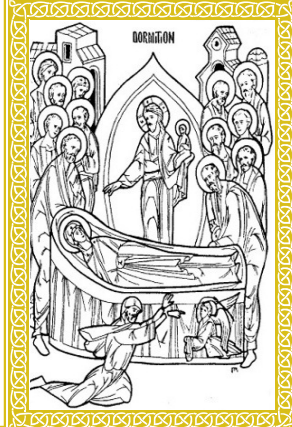




St. Mary Orthodox Church

كنيسة العذراء مريم الأنطاكية الأرثوذكسية

Antiochian Orthodox Christian Archdiocese
of North America



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

June 17, 2012

Second Sunday after Pentecost

الأحد الثاني بعد العنصرة

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

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

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
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 Administrator

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

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

هللويا!

Troparion of the Resurrection (Tone One)

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Saviour, granting life to the world; for which cause the Heavenly Powers cried aloud unto Thee, O Giver of Life, Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy Providence! O Thou who alone art the Lover of Mankind.

إِنَّ الْحَجَرَ لَمَّا خُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطَّاهِرَ حُفِظَ مِنَ الْجُنْدِ، قُمْتَ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا الْمَخْلُصُ،

مَانِحاً الْعَالَمَ الْحَيَاةَ. لِأَجْلِ ذَلِكَ قَوَاتُ السَّمَاوَاتِ هَتَفُوا إِلَيْكَ يَا وَاهِبَ الْحَيَاةِ. الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا

الْمَسِيحُ، الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ لِتَدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدِكَ.

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 حَفِظْتَ الْبَتُولِيَّةَ وَصَنَّتْهَا وَفِي رِقَادِكَ مَا أَهْمَلْتِ الْعَالَمَ وَتَرَكْتِهِ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتِ

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

Kontakion of the Theotokos (Tone Four)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

يَا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْدُودَةِ. لَا تُعْرِضِي عَنِ أَصْوَاتِ

طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنْكَ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ نَحْوَكِ بِإِيمَانٍ. بَادِرِي إِلَيَّ

الشَّفَاعَةَ وَأَسْرِعِي فِي الطَّلِبَةِ يَا وَالِدَةَ الْإِلَهِ، الْمَتَشَفِّعَةَ دَائِمًا فِي مُكْرَمِيكَ.

Epistle for the Second Sunday after Pentecost

الرسالة للأحد الثاني بعد العنصرة

Let your mercy, O Lord, be upon us!

Rejoice in the Lord, O you righteous!

The Reading is from Saint Paul's Letter to the Romans (2:10-16).

Brethren, glory and honor and peace for everyone who does good, the Jew first and also the Greek. For God shows no partiality. All who have sinned without the law will also perish without the law, and all who have sinned under the law will be judged by the law. For it is not the hearers of the law who are righteous before God, but the doers of the law who will be justified. When Gentiles who have not the law do by nature what the law requires, they are a law unto themselves, even though they do not have the law. They show that what the law requires is written on their hearts, while their conscience also bears witness and their conflicting thoughts accuse or perhaps excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.

لَتُكُنْ يَا رَبُّ رَحْمَتَكَ عَلَيْنَا!

ابتهجوا أيها الصديقون بالرب!

فصلٌ من رسالة القديس بولس الرسول إلى أهل رومية (2:10-16)

يا إخوة المجد والكرامة والسلام لكل من يفعل الخير من اليهود أولاً ثم من اليونانيين * لأنَّ ليس عند الله محاباةً للوجوه * فكلُّ الذين أخطأوا بدونِ الناموسِ فبدونِ الناموسِ يهلكون. وكلُّ الذين أخطأوا في الناموسِ فبالناموسِ يُدانون * لأنَّه ليس السامعونَ للناموسِ هم أبراراً عند الله بل العاملونَ بالناموسِ هم يُبرِّرون * فإنَّ الأممَ الذين ليس عندهم الناموسُ إذا عملوا بالطبيعة بما هو في الناموسِ فهؤلاءِ وإن لم يكن عندهم الناموسُ فهم ناموسٌ لأنفسِهِم * الذين يُظهرونَ عملَ الناموسِ مكتوباً في قلوبِهِم وضميرُهُم شاهدٌ وأفكارُهُم تشكو أو تحتجُّ فيما بينها * يوم يدينُ الله سرائرَ الناسِ بحسبِ إنجيلي بيسوع المسيح.

