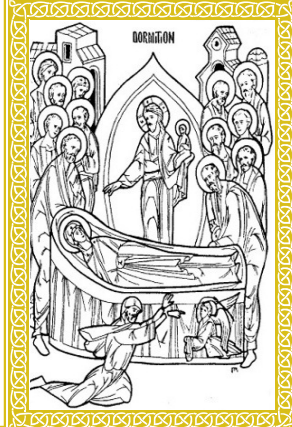




# St. Mary Orthodox Church

كنيسة العذراء مريم الأنطاكية الأرثوذكسية

Antiochian Orthodox Christian Archdiocese  
of North America



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

## June 24, 2012

### The Nativity of the Forerunner and Baptist John

ميلاد السابق المجيد يوحنا المعمدان

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

#### 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 تُسألوا أحد المساعدين في الكنيسة في نهاية الخدمة الإلهية 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 Sweis*

#### **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 Sweis*

#### **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)

# 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 Two)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

عندما انحدرت إلى الموت أيها الحياة الذي لا يموت. حينئذ أمت الجحيم ببرق لاهوتك. وعندما أقمت الأموات من تحت الثرى. صرخ نحوك جميع القوات السماويين. أيها المسيح الإله معطي الحياة المجد لك.

### Troparion of the Nativity of St. John the Baptist (Tone Four)

We who eagerly honor thee are unable to extol thee as is meet to do, O Prophet John, Fore-runner of the presence of Christ; for by thy noble and solemn nativity the barrenness of thy mother was undone, and the tongue of thy father was loosened, and to the world was proclaimed the Incarnation of the Son of God.

أيها النبي السابق لحضور المسيح إننا لا نستطيع نحن المكرمين إياك بشوق أن نمدحك بحسب الواجب، لأن بمولدك الشريف الموقر انحل عقرك أمك ورباط لسان أبيك، وكرز في العالم بتجسد الكلمة ابن الله.

### 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 وصننتها وفي رقادك ما أهملت العالم وتركتها يا والدة الإله. لأنك انتقلت إلى الحياة بما أنك أم الحياة. فبشفاعتك أنقذي من الموت نفوسنا.

### 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.

يا شفيعة المسيحيين غير الخازية، الوسيطة لدى الخالق غير المردودة. لا تعرضي عن أصوات طلباتنا نحن الخطاة، بل تداركينا بالمعونة بما أنك صالحة، نحن الصارخين نحوك بإيمان. بادري إلى الشفاعة وأسرعني في الطلبة يا والدة الإله، المتشفعة دائما في مكرميك.

# The Epistle For the Nativity of St. John the Baptist

## الرسالة لميلاد القديس يوحنا المعمدان

*The righteous shall rejoice in the Lord!*

*O God, hear my voice when I cry unto Thee!*

**The Reading is from the Epistle of St. Paul to the Romans (13:11-14:4).**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand

يفرح الصديق بالرب!

استمع يا الله لصوتي!

**\* فصل من رسالة القديس بولس الرسول إلى أهل رومية (13:11-14:4) \***

يا إخوة إنَّ خلاصنا الآن أقرب ممَّا كان حينَ آمنا \* قد تَناهَى الليلُ واقتَرَبَ النَّهارُ فَلندعُ عَنَّا أعمالَ الظلمةِ ونلبسَ أسلحةَ النُّورِ \* لنسلُكَنَّ سلوكاً لائقاً كما في النَّهارِ لا بالقُصوفِ والسُّكرِ ولا بالمضاجعِ والعَهَرِ ولا بالخِصامِ والحسدِ \* بل البسُوا الرَّبَّ يسوعَ المسيحَ ولا تهتمُّوا بأجسادِكُم لقضاءِ شهواتِها \* مَنْ كانَ ضَعيفاً في الإيمانِ فاتَّخِذُوهُ بغيرِ مُباحثةٍ في الآراءِ \* مَنْ الناسِ مَنْ يَعْتَقِدُ أنَّ لَهُ أنْ يَأْكُلَ كُلَّ شَيْءٍ. أمَّا الضَّعيفُ فَيَأْكُلُ بَقَوْلًا \* فلا يَزدرِ الذي يَأْكُلُ مَنْ لا يَأْكُلُ ولا يَدِينُ الذي لا يَأْكُلُ مَنْ يَأْكُلُ فَإِنَّ اللهَ قَدِ اتَّخَذَهُ \* مَنْ أَنْتَ يا مَنْ تَدِينُ عَبْدًا أجنبيًّا. إِنَّهُ لِمَوْلَاهُ يَثْبُتُ أو يَسْقُطُ. لَكِنَّهُ سَيُثْبِتُ لِأَنَّ اللهَ قَادِرٌ عَلَى أنْ يُثْبِتَهُ.

