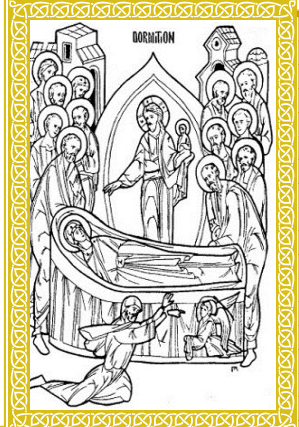




# St. Mary Orthodox Church

كنيسة العذراء مريم الأنطاكية الأرثوذكسية

Antiochian Orthodox Christian Archdiocese  
of North America



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

*May 6, 2012*

**Sunday of the Paralytic**

**أحد المخلع**

**CHRIST is Risen! Indeed He is Risen!**

**المسيح قام! حقاً قام!**

6330 W. 127th St., Palos Heights, IL 60463

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

[www.virginmaryoc.org](http://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*

*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**

*Fadi Abu Manneh*

#### **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 the church office or email: [katiahaddad@virginmaryoc.org](mailto:katiahaddad@virginmaryoc.org)

## المسيح قام! حقاً قام!

CHRIST is Risen! Indeed He is Risen!

المسيح قام من بين الأموات، ووطىء الموت بالموت، ووهب الحياة للذين في القبور!  
Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life!

### First Antiphon

Shout with joy to God, all the earth. Sing to His name; give glory to His praises.

*Through the intercessions of the Theotokos, O Saviour save us.*

Say to God: "How awesome are thy works." Let all the earth worship Thee, and sing to Thee.

*Through the intercessions of the Theotokos, O Saviour 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 Saviour save us.*

### الانتيفونة الأولى

هللوا لله يا جميع الأرض، رتلوا لاسمِهِ أعطوا مجداً لتسبحتِهِ.

*بشفاعاتِ والدةِ الإلهِ يا مخلصِ خلصنا.*

قولوا لله ما أَرهَبَ أعمالك، كلُّ مَنْ في الأرضِ يسجدونَ لك ويرتلونَ لاسمِكَ أيها العلي.

*بشفاعاتِ والدةِ الإلهِ يا مخلصِ خلصنا.*

المجد للآبِ والإبْنِ والروحِ القدسِ الآنِ وكلِّ أوانٍ وإلى دهرِ الداهرينِ آمين.

*بشفاعاتِ والدةِ الإلهِ يا مخلصِ خلصنا.*

### Second Antiphon

May God have mercy upon us, and bless us, and may He cause His face to shine upon us, and have mercy on us.

*Save us, O Son of God, who rose from the dead, as we sing unto thee, Alleluia.*

That thy way may be known upon earth, thy salvation among all nations. Let the peoples give thanks to Thee, O God; let all the peoples give thanks to Thee.

*Save us, O Son of God, who rose from the dead, as we sing unto thee, Alleluia.*

May God bless us, and may all the ends of the earth fear Him.

*Save us, O Son of God, who rose from the dead, as we sing unto 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, etc.*

### الانتيفونا الثانية

ليترأف الله علينا وبيباركنا، وليضئ بوجهه علينا ويرحمنا.

*خلصنا يا ابن الله يا من قام من بين الأموات لترتل لك هللويا.*

لنعرف في الأرض طريقك وفي جميع الأمم خلاصك.

*خلصنا يا ابن الله يا من قام من بين الأموات لترتل لك هللويا.*

تعترف لك الشعوب يا الله تعترف لك.

*خلصنا يا ابن الله يا من قام من بين الأموات لترتل لك هللويا.*

المجد للآبِ والإبْنِ والروحِ القدسِ، الآنِ وكلِّ أوانٍ وإلى دهرِ الداهرينِ، آمين.

*يا كلمةَ اللهِ الابنِ الوحيدِ...*

### Third Antiphon

Let God arise, and let his enemies be scattered,  
and let those who hate Him flee from his face.

***Christ is risen from the dead, trampling down  
death by death, and upon those in the tombs,  
bestowing life.***

As smoke vanishes, let them vanish; as wax  
melts before the fire.

***Christ is risen, etc.***

So let the sinners perish before God, but let the  
righteous rejoice.

***Christ is risen, etc.***

This is the day which the Lord has made; let us  
rejoice and be glad in it.

***Christ is risen, etc.***

### الانتيفونا الثالثة

ليقم الله ويتبدد جميع أعدائه ويهرب مبغضوه من أمام  
وجهه.

المسيح قام من بين الأموات، ووطئ الموت بالموت،  
ووهب الحياة للذين في القبور.