Gospel for the Second Sunday after Pentecost

الإنجيل للأحد الثاني بعد العنصرة

The Reading is from the Holy Gospel according to St. Matthew (4:18-23).

At that time, as Jesus was walking by the Sea of Galilee, He saw two brothers, Simon who is called Peter, and Andrew his brother, casting a net into the sea; for they were fishermen. And He said to them, “Follow Me, and I will make you fishers of men.” Immediately they left their nets and followed Him. And going on from there He saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and He called them. Immediately they left the boat and their father, and followed Him. And He went about all Galilee, teaching in their synagogues and preaching the Gospel of the Kingdom and healing every disease and every infirmity among the people.

فصلٌ شريفٌ من بشارة القديس متى الإنجيليِّ البشيرِ، التلميذِ الطاهر (4:18-23)
في ذلكَ الزمانِ فيما كان يسوعُ ماشياً على شاطئِ بحرِ الجليلِ رأى أخوينِ وهما
سمعانُ المدعوُّ بطرُسَ واندراؤُسُ أخوهُ يُلقِيانِ شبكَةً في البحرِ (لأنَّهُما كانا صيادَيْنِ)*
فقالَ لَهُما هَلُمَّ ورائي فأجعلُكما صيادِي النَّاسِ * فلِلوَقْتِ تَرَكا الشباكَ وتَبِعاهُ* وجازَ مِنْ
هناكَ فرأى أخوينِ آخَرَيْنِ وهما يعقوبُ بنُ زبدي ويوحنا أخوهُ في سفينةٍ مع أبيهما
زبدي يُصلِحانِ شباكَهُما فدعاهُما * ولِلوَقْتِ تَرَكا السفينةَ وأباهُما وتَبِعاهُ* وكانَ يسوعُ
يطوفُ الجليلَ كُلَّهُ يُعَلِّمُ في مجامِعِهِم ويكرِّزُ ببشارةِ الملكوتِ ويَشْفِي كُلَّ مَرَضٍ وكُلَّ
ضَعْفٍ في الشعبِ.



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
06/17: Eid Swais & Family Fr. Mousa and Delia Haddad & Family	06/17: عيد صويص والعائلة الاب موسى وداليا حداد والعائلة
06/24: Ziad & Magida Abudayyeh & Family	06/24: زياد وماجدة أبو دية والعائلة
07/01: Parish Life Conference - Oak Brook	07/01: مؤتمر للكنيسة في اوك بروك

Epistle Readers:

Today: English - Fabiola Sweis , Arabic - Lily Sweiss
Next Week: English -Abeer Khouri, Arabic - Norma Tadros

Altar Server Ministry:

06/17: Team C (Captain Murad Salman): Omar Nemri, Mathew Nemri, Samer Sweis , Elia Sweiss, Simon Tadros, , George Corey, Woody Corey, Mark Sweis

06/24: 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

07/01: Team B (Captain Ramiz Riadi): Rami Sweis, , Yazen Swaiss, Anthony Rihani, Saleem Swais, Sharbel Samawi, Kyse Dahdal, Joseph Fallouh, Louis Corey, Alexander Corey

“Bible Verse of the Week”

“They who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” [Isaiah 40:31](#)

أَمَّا الرَّاجُونَ الرَّبَّ فَإِنَّهُمْ يُجَدِّدُونَ قُوَّتَهُمْ، وَيَحَلِّقُونَ بِأَجْنِحَةِ النُّسُورِ. يَرْكُضُونَ وَلَا يُعْيُونَ. يَمْشُونَ وَلَا

[يَتْعَبُونَ. أشعيا 40:31](#)

Parish News



A Blessed and Happy Father's Day to all the Fathers, Grandfathers, and Godfathers of the community of St. Mary's!

عيد آباء مبارك وسعيد لجميع الآباء والاجداد والاشبايين في جالية كنيسة العذراء مريم!

On Sunday, July 1st, Divine Liturgy will be celebrated at the Double Tree Hotel in Oak Brook, IL at 10:00am. As you are aware, our church is hosting the Parish Life Conference, so we will celebrate Liturgy with His Grace Bishop Anthony and our sister churches of the Midwest. On that day there will be no services in our church in Palos Heights. Please mark your calendars.

Important DATE!

