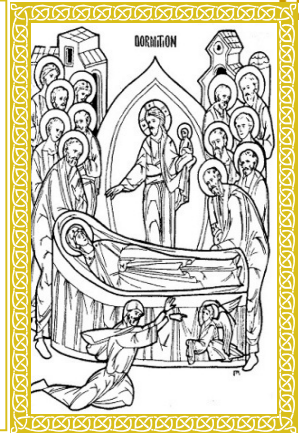




Church of the Virgin Mary

كنيسة العذراء مريم الأنطاكية الأرثوذكسية

Antiochian Orthodox Christian Archdiocese
of North America



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

March 18, 2012

**Third Sunday of Great Lent
and the Adoration of the Holy Cross**

الأحد الثالث من الصوم وأحد تكريم الصليب المقدس

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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 الحارّة. 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

CJ Kari

Bassam Salman

Faris Samawi

Ramzi Sweis

Committees:

Altar / Liturgics

Mazen Ammari & Steve Rihani

PLC 2012

Abdullah Tadros & CJ Kari

Expansion & Maintenance

Luai Sweiss

Fundraising & Stewardship

Rashid Sweis & Bassam Salman

Financial

Abdullah Tadros

Communication

Abeer Khouri

Constitution

Ramzi Sweis

Humanitarian

Shireen Salman

Ushering

Isa Riadi

Web Master

Sana Sweis

Office Secretary

Katia Haddad

Organizations and Ministries:

Sunday School Director

Omar 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

الأحد الثالث من الصوم وأحد تكريم الصليب المقدس

Third Sunday of Great Lent and Adoration of the Holy Cross



Changes in the Liturgy

تغييرات في القداس

First Antiphon

The light of Thy countenance, O Lord, is marked upon us. Thou hast given a sign unto them that fear Thee that they may flee from before the face of the bow.

Through the intercessions of the Theotokos, Savior, save us!

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord.

Through the intercessions of the Theotokos, Savior, save us!

Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages. Amen.

Through the intercessions of the Theotokos, O Savior, save us!

الانديفونا الأولى

لقد رسمت علينا نور وجهك يا رب، أعطيت الذين يتقونك علامة ليهربوا من وجه القوس.

بشفاعات والدته الإله يا مخلص خلاصنا!

صعدت إلى العلاء وسبيت سبياً، أعطيت الذين يرهبون اسمك ميراثاً يا رب.

بشفاعات والدته الإله يا مخلص خلاصنا!

المجد للآب والإبن والروح القدس، الآن وكل أوان وإلى دهر الداهرين، آمين.

بشفاعات والدته الإله يا مخلص خلاصنا!

Second Antiphon

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

God is our King before the ages, He hath wrought salvation in the midst of the earth.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

High above all the nations is the Lord. Thou art Lord most high over all the earth.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages. Amen.

O only-begotten son and word of God...

الانديفونا الثانية

تظرت أقاصي الأرض جميعها خلاص إلهنا، لنسجد في الموضع الذي فيه قامت قدماه.

خلصنا يا ابن الله، يا من قام من بين الاموات، لنرتل لك، هلولويا!

الله هو ملكنا منذ القدم، صنع الخلاص في وسط الأرض.

خلصنا يا ابن الله، يا من قام من بين الاموات، لنرتل لك، هلولويا!

ارتفع في الأمم وأتعالى في الأرض.

خلصنا يا ابن الله، يا من قام من بين الاموات، لنرتل لك، هلولويا!

المجد للآب والإبن والروح القدس، الآن وكل أوان وإلى دهر الداهرين، آمين.

يا كلمة الله الابن الوحيد...

Third Antiphon

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever.

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

الانديفونا الثالثة

ارفعوا الرب إلهنا واسجدوا لموطئ قدميه. خلص يا رب شعبك وبارك ميراثك، وارزعههم وارفعهم إلى الأبد.

خلص يا رب شعبك وبارك ميراثك، وامنح المؤمنين الغلبة على الأعداء. واحفظ بقوة صليبك جميع المختصين بك!

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!

هَلُمْ لِنَسْجِدْ وَنَرْكِعْ لِلْمَسِيحِ مَلَكُنَا وَالْهَنَا، خَلَصْنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِ لَكَ هَلْلُويَا!