# The Gospel For the Nativity of St. John the Baptist

**The Reading is from the Holy Gospel according to St. Luke (1:1-25, 57-68, 76, 80).**

Inasmuch as many have undertaken to compile a narrative of the things which have been accomplished among us, just as they were delivered to us by those who from the beginning were eyewitnesses and ministers of the word, it seemed good to me also, having followed all things closely for some time past, to write an orderly account for you, most excellent Theophilus, that you may know the truth concerning the things of which you have been informed. In the days of Herod, king of Judea, there was a priest named Zacharias, of the division of Abijah; and he had a wife of the daughters of Aaron, and her name was Elizabeth. And they were both righteous before God, walking in all the commandments and ordinances of the Lord blamelessly. But they had no child, because Elizabeth was barren, and both were advanced in years. Now while he was serving as priest before God when his division was on duty, according to the custom of the priesthood, it fell to him by lot to enter the Temple of the Lord and burn incense. And the whole multitude of the people was praying outside at the hour of incense. And there appeared to him an angel of the Lord standing on the right side of the altar of incense. And Zacharias was troubled when he saw him, and fear fell upon him. But the angel said to him, "Do not be afraid, Zacharias, for your prayer is heard, and your wife Elizabeth will bear you a son, and you shall call his name John. And you will have joy and gladness, and many will rejoice at his birth; for he will be great before the Lord, and he shall drink neither wine nor strong drink, and he will be filled with the Holy Spirit, even from his mother's womb. And he will turn many of the sons of Israel to the Lord their God, and he will go before Him in the spirit and power of Elijah, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just, to make ready for the Lord a people prepared." And Zacharias said to the angel, "How shall I know this? For I am an old man, and my wife is advanced in years." And the angel answered him, "I am Gabriel, who stands in the presence of God; and I was sent to speak to you, and to bring you this good news. And behold, you will be silent and unable to speak until the day that these things come to pass, because you did not believe my words, which will be fulfilled in their time." And the people were waiting for Zacharias, and they wondered at his delay in the temple. And when he came out, he could not speak to them, and they perceived that he had seen a vision in the temple; and he made signs to them and remained dumb. And when his time of service was ended, he went to his home. After these days his wife Elizabeth conceived, and for five months she hid herself, saying, "Thus the Lord has done to me in the days when He looked on me, to take away my reproach among men." Now the time came for Elizabeth to be delivered, and she gave birth to a son. And her neighbors and kinsfolk heard that the Lord had shown great mercy to her, and they rejoiced with her. And on the eighth day they came to circumcise the child; and they would have named him Zacharias after his father, but his mother said, "Not so; he shall be called John." And they said to her, "None of your kindred is called by this name." And they made signs to his father, inquiring what he would have him called. And he asked for a writing tablet, and wrote, "His name is John." And they all marveled. And immediately his mouth was opened and his tongue loosed, and he spoke, blessing God. And fear came on all their neighbors. And all these things were talked about through all the hill country of Judea; and all who heard them laid them up in their hearts, saying "What then will this child be?" For the hand of the Lord was with him. And his father Zacharias was filled with the Holy Spirit, and prophesied, saying, "Blessed be the Lord God of Israel, for He has visited and redeemed His people. "And you, child, will be called the Prophet of the Most High; for you will go before the Lord to prepare His ways." And the child grew and became strong in spirit, and he was in the wilderness until the day of his manifestation to Israel.

## الإنجيل لميلاد القديس يوحنا المعمدان

\*فصلٌ شريف من بشارَةِ القديس لوقا الإنجيلي البشير والتلميذِ الطاهر(80; 76; 68-57; 1:1-25)\*