سيقام القداس الالهي ليوم الاحد الموافق الاول من تموز, في فندق دبل تري في اوك بروك - ايلينوي الساعة العاشرة صباحاً مع سيادة المطران أنتوني وبلاشتراك مع بقية كنائسنا في منطقة "وسط الغرب". لن يكون قداس إلهي في كنيستنا في بيلوس هايتس في ذلك اليوم. نرجو ان تتذكروا ذلك.

Important DATE!

Beginning Sunday, July 8th, the Divine Liturgy at St. Mary Orthodox Church in Palos Heights will begin at 10:00am (half an hour earlier). Please mark your calendars and make sure that you are in church on time. Thank you and God bless!

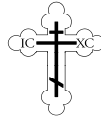
نرجو العلم بانه إعتباراً من يوم الاحد الموافق الثامن من تموز سيبدأ القداس الالهي الساعة العاشرة صباحاً (نصف ساعة ابر من المعتاد). نرجو ان لا تنسوا الموعد. الله يبارككم!

Today's Memorials:

3rd and 9th day memorial – Asma Swais

1 year memorial – Victor Mihalca

May their memory be eternal!



الذكريات اليوم:

الثالث والتاسع - أسماء صويص

السنة الاولى - فيكتور ميهاكا

ليكن ذكرهم مؤبداً!

Wedding Congratulations!

Eid Haddad & Rana Hattar

Simon Hanna & Dasha Cerniauskaite

Joseph Akroush & Eileen Pannaralla



مبروك الى العرسان!

عيد حداد ورنا حتر

سيمون حنا وداشا سرنيسكيت

جوزيف عكروش وايلين بناراللا

Congratulations Graduates!

Hadeel Haddadin - B.A. in Mathematics & Secondary Education - St. Xavier University

Jennifer Sweis - Medical Assisting & Health Care Management - Northwestern College

Salma Makri - Harold L. Richards High School



مبروك للخريجين!

هديل حدادين

بكالوريوس في الرياضيات والتعليم الثانوي - جامعة سانت كزافيير

جنيفر صويص

مساعدة طبية وإدارة في الرعاية الصحية - كلية نورث وسترن

سلمى ماكري

الثانوية العامة مدرسة هارولد ريتشاردز

Comedy Show & Dinner



Amer Zahr is an Arab-American stand-up comedian and writer. Drawing on his experiences growing up as a child of Palestinian refugees, he finds the humor in everyday cultural situations. Politics also fall victim to his comedic ways. He is currently producing his latest tour, "*Where Are You From From?*" where Amer will be starring with Ahmed Ahmed, a founder of the world-acclaimed "Axis of Evil Comedy Tour."

Friday June 29, 2012 at 7:00pm

Double Tree Hotel in Oakbrook, (Grand Ball Room)

***Adult \$65 *Children (12 & under) \$35**

Banquet & Hafli

Grand Hafli and Banquet welcomes Fadi Hanani & ensemble!!!



Fadi Hanani was born in Damascus, Syria. Syria is known for its traditional "Mouwashahat , Koudoud Halabiam and Jabaliyat which is a style of classical Arabic music. To this day, singers and musicians from Syria still treasure the classical Arabic music and strive to keep it alive. Syria has many Great talents and accomplished singers like Sabah Fakhry, Mouhamad Khairy, Ali Aldarwish, and Bakry Kurdi.

Saturday, June 30, 2012 at 6:30pm

Double Tree Hotel in Oakbrook, (Grand Ball Room)

***Adult \$75 *Children (12 & under) \$40**

Price does not include a mandatory one-time \$10 processing fee for the Parish Life Conference. Unless you are already registered, you will have to pay the \$10 processing fee at the door. (Children 12 & under are exempt from this processing fee.)

Come Support our Bible Bowl Teams and the Oratorical Participants at the PLC!!!

**Asimt, Christine, Hadeel, Jasmine,
Klodia, Philip, Raneem, and Sandra**



BIBLE BOWL:

Thursday June 28 @ 6:30pm

ORATORICAL:

Friday June 29 @ 11:00am

Double Tree Hotel

1909 Spring Road

Oak Brook, IL 60523

**The Bible Bowl and Oratorical
Festival are free events
at the PLC**

(All you need to do is register for the Conference)



Congratulations to our Creative Festivals Winners!!!!