Troparion of the Holy Cross (Tone One)

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاتِكَ، وَامْنَحْ الْمُؤْمِنِينَ الْغَلْبَةَ عَلَى الْأَعْدَاءِ. وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ

الْمَخْتَصِّينَ بِكَ!

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.

فِي مِيلَادِكَ حَفِظْتِ الْبَتُولِيَّةَ وَصَنَنْتِهَا وَفِي رَقَادِكَ مَا أَهْمَلْتِ الْعَالَمَ وَتَرَكْتِهِ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتِ إِلَى

الْحَيَاةِ بِمَا أَنْكَ أُمُّ الْحَيَاةِ. فَبِشَفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

Kontakion of the Theotokos for the Sundays of Lent (Tone Eight)

To thee the champion leader, I thy city ascribe thank-offerings of victory. For thou hast delivered me from terrors O Theotokos. But as thou hast that power which is invincible, from all dangers set me free that I may cry out unto thee:

Hail, O Bride without Bridegroom!

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهِ، اكْتُبْ لِكَ رَايَاتِ الْغَلْبَةِ يَا جَنْدِيَّةَ مُحَامِيَّةٍ. وَأَقْدِمُ لِكَ الشُّكْرَ كَمُنْقَذَةٍ مِنَ الشَّدَائِدِ.

لَكِنْ بِمَا أَنَّ لِكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، اعْتَقِينَا مِنْ صُنُوفِ الشَّدَائِدِ. حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا عَرُوساً لَا

عَرُوسَ لَهَا!

In place of the Trisagion, the following is sung for the Holy Cross (Tone Two):

“Before thy Cross, we bow down and worship, O Master, and thy Holy Resurrection we glorify.”

”لِصَلِيبِكَ يَا سَيِّدَنَا نَسْجِدُ، وَلِقِيَامَتِكَ الْمَقْدَسَةِ نَمْجِدُ.“

Epistle for the Third Sunday of Lent and the Adoration of the Holy Cross

الرسالة للأحد الثالث من الصوم وأحد تكريم الصليب المقدس

O Lord, save your people and bless your inheritance!

To you, O Lord, have I cried, O my God!

The Reading is from St. Paul's Letter to the Hebrews (4:14-5:6).

Brethren, since we have a High Priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ!

إِلَيْكَ يَا رَبُّ أَصْرُخُ، يَا إِلَهِي!

فصلٌ من رسالة القديس بولس الرسول إلى العبرانيين (4:14-5:6)

يا إخوة إذ لنا رئيس كهنة عظيم قد اجتاز السماوات يسوع ابن الله فلنتمسك بالاعتراف * لأن ليس لنا رئيس كهنة غير قادر أن يرثي لأوهاننا بل مجرب في كل شيء مثلنا ما خلا الخطيئة * فلنقبل إذن بثقة إلى عرش النعمة لننال رحمة ونجد ثقة للإغاثة في أوانها * فإن كل رئيس كهنة متخذ من الناس يُقام لأجل الناس فيما هو لله ليقرّب تقادم وذبايح عن الخطايا في إمكانه أن يشفق على الذين يجهلون ويضلون لكونه هو أيضاً متلبساً بالضعف * ولهذا يجب عليه أن يقرب عن الخطايا لأجل نفسه كما يقرب لأجل الشعب * وليس أحد يأخذ لنفسه الكرامة بل من دعاه الله كما دعا هارون * كذلك المسيح لم يمجد نفسه ليصير رئيس كهنة بل الذي قال له أنت ابني وأنا اليوم ولدتك. كما يقول في موضع آخر أنت كاهن إلى الأبد على رتبة ملكيصادق .

Gospel for the Third Sunday of Lent and the Adoration of the Holy Cross

الأنجيل للأحد الثالث من الصوم وأحد تكريم الصليب المقدس

The Reading is from the Holy Gospel according to St. Mark (8:34-38; 9:1).

The Lord said, “If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and gospel’s will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels.” And Jesus said to them, “Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power.”