كما يباد الدخان يبادون وكما يذوب الشمع من أمام وجه  
النار.

المسيح قام من بين الأموات...

كذلك تهلك الخطاة من أمام وجه الله والصديقون يفرحون  
ويتهللون أمام الله ويتنعمون بالسرور.

المسيح قام من بين الأموات...

هذا هو اليوم الذي صنعه الرب لنفرح ونتهلل به.

المسيح قام من بين الأموات...

### التعظيم لوالدة الإله (باللحن الأول)

إن الملاك هتف نحو الممتلئة نعمةً أيتها العذراء النقية افرحي. وأيضاً أقول افرحي لأن ابنك قد قام من القبر في  
اليوم الثالث. استتيري استتيري يا اورشليم الجديدة. لأن مجد الرب أشرق عليك. افرحي الآن وتهللي يا صهيون،  
وأنت يا والدة الإله النقية اطربي بقيامة ولدك.

### Megalynarion (Tone One)

The angel spake to her that is full of grace, saying, O pure Virgin, rejoice. And I say also, Rejoice.  
For thy son is risen from the tomb on the third day.  
Shine, shine, O new Jerusalem; for the glory of the Lord hath risen upon thee. Rejoice and exult  
now, O Zion, and thou, O pure one; Theotokos, rejoice at the Resurrection of thy Son.

### الكينونيكون

جسد المسيح خذوا، والينبوع الذي لا يموت ذوقوا. هلوليا.

### Koinonikon (Communion Hymn)

Receive ye the Body of Christ, and taste ye Him who is the Fountain of Immortality.  
Alleluia.

وبدلاً من "قد نظرنا"، نرتل "المسيح قام" (مرة واحدة)

Instead of "We have seen the true light", we sing "Christ is Risen" (Once)

# تغييرات في القداس

## Changes in the Liturgy

### Entrance Hymn

In the gathering places, bless ye God the Lord from the springs of Israel.  
Save us, O Son of God, who art risen from the dead, who sing to thee: Alleluia!

في المجامع باركوا الله، الربّ من ينابيع إسرائيل،  
خلصنا يا ابن الله، يا مَنْ قامَ من بين الأموات، لنرتل لك، هلوليا!

### Paschal Troparion (Tone Five)

Christ is risen from the dead, trampling down death by death,  
and upon those in the tombs, bestowing life!

المسيح قام من بين الأموات، ووطئ الموت بالموت، ووهب الحياة للذين في القبور!

### Troparion of the Resurrection (Tone Three)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act  
with His own arm, He hath trampled down death by death and became the first-born  
from the dead; He hath delivered us from the depths of Hades, granting the world the  
great mercy.

لِتَفْرَحِ السماوياتُ ولتبتهج الأرضيات. لأنَّ الربَّ صنَعَ عِزًّا بِسَاعِدِهِ، ووطئ الموتَ بالموتِ  
وصارَ بَكْرَ الأمواتِ. وأنقَدْنَا مِنْ جَوْفِ الجحيمِ. ومَنَحَ العالمَ الرحمةَ العظمى.

### 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 ميلادِكِ حفِظتِ البتوليةَ وصنيتها وفي رقادِكِ ما أهملتِ العالمَ وتركتِهِ يا والدةَ الإلهِ.  
لأنك انتقلتِ إلى الحياة بما أنك أم الحياة. فبشفاعاتِكِ أنقذي من الموتِ نفوسنا.

### Kontakion of Pascha (Tone Eight)

Though thou, O deathless One, didst descend into the grave, thou didst destroy the  
power of hell and, as Victor, thou didst rise again, O Christ our God. Thou didst  
greet the ointment-bearing women, saying, Rejoice! Thou didst bestow peace upon  
thy Disciples, and resurrection upon those that are fallen.

ولئن كنتِ نزلتِ إلى قبرٍ يا مَنْ لا يموت. إلا أنكِ حطمتِ قوَّةَ الجحيمِ وقُمتِ غالباً أيها المسيح الإلهِ.  
وللنسوةِ الحاملاتِ الطيبِ قلتِ افرحنَ ولرسلِكِ وهبتِ السلام. يا مانحِ الواقعينَ القيام.

# Epistle of the Sunday of the Paralytic

## الرسالة لأحد المخلع

*Sing praises to our God, sing praises!*

*Clap your hands, all you nations!*

**The Reading is from the Acts of the Apostles (9:32-42)**

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا!

يَا جَمِيعَ الْأُمَمِ صَفَّقُوا بِالْأَيْدِي!