Anthony Haddad	- 1st Grade Photography
Sara Haddad	- 4th Grade Photography
Yazen Swaiss	- 4th Grade Writing
Sandra Khouri	- 8th Grade Art
Sandra Khouri	- 8th Grade Poetry
Josephine Tadros	- 9th Grade Writing
Jasmine Sweis	- 9th Grade Photography
Marram Salman	- 10th Grade Photography

Awards (1st, 2nd or 3rd place) will be announced at the PLC and prizes will be handed to the all the winners by His Grace Bp. ANTHONY at the Awards Ceremony on Saturday June 30 at 10:00am. Come and cheer for our winners!!!

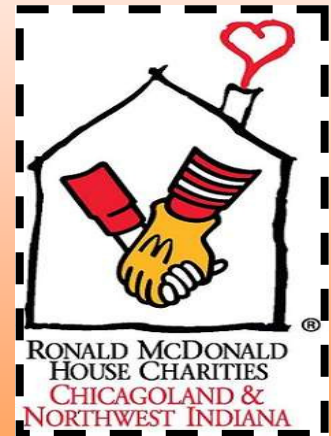
The Awards Ceremony is a free event at the PLC
(All you need is to do is register for the Conference)

Fellowship of St. John the Divine Humanitarian

The Fellowship of St. John the Divine is looking for ten volunteers to cook and serve food at the Ronald McDonald Children's House in Oak Lawn on Friday, July 6 at 6:00 p.m. Must be over the age of 19. Please contact any of the fellowship officers to reserve your spot.

Call: 708-208-3039 or

Email: saintmaryfellowship@gmail.com



Friday July 6th at 6pm!

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	Non-Pledged Members
1 st child - \$200	1 st child - 250
2 nd child - \$150	2 nd child - 200
3 rd child - \$100	3 rd child - 150
4 th child - free	4 th child - 100
	5 th free



Adults are welcome too.

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

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 for event information!

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

www.VirginMaryOC.org VirginMary@VirginMaryOC.org (708)239-0004





St. Mary Orthodox Church

Palos Heights, IL

Antiochian Orthodox Christian Archdiocese of North America

Church Etiquette

WHEN YOU ARRIVE AT CHURCH:

- Remind yourself why you are here: Jesus Christ. You have an appointment every Sunday morning at 10:30am with Him, so you should not be late. Would you be late to any other appointment? Get extra rest so that you can make it to church on time.
- Shut off all beepers, phones, and electronic devices. **NO** text messaging!
- As we sing in the Liturgy, “Let us lay aside all earthy care.”
- When entering the church, kiss the icon at the entrance, cross yourself in prayer, and light a candle.

YOU MAY NOT ENTER THE CHURCH AT THE FOLLOWING PERIODS:

- During the Little Entrance with the Holy Gospel
- During the reading of the Epistle and the Holy Gospel
- During the Sermon
- During the Great Entrance

If you arrive during the above mentioned times, please wait in the Narthex (back) until the particular period is over.

YOU SHOULD NOT BE SEATED DURING THE FOLLOWING MOMENTS:

- The singing of the Great Doxology (“Glory to Thee who has shown us the Light”)
- At “Blessed is the Kingdom of the Father, Son, and of the Holy Spirit...”
- During the Little Entrance with the Holy Gospel
- During the reading of the Holy Gospel
- During the Great Entrance
- During the Creed and the Lord’s Prayer (“Our Father”)
- During the Consecration of the Gifts
- While the priest and deacon are distributing Holy Communion
- Any time the priest blesses you with his hand or the cross

CONDUCT IN CHURCH:

It is important to keep a reverent attitude and demeanor in church at all times.

- Be on time
- You are there to pray, so focus on the prayers and hymns of the Liturgy
- Do not cross your legs
- Do not stand with your hands in your pockets or your arms crossed
- Do not chew gum; absolutely no eating or drinking
- Do not talk during the Divine Liturgy (wait until Fellowship Hour to say hello)
- If your child is being disruptive and you cannot contain him, please calmly take your child out of the church and calm him down without disturbing others.
- Communion is not the end of Liturgy; do not leave until Liturgy is completely over and you have kissed the cross. You may not go to the Fellowship hall during Liturgy.

