity one in essence and undivided.” - From the Divine Liturgy

<i>Holy Bread and Coffee Hour</i>	القداس والقهوة
01/15: Samih Sweis & Family	01/15: سميح صويص والعائلة
01/22: Jamal Khouri & Family	01/22: جمال خوري والعائلة
01/29: Steve and Hana Haddad & Family	01/29: ستيف وهنا حداد والعائلة

Epistle Readers:

Today: *English* - Klodia Haddadin , *Arabic* - Khaled Salman

Next Week: *English* - Futien Johnson , *Arabic* - Lily Sweiss

Altar Server Ministry:

01/15: Team A (Captain Jordan Rihani): Odei Sweis, Yousif Saigh, Jimmy Salman, Jai Riske, Sean Rihani, Daniel Al- Nemri, Joseph Sweis, Matthew Ibrahim, Gabe Corey, Sam Corey

01/22: Team B (Captain Ramiz Riadi): Rami Sweis, Murad Salman, Yazan Swais, Anthony Rihani, Saleem Swais, Sharbel Samawi, Kyse Dahdal, Joseph Fallouh, Louis Corey, Alexander Corey

01/29: Team C (Captain Arrar Alnaser): Omar Nemri, Mathew Nemri, Samer Sweis , Elia Sweiss, Simon Tadros, Murad Salman, George Corey, Woody Corey

“Bible Verse of the Week”

But as He who has called you is holy, so you be holy in all manner of living, because it is written:

“Be ye holy, for I am holy.” [1 Peter 1:15-16](#)

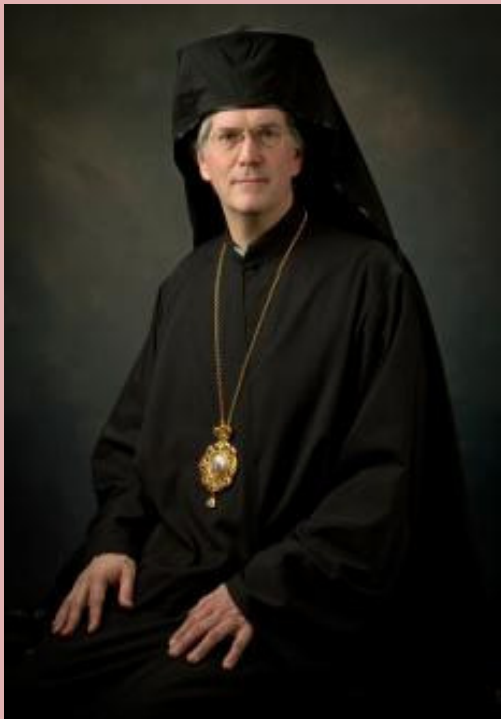
بَلْ كُونُوا مُقَدَّسِينَ فِي كُلِّ سُلُوكِكُمْ، كَمَا أَنَّ اللَّهَ الَّذِي دَعَاكُمْ هُوَ قُدُّوسٌ. فَإِنَّهُ مَكْتُوبٌ: كُونُوا مُقَدَّسِينَ،

لَأَنِّي أَنَا قُدُّوسٌ. [بطرس الاول 1:15-16](#)

*The Fellowship of St. John the Divine
Cordially Invites You To St. Mary's Annual*

St. Valentine's Hafleh!

*Honoring the first visit to Chicago of
His Grace ANTHONY Michaels
Bishop of Toledo and the Midwest*



Saturday, 02/11/2012

Time - 7:00 pm

*St. Constantine and Helen
11025 South Roberts Road
Palos Hills, IL 60465*

TICKETS:

Adults-\$30

Children under Twelve-\$15

To purchase your tickets or if you have any questions, see any of the Fellowship officers.

FOOD! MUSIC! RAFFLE! DABKE PERFORMANCE!

HOUSE BLESSINGS

Traditionally, at the feast of our Lord's Theophany on January 6th, we bless water which is used to sanctify the homes of all the faithful. In bringing the blessed water to our homes, and sprinkling it in each room, we rid our house of any evil influence, and rededicate it to God in a special way. As we were once renewed by the waters of our own baptism into Christ, so too our home, and our entire lives, are re-dedicated and renewed unto Christ our God each year at this time. Please contact Fr. Mousa at 708-979-3222 or Fr. Malek at 708-516-6417 if you would like your home blessed this year.