***فصل شريف من بشارة القديس مرقس الإنجيلي البشير, التلميذ الطاهر**

***(8:34-38; 9:1)**

قال الرب من أراد أن يتبعني فليكفر بنفسه ويحمل صليبه ويتبعني لأن من أراد أن يخلص نفسه يهلكها ومن أهلك نفسه من أجلي ومن أجل الإنجيل يخلصها*
فإنه ماذا ينتفع الإنسان لو ربح العالم كله وخسر نفسه* أم ماذا يعطي الإنسان فداءً عن نفسه* لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء*
يستحيي به ابن البشر متى أتى في مجد أبيه مع الملائكة القديسين* وقال لهم الحق أقول لكم إن قوماً من القائمين ههنا لا يذوقون الموت حتى يروا ملكوت الله قد أتى بقوة.

Changes in the Liturgy

تغييرات في القداس

التعظيمة لوالدة الإله من قدّاس باسيليوس الكبير (بالحن الثامن)

إن البرايا بأسرها تفرحُ بكِ يا ممتلئةً نعمةً، محافلَ الملائكةِ وأجناسَ البَشَرِ، أيتها الهيكلُ المتقدّسُ والفردوسُ الناطقُ، فخرَ البتوليةِ مريمَ التي منها تجسّدَ الإلهُ وصارَ طفلاً وهو الإلهُ الذي قبلَ الدُّهورِ، لأنهُ صنعَ مُستودَعَكَ عرشاً وجعلَ بطنَكَ أرحبَ من السَّمَاوَاتِ، لذلكِ يا ممتلئةً نعمةً تفرحُ بكِ كلُّ البرايا وتُمجّدُكَ.

Megalynarion for the Theotokos from the Liturgy of St. Basil the Great (Tone Eight)

In thee all creation rejoices, O Full of Grace; the assembly of angels and the race of Man; O sanctified temple and spiritual paradise; the glory of virgins, from whom God was incarnate and became a child; our God before the ages, He made thy body into throne, and thy womb He made more spacious than the heavens. In thee all creation rejoices; O Full of Grace, glory to thee.

الكنوننيكون للأحد الثالث من الصوم (بالحن الثامن)

لقد رسمت علينا نور وجهك يا رب. هليلويا!

Koinonikon for the Third Sunday of Lent (Tone Eight)

The light of Thy countenance, O Lord, is marked upon us. Alleluia!

بدلاً من "قد رأينا النور الحقيقي..."، نرتل:

طروبارية الصليب المقدس (بالحن الأول)

خَلِّصْ ياربُّ شعبَكَ وبارِكْ ميراثَكَ، وامنحْ المؤمنين الغلبةَ على الأعداء. واحفظْ بقوةِ صليبِكَ جميعَ المختصِّينَ بكِ!

Instead of "We have seen the true light...", sing:

Troparion of the Holy Cross (Tone One)

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

في نهاية القداس، سيكون دورة الصليب المقدس مع التراتيل التالية:

خَلِّصْ ياربُّ شعبَكَ وبارِكْ ميراثَكَ وامنحْ المؤمنين الغلبةَ على الأعداء. واحفظْ بقوةِ صليبِكَ جميعَ المختصِّينَ بكِ.

لصليبك يا سيدنا نسجد، ولقيامتك المقدسة نمجد.

After the Liturgy, we will have the procession of the Holy Cross with the following hymns:

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee.

Before thy Cross, we bow down in worship, O Master, and thy Holy Resurrection we glorify.



Lenten Prayer of St. Ephraim the Syrian

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power and idle talk.
(prostration)

أَيُّهَا الرَّبُّ وَسَيِّدُ حَيَاتِي، أَعْتِقْنِي مِنْ رُوحِ الْبَطَالَةِ وَالْفُضُولِ
وَحُبِّ الرَّئِاسَةِ وَالْكَلامِ الْبَطَالِ. (مطانية)

But give rather the spirit of chastity, humility, patience, and love to Thy servant. (prostration)

وَأَنْعِمْ عَلَيَّ أَنَا عَبْدُكَ، بِرُوحِ الْعِفَّةِ وَاتِّضَاعِ الْفِكْرِ وَالصَّبْرِ
وَالْمَحَبَّةِ. (مطانية)

Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for Thou art blessed unto ages of ages.
Amen. (prostration)

نَعَمْ يَا مَلِكِي وَإِلَهِي هَبْ لِي أَنْ أَعْرِفَ ذُنُوبِي وَعُيُوبِي، وَأَنْ لَا
أَدِينَ إِخْوَتِي، فَإِنَّكَ مُبَارَكٌ إِلَى دَهْرِ الدَّاهِرِينَ. آمين. (مطانية)