**\*فصلٌ من أعمال الرُّسُلِ القديسينَ الأطهار (9:32-42)\***

في تلك الأيام فيما كان بطرس يطوف في جميع الأماكن نزل أيضاً إلى القديسين الساكنين في لُدَّة \* فوجد هناك إنساناً اسمه أينيَّاس مُضطجِعاً على سريرٍ منذُ ثمانين سنين وهو مُخلع \* فقال له بطرس يا أينيَّاس يشفيك يسوع المسيح فم وافترش لنفسك. فقام للوقت \* ورأه جميع الساكنين في لُدَّة وسارون فرجعوا إلى الرب \* وكانت في يافا تلميذة اسمها طابيتا الذي تفسيره ظبية. وكانت هذه ممتلئة أعمالاً صالحةً وصدقاتٍ كانت تعملها \* فحدث في تلك الأيام أنها مرضت وماتت. فغسلوها ووضعوها في العليَّة \* وإذ كانت لُدَّة بفُرب يافا وسمع التلاميذ أن بطرس فيها أرسلوا إليه رجلين يسألانه أن لا يبطين عن القدوم إليهم \* فقام بطرس وأتى معهما. فلما وصل صعدوا به إلى العليَّة ووقف لديه جميع الأرامل يبكين ويرينهُ أقمصاً وثياباً كانت تصنعها ظبية معهن \* فأخرج بطرس الجميع خارجاً وجثا على ركبتيه وصلى. ثم التفت إلى الجسد وقال يا طابيتا قومي. ففتحت عينيها. ولما أبصرت بطرس جاست \* فناولها يده وأنهضها. ثم دعا القديسين والأرامل وأقامها لديهم حياة \* فشاع هذا الخبر في يافا كلها. فآمن كثيرون بالرب.

# Gospel of the Sunday of the Paralytic

## الإنجيل لأحد المخلع

**The Reading is from the Holy Gospel according to St. John (5:1-15).**

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethzatha, which has five porticos. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water; for an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for thirty-eight years. When Jesus saw him and knew that he had been lying there for a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the sabbath. So the Jews said to the man who was cured, "It is the sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus who had healed him.

**\*فصلٌ شريفٌ من بشارة القديس يوحنا الإنجيليِّ البشيرِ، التلميذِ الطاهر (5:1-15)\***

في ذلك الزمانِ صعدَ يسوعُ إلى أورشليمِ \* وإنَّ في أورشليمَ عندَ بابِ العنَمِ بركةٌ تُسمَّى بالعبرانيةِ بيتَ حسدا لها خمسةُ أروقةٍ \* كانَ مضطجعا فيها جمهورٌ كثيرٌ مِنَ المَرَضَى مِنْ عُميانٍ وعُرجٍ ويابسي الأعضاءِ يَنْتَظِرُونَ تحريكَ الماءِ \* لأنَّ ملاكاً كانَ يَنْزِلُ أحياناً في البركةِ ويحركُ الماءَ. والذي كانَ يَنْزِلُ أولاً مِنْ بعدِ تحريكِ الماءِ كانَ يُبرأُ مِنْ أيِّ مَرَضٍ اعتراه \* وكانَ هناكَ إنسانٌ بِهِ مَرَضٌ مُنذُ ثمانٍ وثلاثينَ سنةً \* هذا إذ رآه يسوعُ مُلقىً وعَلِمَ أَنَّ لَهُ زماناً كثيراً قالَ لَهُ أتريدُ أنَ تَبْرأَ \* فأجابَهُ المريضُ يا سيدُ ليسَ لي إنسانٌ متى حُرِّكَ الماءُ يُلقيني في البركةِ بل بينما أكونُ أتياً يَنْزِلُ قبلي آخِرُ \* فقالَ لَهُ يسوعُ فَمِ احْمِلِ سَريرَكَ وامشِ \* فللوقتِ برى الرَّجُلُ وحَمَلَ سَريِرَهُ ومَشى. وكانَ في ذلكَ اليومِ سبتٌ \* فقالَ اليهودُ للذي شَفِيَ إِنَّهُ سَبَتٌ فلا يَحِلُّ لَكَ أنَ تَحْمِلَ السَّريرَ \* فأجابَهُمُ إنَّ الذي أبرأني هو قالَ لي احْمِلِ سَريِرَكَ وامشِ \* فسألوه مَن هُوَ الإنسانُ الذي قالَ لَكَ احْمِلِ سَريِرَكَ وامشِ \* أما الذي شَفِيَ فلم يَكُنْ يَعْلَمُ مَن هُوَ. لأنَّ يسوعَ اعتزَلَ إذ كانَ في الموضعِ جَمْعٌ \* وبعدَ ذلكَ وجَدَهُ يسوعُ في الهيكلِ فقالَ لَهُ ها قد عوفيتَ فلا تَعُدْ تُخَطِئُ لئلا يُصيبَكَ أشرٌ \* فذهبَ ذلكَ الإنسانُ وأخبرَ اليهودَ أَنَّ يسوعَ هو الذي أبرأه.