جرت العادة أن يقوم الكاهن في تقديس بيوت المؤمنين في عيد الظهور الإلهي (عيد الغطاس) في اليوم السادس من كانون الثاني من كل عام. تقديس البيوت برش الماء المقدس، يُطهّر البيوت من الأرواح الشريرة ويُجدد إنتمائنا إلى الله تعالى. فكما تجددنا في المعموديتنا بالمسيح، كذلك بيوتنا وحياتنا كلها تُجدد إنتمائها إلى السيد المسيح إلهنا في مثل هذا الوقت من كل عام. يُرجى ممن يرغب في تقديس بيته أن يتصل بالاب موسى على هاتف 708-979-3222 او بالاب مالك على هاتف 708-516-6417.

Church of the Virgin Mary
Invites you to Celebrate

Godparents' Day

When: Sunday, January 22 @ 10:00 a.m.

Where: Church of the Virgin Mary Alsip, IL

Why: Because Godparents are a huge part of their Godchildren's spiritual upbringing, we would like to honor them for their dedication.

Please be in church on time with your Godchild. If you wish to receive Communion, please be prepared to do so with your Godchild.

We hope to see you all. God bless you and have a great New Year.

Bible Bowl Tournament



Bible
STUDY
Join us!

January 10th and 24th
February 7th and 28rd
March 6th, 13th and 20th
April 3rd, 10th, 17th, and 24th
May 8th, 15th, 22nd, and 29th
June= to be determined

Questions contact: Klodia Haddadin khaddadin@gmail.com 708-208-3039

Church of the Virgin Mary will be covering Saint Paul's Letter to the Romans for this year's Bible bowl tournament. All teens and adults are invited to join us and dig deeper into one of Saint Paul's most challenging and spiritually moving letters! We will be meeting at the Church of the Virgin Mary on Tuesdays from 7:30pm to 9:30pm. Please see the dates below. We are open to suggestions for different dates.



Bible Bowl & Oratorical Festival

2012 CONFERENCE & FESTIVAL THEME

ORATORICAL

**"The Bible... fills us
with eternal joy."**

Orators are encouraged to:

- *Share* their thoughts on the quote from John of Damascus.
- *Speak* to the joy, and comfort you receive from the scriptures.
- *Share* how you hear the Scriptures in your life.
- *Share* your favorite Bible story or section of the Scriptures, speaking to why it is your favorite and what it brings to you and others.

Take into account the words of St John of Damascus:

The fuller text from St John of Damascus, from which our Conference theme is taken, appears below:

“All Scripture is inspired by God and is profitable for training in righteousness.’ [2 Tim. 3:16] The soul therefore gains great advantage from the reading of the Bible.

Like a tree planted by streams of water,’ [Ps. 1:3] the soul is irrigated by the Bible and acquires vigor, produces tasty fruit, namely, true faith, and is beautiful with a thousand green leaves, namely, actions that please God. The Bible, in fact, leads us towards pure holiness and holy actions. In it we find encouragement to all the virtues and the warning to flee from evil.

The Bible is a scented garden, delightful, beautiful. It enchants our

ears with birdsong in a sweet, divine and spiritual harmony, it touches our heart, comforts us in sorrow, soothes us in a moment of anger, and fills us with eternal joy.

Let us knock at its gate with diligence and with perseverance. Let us not be discouraged from knocking. The latch will be opened.

If we read a page of the Bible two or three times and have not understood it, let us not be tired of re-reading it and meditating on it. Let us seek in the fountain of this garden ‘a spring of water welling up to eternal life,’ [John 4:14] We shall taste a joy that will never dry up, because the grace of the Bible garden is inexhaustible. ”

*John Damascene, On the Orthodox Faith (The Fount of knowledge), Book 4 Chapter 17
Translation from "Drinking from the Hidden Fountain" by Thomas Spidlik*

An online version of John of Damascus’ writing can be found at:
www.orthodoxyouth.org/JohnDamascene.pdf

You may want to read the entire 17th Chapter of Book 4 referenced above. The quoted text appears on page 374 of the book itself – look at the numbers on the page in the electronic version to get to the correct page.

For additional information on the Oratorical Festival, visit:
antiochian.org/Festivals

The Festivals are hosted by the Fellowship of St. John the Divine.

Topics developed and printed by the Department of Youth Ministry.



If you are between 13-19 years old and you are interested in participating in next year’s Oratorical Festival, please let Kh. Delia know. We will start working on the speeches soon!

6h Annual SOYO Christmas Retreat 2011

**“THE BIBLE FILLS US WITH
ETERNAL JOY...”**



L.A.R.