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
03/18: Joseph Makri & Family	03/18: يوسف مكري والعائلة
03/25: Refqa Sweis & Family	3/25: رفقة صوبص والعائلة
04/01: Rayya Saloum Makamreh & Family	4/01: رية سلوم مخامرة والعائلة

Epistle Readers:

Today: *English - Abeer Khouri, Arabic - Lily Sweiss*
Next Week: *English - Rana Nino, Arabic - Norma Tadros*

Altar Server Ministry:

03/18: Team B (Captain Ramiz Riadi): Ramí Sweis, , Yazén Swaís, Anthony Rihani, Saleem Swais, Sharbel Samawi, Kyse Dahdal, Joseph Fallouh, Louis Corey, Alexander Corey
0 3/25: Team C (Captain Murad Salman): Omar Nemri, Mathew Nemri, Samer Sweis , Elia Sweiss, Simon Tadros, , George Corey, Woody Corey, Mark Sweis
04/01 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, David Sweis

“Bible Verse of the Week”

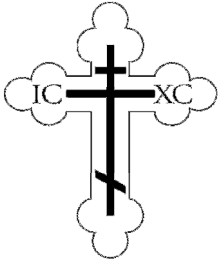
And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Romans 8:28

وَنَحْنُ نَعْلَمُ أَنَّ اللَّهَ يَجْعَلُ كُلَّ الْأَشْيَاءِ تَعْمَلُ مَعًا لِحَيْرِ الَّذِينَ يُحِبُّونَهُ، الْمَدْعُوِينَ حَسَبَ إِرَادَتِهِ.

رومية 8:28

Parish News



Please join us today immediately following the Divine Liturgy for the 1 year memorial for the departed servant of God Makram Abbasi. Our deepest and sincere condolences to the Abbasi family. May the Lord give rest to the soul of His servant Makram, and may He give peace and comfort to his family. May his memory be eternal!

نرجو مشاركتنا بعد القداس الالهي مباشرة في ذكرانية السنة عن نفس المرحوم مكرم عباسي. تعازينا الحارة لعائلة عباسي سائلين الله ان يتاغمه برحمته ويلهم ذويه الصبر والسلوان. ليكن ذكره مؤبداً!

Today, immediately following the Liturgy, there will a brief meeting for all those who are assisting in the ushering of Palm Sunday, Holy Friday, and Pascha services. Thank you!



سيعقد اليوم بعد القداس الالهي مباشرة اجتماع للذين سيساعدون في

تنظيم احتفالات احد الشعانين والجمعة العظيمة وعيد الفصح. شكراً!

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



Parish News

Great Lent!

We are currently in the Lenten Fast and it will continue until Pascha (Easter), April 15th. Please do not forget that in order for our fasting to be effective and beneficial to our souls, it must be accompanied by prayer, repentance, forgiveness, alms-giving (giving to the poor), and good works. The fast is not a “diet” so that one could lose weight. What good is the fast if it does not change us and strengthen our relationship with Jesus Christ and with one another? Fast from anger, judging, pride, gossip, and lust. If you are not able to keep the discipline of fasting as prescribed by the church for health reasons, please speak to Fr. Mousa and he will give you a discipline you can handle. Remember the words of St. John Chrysostom:

“Let the ear fast, by not listening to evil talk and gossip...”

“Let the mouth fast from foul words and unjust criticism...”

“For what good is it if we abstain from birds and fishes, but bite and devour our brothers?”

The Church of the Virgin Mary will have the Pre-Sanctified Liturgy every Wednesday at 7pm and the service of the Akathist (Al-Madayeh) followed by a potluck dinner every Friday at 7pm. May you have a spiritually rewarding Lent. God bless you!