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>	<b>القداس والقهوة</b>
05/06: Bishara Sweis & Family	05/06: بشارة صويص والعائلة
05/13: Haifa Salman & Family	05/13: هيفا سلمان والعائلة
05/20: Nader and Angela Haddad	05/20: نادر وانجيلا حداد

### Epistle Readers:

*Today: English - Delia Haddad , Arabic - Norma Tadros*

*Next Week: English - Sub Dn. Mathew Sweis , Arabic - Fares Samawi*

### Altar Server Ministry:

*o 5/06 Team C (Captain Murad Salman): Omar Nemri, Mathew Nemri, Samer Sweis , Elia Sweis, Simon Tadros, , George Corey, Woody Corey, Mark Sweis*

*05/13 Team A (Captain Jordan Rihani): Odeh Sweis, Yousif Saigh, Jimmy Salman, Jai Riske, Sean Rihani, Daniel Al- Nemri, Joseph Sweis, Matthew Ibrahim, Gabe Corey, Sam Corey, David Sweis*

*05/20: Team B (Captain Ramiz Riadi): Rami Sweis, , Yazen Swais, Anthony Rihani, Saleem Swais, Sharbel Samawi, Kyse Dahdal, Joseph Fallouh, Louis Corey, Alexander Corey*

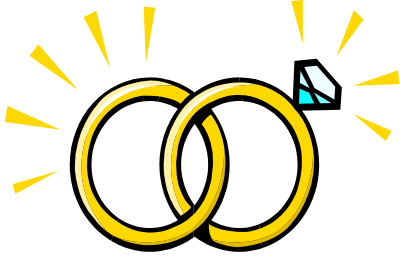
## “Bible Verse of the Week”

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. [Hebrews 11:6](#)

وَبِغَيْرِ إِيمَانٍ، لَا يُمْكِنُ إِرْضَاءُ اللَّهِ. فَعَلَى مَنْ يَأْتِي إِلَى اللَّهِ أَنْ يُؤْمِنَ بِأَنَّهُ مَوْجُودٌ، وَبِأَنَّهُ يُكَافِي الَّذِينَ يَطْلُبُونَهُ.

[العبرانيين 11:6](#)

# Parish News



Congratulations to Tamer, son of Samir and Intesar Haddad, and Jehan, daughter of Roxon and Raghda Tadros, on their engagement. May God grant them many years of health and happiness together. Mabrouk!

تهانينا الى تامر ابن سمير و انتصار حداد وجيهان ابنة ريكسون ورغدا تادرس  
بخطوبتهما. نسال الله ان يمنحهما سنيناً عديدة بالصحة والسعادة. مبروك!

## ARABIC SCHOOL IS BACK!!!

Dear families and friends, we are glad to announce that Arabic school is back. It will start September 15th, 2012 and it will be held on Saturdays from 3:30pm to 5:30pm (Great Vespers from 5:30pm-6:16pm is optional).

The fees for 2012 will be as follows:

### Pledged Members

- 1<sup>st</sup> child - \$200
- 2<sup>nd</sup> child - \$150
- 3<sup>rd</sup> child - \$100
- 4<sup>th</sup> child - free

### Non-Pledged Members

- 1<sup>st</sup> child - 250
- 2<sup>nd</sup> child - 200
- 3<sup>rd</sup> child - 150
- 4<sup>th</sup> child - 100
- 5<sup>th</sup> free



Adults are welcome too.

If you need financial assistance, please don't hesitate to ask. God bless!

# St. Mary's Spring Basketball League

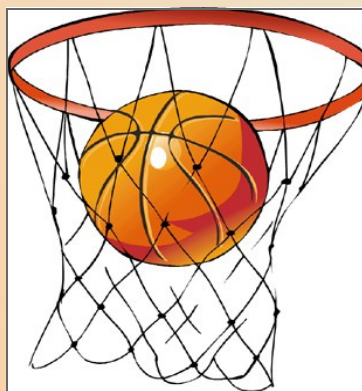


Join St. Mary's Spring Basketball League! You must be at least 16 years of age or older. We have a



fine program planned and we welcome you to join us. We are currently accepting registration and we anticipate the league will start mid-April, after Pascha. The games will be played at St. Mary Orthodox Church, 6330 W. 127<sup>th</sup> St, Palos Heights, IL 60463. The start times will vary, and are to be determined, pending final registration counts. At the present time, games are slated to be played weekday evenings, or weekend afternoons. Please spread the word quickly and encourage others to sign-up as well. We look forward to your participation in the 2012 Spring Basketball League.