MAKING THE SIGN OF THE CROSS:

The sign of the Cross is extremely powerful. It is the pious custom of devout people to trace themselves with the sign of the cross at important parts of the Divine Liturgy. We are to put together the first three fingers of the right hand, which symbolizes the unity of the Holy Trinity. The other two fingers should be bent towards the palm signifying the descent of Jesus Christ, the Son of God, from Heaven to Earth (two fingers being symbolic of the two natures of Christ). The fingers put together first touch the forehead, then the chest, then the right shoulder, and finally the left shoulder. Those who make the sign of the Cross inattentively are simply making the demons rejoice.

WHEN TO MAKE THE SIGN OF THE CROSS:

- At the beginning and end of prayers and services
- Upon entering church and leaving church
- At the mention of the “Father, Son, and Holy Spirit”
- When offering glory or blessedness to God
- At any prayerful invocation of God
- During the Trisagion Prayers or Hymn (Holy God, Holy Mighty, Holy Immortal)
- After receiving Holy Communion (after you have taken a few steps away from the chalice)

BOWING YOUR HEAD:

There are certain times in the service when parishioners should bow their heads:

- When the priest exclaims “Peace be to all”
- At the exclamation “Bow your heads unto the Lord”
- When the priest blesses the faithful with his hand or cross
- When the priest or deacon censures the people
- When the priest or deacon bows toward the people during the services
- During the Little Entrance with the Holy Gospel
- When the Holy Gospel is read
- During the Great Entrance

RECEIVING HOLY COMMUNION:

You should NOT receive Holy Communion if you arrive to church after the reading of the Gospel. To receive Holy Communion a person should:

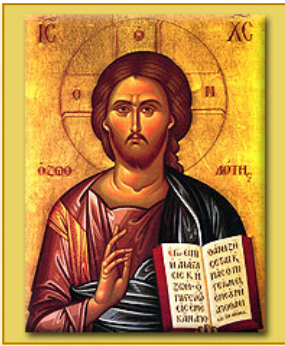
- Prepare by prayer, by repentance, and by fasting from food, from drink, and from smoking upon rising in the morning
- Ask forgiveness of anyone you have wronged
- Offer forgiveness to anyone who has wronged you
- Approach the chalice with reverence and thanksgiving, with arms crossed or hands folded with one’s mind on Christ
- Say your name to the priest as you approach the Holy Chalice
- Tilt your head back and open your mouth as wide as you can

CHURCH ATTIRE: Use Good Judgment!

We should offer Christ our “Sunday Best”, not our everyday or common wear. Our dress should always be becoming of a Christian, and exemplify Christian values.

- No Jeans, No T-Shirts, No Tank-tops, No Sunglasses on head
- No Gym Shoes, No Sandals, No Flip-Flops
- Dresses and skirts must fall below the knee
- Ladies’ blouses should not be revealing and should cover the chest
- Excessive make-up must be avoided. Women who wear lipstick should make sure their lips are dry before they take communion, kiss the cross, or kiss the priest’s hand.

God Bless You!



Weekly Synaxarion



On June 17 in the Holy Orthodox Church, we commemorate the holy, glorious and right-victorious Martyrs Isaurus, Basil, Innocent, Hermias, Felix and Peregrinus of Athens; and Martyrs Manuel, Sabel and Ishmael of Persia. Sabel, Manuel, Ishmael, Persians by race, are Martyrs in dignity, by way of the sword. On the seventeenth, blades beheaded these nine brethren. Isaurus, a deacon, and Basil and Innocent were from Athens. In the reign of Numerian (283-284), they came to Apollonia in Illyricum; there encountering Felix, Peregrinus, and Hermias hidden in a cave, they strengthened them in their Faith. Betrayed to Tripontius the Proconsul, all but Isaurus and Innocent were beheaded at that point; these last two Tripontius gave over to his son, Apollonius, who tormented them, and then had them beheaded. Manuel, Sabel, and Ishmael, Persians by race and brethren according to the flesh, were sent by the Persian King Alamundar as ambassadors to Julian the Apostate to negotiate a peace treaty. While with him at a place near Chalcedon, they refused to join him in offering sacrifice to his idols. Scorning the immunity universally accorded to ambassadors, Julian had them slain in the year 362. This was a cause of the war with Persia in which Julian perished miserably the following year, much to the joy and ridicule of the entire world. On this day, we also commemorate Venerable Joseph and Pior, disciples of Anthony the Great; and Martyr Nectan of Hartland. By the intercessions of Thy Saints, O God, have mercy upon us. Amen.