Life After the Retreat
Saturday, February 4, 2012
5:30 p.m.

All retreat participants and parents are invited!

Midwest Parish Life Conference 2012

Commemorative Journal

Antiochian Orthodox Christian Archdiocese of North America

Church of the Virgin Mary, Alsip, IL, Host Parish

June 27 - July 1, 2012



Pages range from
\$200 - \$1500

**DEADLINE FOR AD MATERIAL
AND DONATION IS
MAY 1, 2012**

Would you like to commemorate
someone special, living or dead?

Would you like to advertise your
business or company to
hundreds and hundreds
of people?

Would you like to
simply give thanks to a group or
individual?

Questions? Contact Isa Riadi
(219-985-4433) or you can email
adbook2012@aol.com

St. Mary's Capital Campaign

Given for the Glory of God

تبرع لمجد الله

SUMMARY:

Purchase cost of Stone Church: \$1,475,000

Total Donations: \$675,203

Donations pledged for Closing: \$625,203

Donations pledged post-closing: \$50,000

Mortgage Commitments: \$60,000 a year for 5 years

WHAT WE HAVE NOW FOR CLOSING:

\$750,000 – United Trust Bank Loan

\$625,203 – Commitments pledged for closing

\$ 25,000 – Earnest Money Down Payment

\$1,400,203 – TOTAL

WHAT WE STILL NEED TO CLOSE:

\$74,797

Thank you for your support!

نشكركم على دعمكم!

55 Maxims for Christian Living

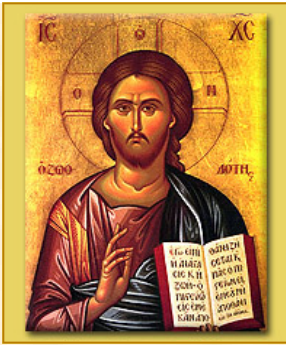
By Fr. Thomas Hopko

1. Be always with Christ.
2. Pray as you can, not as you want.
3. Have a keepable rule of prayer that you do by discipline.
4. Say the Lord's Prayer several times a day.
5. Have a short prayer that you constantly repeat when your mind is not occupied with other things.
6. Make some prostrations when you pray.
7. Eat good foods in moderation.
8. Keep the Church's fasting rules.
9. Spend some time in silence every day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly
12. Go to confession and communion regularly.
13. Do not engage intrusive thoughts and feelings. Cut them off at the start.
14. Reveal all your thoughts and feelings regularly to a trusted person.
15. Read the scriptures regularly.
16. Read good books a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person.
19. Be polite with everyone.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, and a part of a day, at a time.
24. Be totally honest, first of all, with yourself.
25. Be faithful in little things.
26. Do your work, and then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful in all things.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and be attentive.
35. Think and talk about things no more than necessary.
36. When we speak, speak simply, clearly, firmly and directly.
37. Flee imagination, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don't complain, mumble, murmur or whine.
40. Don't compare yourself with anyone.
41. Don't seek or expect praise or pity from anyone.
42. We don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend or justify yourself.
45. Be defined and bound by God alone.
46. Accept criticism gratefully but test it critically.
47. Give advice to others only when asked or obligated to do so.
48. Do nothing for anyone that they can and should do for themselves.
49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and with others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, not on sin and darkness.
53. Endure the trial of yourself and your own faults and sins peacefully, serenely, because you know that God's mercy is greater than your wretchedness.
54. When we fall, get up immediately and start over.
55. Get help when you need it, without fear and without shame.

قاعدة للحياة المسيحية 55

(بقلم الاب توماس هبكو)