نحن الان في فترة الصوم الذي يستمر حتى عيد الفصح 15-4-2012. نرجو أن نتذكروا انه حتى يكون صيامكم مقبولاً ومفيداً لأرواحكم, يجب أن يقترن بالصلاة والندامة والمسامحة ومساعدة الفقراء والمحتاجين وكافة الاعمال الصالحة. الصيام ليس وسيلة لتخفيف الوزن. ما الفائدة منه إذا لم نتغيّر ونُقوّي علاقتنا مع السيد يسوع المسيح ومع بعضنا البعض. الصيام هو الابتعاد عن الغضب والعصبية والحكم على الآخرين والغرور والقبل والقال والشهوة. إذا كان لأي منكم اسباب تمنعه من الصيام كما اوصت الكنيسة, يُرجى التكلم مع الاب موسى حداد الذي سيساعدكم على معالجة الامر. تذكروا ما قاله القديس يوحنا الذهبي الفم:

" لتصم أذانكم عن سماع أقوال الشر وكلام الثرثرة... "

" لتصم أفواهكم عن الكلام البطال وأنقاد الآخرين... "

" لانه أية منة لكم إذا أمتعتكم عن أكل اللحوم والاسماك, بنما تنهشون أخوانكم؟ "

ستقيم الكنيسة قُداس "السابق تقديسه" كل يوم أربعاء الساعة 7 مساءً. أيضاً خدمة المدائح كل يوم الجمعة الساعة 7 مساءً يتبعها وجبة طعام في قاعة الكنيسة. نسأل الله أن يُكافئكم روحياً بهذا الصيام. الله يبارككم!

خدمات الصيام والاسبوع العظيم 2012 Lent & Holy Week Services

February 29 شباط	Wednesday: Pre-Sanctified Liturgy الأريعاء: القداس السابق تقديسه	7:00pm مساء
March 2 آذار	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
March 7 آذار	Wednesday: Pre-Sanctified Liturgy الأريعاء: القداس السابق تقديسه	7:00pm مساء
March 9 آذار	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
March 14 آذار	Wednesday: Pre-Sanctified Liturgy الأريعاء: القداس السابق تقديسه	7:00pm مساء
March 16 آذار	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
March 21 آذار	Wednesday: Pre-Sanctified Liturgy الأريعاء: القداس السابق تقديسه	7:00pm مساء
March 23 آذار	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
March 25 آذار	Sunday: Annunciation Liturgy الأحد: خدمة القداس لعيد البشارة	10:30am صباحا
March 28 آذار	Wednesday: Pre-Sanctified Liturgy الأريعاء: القداس السابق تقديسه	7:00pm مساء
March 30 آذار	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
April 7 نيسان	Saturday: Lazarus Saturday Liturgy السبت: القداس لسبت اليعازر	10:30am صباحا
April 8 نيسان	Sunday: Palm Sunday Liturgy الأحد: خدمة القداس لعيد الشعانين	10:30am صباحا
	Sunday: 1st Bridegroom Service الأحد: الختن الأولى	7:00pm مساء
April 9 نيسان	Monday: 2nd Bridegroom Service الإثنين: الختن الثانية	7:00pm مساء
April 10 نيسان	Tuesday: 3rd Bridegroom Service الثلاثاء: الختن الثالثة	7:00pm مساء
April 11 نيسان	Wednesday: Holy Unction Service الأريعاء: صلاة الزيت المقدس	7:00pm مساء
April 12 نيسان	Thursday: Divine Liturgy of St. Basil الخميس: قداس باسيليوس العظيم	10:30am صباحا
	Thursday: 12 Passion Gospels الخميس: خدمة 12 انجيل والصلب	7:00pm مساء
April 13 نيسان	Friday: Royal Hours الجمعة: خدمة الساعات	10:30am صباحا
	Friday: Taking Down From the Cross الجمعة: خدمة انزال المصلوب	3:00pm مساء
	Friday: Lamentations الجمعة: جناز المسيح	7:00pm مساء
	(GOOD FRIDAY All-Night VIGIL to follow سهرانية العيد)	
April 14 نيسان	Saturday: Vespertal Liturgy of St. Basil السبت: قداس سبت النور	10:30am صباحا
	Saturday: Rush Procession & Matins followed by Paschal Liturgy	10:00pm مساء
	السبت: سحرية العيد، الهجمة و قداس القيامة	
April 15 نيسان	Sunday: Agape Vespers at St. George Cicero الأحد: صلاة الباعوث	11:00am صباحا

CHURCH OF THE VIRGIN MARY CHILDREN'S CHOIR

Attention all boys and girls 2nd through 5th grade
Practices have begun...hope to see you this Saturday

*Parents are asked to stay downstairs during practice but are encouraged to join us at 5:30pm for Great Vespers