If you have any questions please call Samer Tadros at 708.289.6982 or [samertadros78@gmail.com](mailto:samertadros78@gmail.com).



# IOCC's 18th Annual Pan-Orthodox Grand Banquet & Silent Auction



Thursday, May 10th, 2012

6:00pm Cocktails/7:00pm Dinner

**ROSEWOOD RESTAURANT AND BANQUETS**

9421W Higgins Road • Rosemont, IL 60018

**KEYNOTE SPEAKER:**

*Rada K. Tierney, IOCC Communications Manager*

# IOCC

20TH ANNIVERSARY [www.iocc.org](http://www.iocc.org)

**Tickets are \$125 per person**

**Please RSVP by April 30, 2012**

*All proceeds from this event will benefit IOCC's  
humanitarian relief fund*

**For tickets please see Grace Preyma Riske**

# 2012 Midwest Parish Life Conference

Diocese of Toledo & the Midwest

Antiochian Orthodox Christian Archdiocese of North America



*June 27th - July 1st, 2012*

*Save the Date! Reserve Your Room NOW!*

## DoubleTree by Hilton

1909 Spring Road  
Oak Brook, IL 60523



\*PLC Room Rate Ends June 6

Special \$99 (plus taxes)  
for 2 Doubles or 1 King

PLC Room Rate Code: CVM

800-222-8733

OR

DoubleTreeOakBrook.com

See [www.VirginMaryOC.org](http://www.VirginMaryOC.org) for event information!

*Hosted by Saint Mary Antiochian Orthodox Church  
Palos Heights, IL (formerly of Alsip, IL)*

*[www.VirginMaryOC.org](http://www.VirginMaryOC.org) [VirginMary@VirginMaryOC.org](mailto: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

**DEADLINE FOR AD MATERIAL  
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JUNE 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](mailto:adbook2012@aol.com)

# 55 Maxims for Christian Living

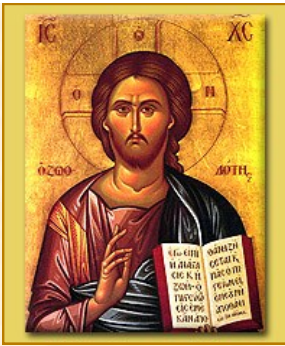
## By Fr. Thomas Hopko

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- إختَر 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 سرّاً.
- 11- إذهب إلى الخدمة الدينية بانتظام.
- 12- قم بالاعتراف وتناول القربان المقدس بانتظام.
- 13- لا تتخرط بالأفكار والمشاعر الفضولية. إنزعها 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- فم 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 مُتقيضاً وشديد الانتباه.
- 35- فكر وتكلم ضمن حدود المعقول.
- 36- تكلم ببساطة ووضوح ومباشرة.
- 37- إنسى الخيال والتحلل 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 مُلزماً.
- 48- لا تعمل للآخرين ما هم قادرون 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 والظلمه.
- 53- تحمّل محاسبة نفسك وأخطاءك الخاصة بسلام وهدوء، لأن رحمة الله أعظم من إثمك.
- 54- عندما تقع، فم حالاً وأبداء من جديد.
- 55- أطلب المساعدة وقت الحاجة بدون خجل.



## Weekly Synaxarion



On May 6 in the Holy Orthodox Church, we commemorate the Holy and Righteous Job the long-suffering; Venerable Seraphim of Mount Domvu; and the translation of the relics of Sabbas, first archbishop of Serbia. On this, the fourth Sunday of Pascha, we make commemoration of the Paralytic and, as is meet, we celebrate the miracle wrought for him. Jesus healed the Paralytic at the Sheep's Pool, located near the Sheep's Gate of Jerusalem, where people sacrificed their beasts and washed their insides. The pool had five sides, with a porch and arch on each. A number of people, afflicted with various diseases, passed through them, waiting at the water for an angel to come down and stir it. Once it moved, whoever stepped into the water first was instantly healed. One poor man, whose story is recounted in today's Gospel lection in the Divine Liturgy, waited 38 years for someone to lower him into the water, because he was unable to move into the water himself. However, the Savior merely commanded the man to get up and walk, and he was healed. By Thy boundless mercy, O Christ our God, have mercy on us. Amen.