- 1 - كن دائماً مع المسيح.
- 2- صلي كما تستطيع لا كما تريد.
- 3- إحفظ قواعد الصلاة بانتظام.
- 4- صلي الصلاة الربانية عدة مرات في اليوم.
- 5- اختر صلاة قصيرة ترددها عندما يكون تفكيرك مشغولاً في أشياء أخرى.
- 6- أسجد عندما تُصلي.
- 7- تناول الطعام الصحي باعتدال.
- 8- حافظ على قواعد الصيام.
- 9- إقضي بعض الوقت في هدوء كل يوم.
- 10- قدّم الحسنات سرا.
- 11- إذهب إلى الخدمة الدينية بانتظام.
- 12- قم بالاعتراف وتناول القربان المقدس بانتظام.
- 13- لا تتخربط بالأفكار والمشاعر الفضولية. إزرعها من البداية.
- 14- إفض بما في نفسك لإنسان تثق به.
- 15- إقرأ الكتاب المقدس باستمرار.
- 16- إقرأ الكتب الجيدة من حين إلى حين.
- 17- تناول القربان المقدس بقداسة وأيمان.
- 18- كن إنساناً بسيطاً.
- 19- تحلى بالادب مع كل إنسان.
- 20- حافظ على النظافة والنظام في بيتك.
- 21- مارس الهوايات الصحية.
- 22- مارس التمارين الرياضية بانتظام.
- 23- عش يومك ولكن على مراحل منتظمة.
- 24- كن صادقاً مع نفسك بالدرجة الأولى.
- 25- كن بالأشياء البسيطة.
- 26- إعمل ما عليك عمله ثم إنساه.
- 27- قم بإتمام الأشياء الصعبة والمؤلمة أولاً.
- 28- واجه الحقيقة.
- 29- كن شاكراً لكل شيء.
- 30- كن بشوشاً.
- 31- كن بسيطاً، كتوماً، هادئاً ومتواضعاً.
- 32- لا تحاول أن تُلفت الانتباه لنفسك.
- 33- إضع عندما يتكلم معك الآخرون.
- 34- كن مُتيقظاً وشديد الانتباه.
- 35- فكّر وتكلم ضمن حدود المعقول.
- 36- تكلم ببساطة ووضوح ومباشرة.
- 37- إنسى الخيال والتحليل والتصورات.
- 38- حاول أن تنسى الأشياء الجنسية الحيوانية عندما تخطر ببالك.
- 39- لا تشكو، أو تهذي أو تتذمر أو تُؤنن.
- 40- لا تُقارن نفسك بالآخرين.
- 41- لا تطلب أو تتوقع المديح والعطف من أحد.
- 42- لا تحكم على الآخرين.
- 43- لا تحاول إقناع الآخرين بأي شيء.
- 44- لا تُدافع عن نفسك رأيك.
- 45- تمثّل بالله وحده وألتزم به.
- 46- إقبل الانتقاد ببشاشة وحلله بأمعان.
- 47- قدّم النصيحة عندما يُطلب منك أو عندما تكون ملزماً.
- 48- لا تعمل للآخرين ما هم قادرين ويجب عليهم عمله.
- 49- ضع لك برنامجاً لنشاطاتك اليومية وتحاشى الخيال والنزوات.
- 50- كن رحوماً لنفسك وللآخرين.
- 51- لا تتوقع سوى أن تُجرب بقساوة حتى النفس الأخير.
- 52- ركز فقط على الله والنور لا على الخطيئة والظلمة.
- 53- تحمّل محاسبة نفسك وأخطاءك الخاصة بسلام وهدوء، لأن رحمة الله أعظم من إثمك.
- 54- عندما تقع، قم حالاً وأبداء من جديد.
- 55- أطلب المساعدة وقت الحاجة بدون خجل.



Weekly Synaxarion



On January 15 in the Holy Orthodox Church, we commemorate our righteous Father Paul of Thebes. He and a sister of his inherited all their parents' wealth, but his brother-in-law, an idol-worshipper, threatened Paul that he would betray him to the authorities as a Christian if he did not hand over his share of the property. Paul gave his half of the property to his sister and went into the desert, where he lived in asceticism until his death. The spiritual heights attained by this giant of a monk are testified to by no less a person than Antony the Great, who once visited Paul and marveled how the wild animals and birds of the air ministered to him. Paul lived 113 years, and entered peacefully into rest in the Lord in the year 342. On this day, we also commemorate our righteous Father John the Hut-dweller, who became poor for Christ's sake. He was born in Constantinople, an only child of rich and eminent parents. The young John fled to a monastery in Asia Minor, where he spent six years in the greatest restraint, prayer and obedience to the superior. Then the devil attacked him to return to his parents, which he did, but he dressed as a beggar and remained in their courtyard, living off the crumbs that the servants threw him and enduring much ridicule from all. He lived thus for three years, praying God that He would save the souls of his father and mother. They eventually recognized John by a precious Gospel-book which they had given him in childhood. He saved his soul and those of his parents, overcame the devil and entered into rest in the Lord in about the year 450. On this day, we also commemorate the Venerable Martyr Pansophios of Alexandria; and Gabriel of Lesnovo. By the intercessions of Thy Saints, O God, have mercy upon us. Amen.