Practices

When: Every Saturday

Time: 5:00 to 6:15pm

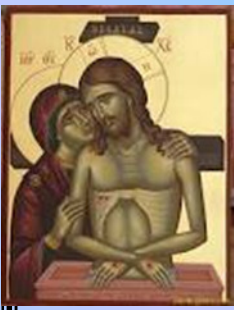
Place: Church of the Virgin Mary

?s contact Angela Sweis at angelasweis@msn.com or 708.715.9057 or Grace Riske at grace@graceriske.com or 630.532.8640

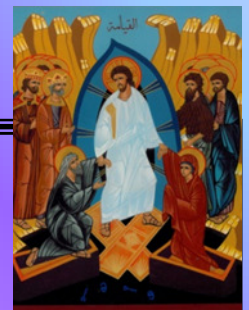
Scholarship

Through a generous gift of the Francis Maria Foundation for Justice and Peace, the Antiochian Orthodox Christian Archdiocese of North America will once again grant several scholarships in the amount of \$2,500 to students attending an accredited College. Scholarships will be granted each July. Completed [2012 Francis Maria Scholarship Application](#) and all supporting documentation must be post-marked by May 15, 2012 and received by May 22.

<http://www.teensoyo.org/Pages/Scholarships.aspx>



Chicago-area Antiochian Churches present
2012 Lenten Lecture Series



Uniting our faithful; and together sharing in the Passion of our Lord, and celebrating His Glorious Resurrection.

Please see the schedule below.

Join us for these discussions and let's travel together on a meaningful journey through the Holy Season of Lent.

Date / Time	Church / Presenter	Topic / Language	Location
Thursday, February 23 rd 6:30 - 8:00 PM	Saint Mary Orthodox Church Fr. Malek Rihani 708-239-0004	English "From Doubt to Sainthood: A Lenten Journey"	Saint John Melkite Church 200 East North Ave. Northlake, IL
Thursday, March 1 st 6:30 - 8:00 PM	Our Lady of Lebanon Fr. Charles Khachan 630-932-9640	English "Toward the Cross, the Empty Tomb, and Beyond"	Saint John Syriac Church 250 South Villa Ave. Villa Park, IL
Thursday, March 8 th 6:30 - 8:00 PM	Saint John Melkite Church Fr. Fouad Sayegh 708-562-7050	Arabic "The Liturgical Year, Celebrating Christ and Journeying towards God." "السنة الليتورجية، احتفال بالمسيح ومسيرة نحو الله"	Saint Mary Orthodox Church 12147 S. Cicero Ave. Alsip, IL
Thursday, March 15 6:30 - 8:00 PM	Saint John Syriac Church Fr. Yacoub Youhanoun 847-533-6003	English and Arabic "Anger in the Holy Bible: How can we deal with it"	Our Lady of Lebanon 950 N. Grace Lombard, IL
Thursday, March 22 6:30 - 8:00 PM	Saint Afrem Syriac Church Fr. Dr. Sharbel Bcheiry	English "Repentance and Fasting in the Sermon of St. Jacob of Serug on the People of Nineveh (Jonah 3). A model of an inner spiritual progress and change for our daily life.	Saint John Melkite Church 200 East North Ave. Northlake, IL

"For what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters?" St. John Chrysostom

Sts. Constantine and Helen Greek Orthodox Church

Spiritual Renewal Retreat

A Leap of Faith...

Presenter: Sarah Elisabet Oftedal,
House Mother of the Martha and Mary Maternity House in Escondido, CA

March 24, 2012

Sts. Constantine and Helen Greek Orthodox Church
11025 S. Roberts Road, Palos Hills, IL 60465

Spiritual Retreat Schedule:

9:00 am: Orthros (Matins)

10:00 am: Continental Lenten
Breakfast & Registration

10:30 am-12:00 pm: First Session
(Her journey to Orthodoxy)

12:00-1:00 pm: Lunch

1:00-2:30 pm: Second Session
(Her journey to the
Martha & Mary House)

Registration:

\$15 by March 17

**\$20 After March 18
or on-site registration**

Sara Elisabet Oftedal is Co-Founder and House-Mother/ Director of Martha and Mary House, an Orthodox Christian Maternity Home for pregnant women in crisis who choose life and open adoption for their unborn child.

Sara Elisabet is an accomplished journalist, correspondent, author and sculptress. She gave birth to her first living child in 1956 in a Salvation Army Maternity Home after aborting an infant while a rebellious teen. Although she later married and went on to have three more children, she lived with a secret pain in her heart, a black hole caused by aborting a child and existing as an atheist. Through the years, Sara's work as a writer took her to several denominations.

Searching for meaning, she made a desperate leap of faith across the abyss of the absurd and promised God that she would live the rest of her life as if He were there. In her journey, Sara became an Evangelical, a Lutheran, an Episcopalian, an Anglican and finally an Orthodox Christian. In January 1995, Sara Elisabet was chrismated at Saint John of Damascus Orthodox Church (OCA) in Poway, California where she is currently a member.

With the blessing of Bishop Benjamin of the Diocese of the West, Sara is currently working on a book titled "Coming Full Circle, - From The House of Tomorrow to Martha and Mary House." It will include the reprint of her first book, and the circumstances leading to the founding of Martha and Mary House.

Come hear Sara's inspiring and moving spiritual journey.

For More Information
Please Contact
Venetta Carroll
tel: 708.425.2644
email: venetta.carroll@yahoo.com

www.stconstantinehelen.org

2012 Midwest Parish Life Conference

Diocese of Toledo & the Midwest

Antiochian Orthodox Christian Archdiocese of North America

June 27th - July 1st, 2012

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See www.2012MidwestPLC.org for event information!

Hosted by Church of the Virgin Mary Antiochian Church
Palos Heights, IL (formerly of Alsip, IL)
www.VirginMaryOC.org VirginMary@VirginMaryOC.org (708)239-0004



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

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

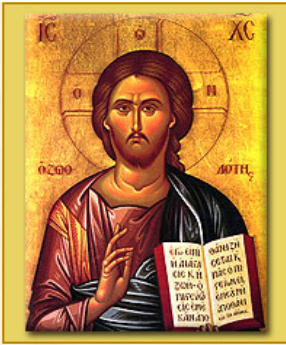
Would you like to advertise your
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hundreds and hundreds
of people?

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

Where to Turn in the Psalms...

- When you are tempted to compromise: **Psalm 1:1-7**
- When you are unjustly criticized: **Psalm 3:1-4**
- When you are lacking in joy: **Psalm 5:11,12**
- When you are being tested: **Psalm 10:5-7**
- When you need encouragement : **Psalm 17:6-8**
- If you doubt the Scriptures: **Psalm 19:7-11**
- When you are lonely: **Psalm 23:1-6**
- When you mourn: **Psalm 30:10-12**
- When you need God's forgiveness: **Psalm 32:1-5**
- When you are tempted to miss church: **Psalm 34:1-10**
- When you are worried: **Psalm 37:1-8**
- When you are sad: **Psalm 43:35**
- Before you go to confession: **Psalm 51:1-19**
- When you are depressed: **Psalm 57:6-11**
- When you need God's protection: **Psalm 61:1-8**
- When you need strength: **Psalm 62:5-8**
- When enemies come against you: **Psalm 70:1-5**
- When there is a shortage of money: **Psalm 72:12-19**
- When you are deeply troubled: **Psalm 77:1-15**
- When you feel insignificant: **Psalm 84:5-12**
- When you wonder about life's meaning: **Psalm 90:10-17**
- In times of anxiety: **Psalm 94:16-19**
- If you are tempted to disobey God: **Psalm 95:6-11**
- When you need God's mercy: **Psalm 103:1-14**
- When you are discouraged: **Psalm 109:21-31**
- When you have opportunity to serve God: **Psalm 112:1-10**
- When a loved one dies: **Psalm 116:1-19**
- When you need God's guidance: **Psalm 119:9-16**
- Before leaving on a journey: **Psalm 121:1-18**
- When you contemplate marriage: **Psalm 127:1-5**
- To find a litany of prayer: **Psalm 136:1-26**
- If God seems far away: **Psalm 139:1-18**
- Before retiring for the night: **Psalm 141:1-10**
- If you want to complain to God: **Psalm 142:1-7**
- When you want to give praise to God: **Psalm 150:1-6**



Weekly Synaxarion



On March 18 in the Holy Orthodox Church, we commemorate our father among the saints Cyril, archbishop of Jerusalem; Martyrs Trophymos and Eukarpos of Nicomedia and those with them; and Nikolai (Velimirovich), bishop of Zicha in Serbia, who labored in America. On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross. Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast. By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.