إذ كانَ كثيرُونَ قد أخذوا في تأليفِ قِصَصِ الأمورِ المتيقِّنةِ عندنا، كما سلَّمها إلينا الذين كانوا معانينَ منذُ البدءِ وخذاماً لها، رأيتُ أنا أيضاً وقد تتبَّعتُ جميعَ الأشياءِ من الأولِ بتدقيقٍ أن أكتبها لك على الترتيبِ أيُّها العزيزُ ثاوفيلُس، لتعرفَ صحَّةَ الكلامِ الذي وُعدتَ به \* كانَ في أيامِ هيرودسَ ملكِ اليهوديَّةِ كاهنٌ اسمه زخريا من فرقةِ أبيا وامرأتهُ من بناتِ هرونَ اسمُها أليصابات \* وكانا كلاهما بارَّينِ أمامَ اللهِ سائرَينِ في جميعِ وصايا الربِّ وأحكامِهِ بغيرِ لومٍ \* ولم يكن لهما ولدٌ لأنَّ أليصابات كانت عاقراً، وكانا كلاهما قد تقدَّما في أيامِهِما \* وبينما كانَ يُكهنُ في نوبةِ فرقتهِ أمامَ اللهِ إصابتهُ القُرعةُ على عادةِ الكهنوتِ أن يدخلَ هيكلَ الربِّ ويُبخرُ \* وكانَ كلُّ جمهورِ الشعبِ يُصلي خارجاً في وقتِ التبخيرِ \* فترأى له ملاكُ الربِّ واقفاً عن يمينِ مذبحِ البخورِ \* فاضطربَ زخريا حينَ رآه ووقعَ عليه خوفٌ \* فقالَ له الملاكُ لا تخفْ يا زخريا. فإنَّ طلبتَكَ قد استجيبتُ وامرأتُك أليصاباتُ ستلدُ لك ابناً فتُسَمِّيهِ يوحنا \* ويكونُ لك فرحٌ وابتهاجٌ ويفرحُ كثيرُونَ بمولده \* لأنهُ يكونُ عظيماً أمامَ الربِّ ولا يشربُ خمرًا ولا مُسكرًا، ويمتلئُ من الروحِ القدسِ وهو في بطنِ أمِّه بعدُ \* ويردُّ كثيرينَ من بني إسرائيلَ إلى الربِّ الإلهِ \* وهو يتقدَّمُ أمامَهُ بروحِ ايليا وقوتهِ ليردَّ قلوبَ الآباءِ إلى الأبناءِ والعصاةِ إلى الحكمةِ الأبرارِ ويهيئُ للربِّ شعباً مُستعداً \* فقالَ زخريا للملاكِ بِمِ أعلِّمُ هذا، فإني أنا شيخٌ وامرأتي قد تقدَّمتَ في أيامِها \* فأجابَ الملاكُ وقالَ أنا جبرائيلُ الواقِفُ أمامَ اللهِ وقد أرسلتُ لأكلَمِكَ وأبشركَ بهذا \* وها إنَّكَ تكونُ صامتاً فلا تستطيعُ أن تتكلَّمَ إلى يومٍ يكونُ هذا، لأنَّكَ لم تُصدِّقَ كلامي الذي سيقمُ في أوانِهِ \* وكانَ الشعبُ مُنتظرينَ زخرياً مُتَعَجِّبينَ من إبطائه في الهيكلِ \* فلَمَّا خرَجَ لم يستطعُ أن يُكلِّمَهُمُ فَعَلِمُوا أَنَّهُ قد رأى رؤيا في الهيكلِ، وكانَ يُشيرُ إليهمِ وبقِي أبكم \* ولَمَّا تمتَ أيامُ خدمتهِ مضى إلى بيتهِ \* ومن بعدِ تلكَ الأيامِ حبلتُ أليصاباتُ امرأتهُ فاخترتْ خمسةَ أشهرٍ قائلةً \* هكذا صنعَ بي الربُّ في الأيامِ التي نظرتُ إليَّ فيها ليصرفَ عني العارَ بينَ الناسِ \* ولَمَّا تمَّ زمانُ وضعِها ولدتِ ابناً \* فسمِعَ جيرانُها وأقاربُها أنَّ الربَّ قد عَظَّمَ رحمتهُ لها ففرحوا معها \* وفي اليومِ الثامنِ جاءوا ليختنوا الصبيَّ فدَعَوْهُ باسمِ أبيهِ زخرياً \* فأجابتْ أمُّه قائلةً كلاً لكنَّهُ يُدعى يوحنا \* فقالوا لها ليسَ أحدٌ في عَشيرتِكَ يُدعى بهذا الاسمِ \* ثمَّ أومأوا إلى أبيهِ ماذا يريدُ أن يُسميَ \* فَطَلَبَ لوحاً وكتبَ فيه قائلاً اسمهُ يوحنا. فَتَعَجَّبُوا كُلُّهُمْ \* وفي الحالِ انفتحَ فمُّه ولسانُهُ وتكلَّمَ مباركاً اللهَ \* فَوَقَعَ خوفٌ على جميعِ جيرانِهِمُ وتُحَدَّثُ بهذهِ الأمورِ كُلِّها في جميعِ جبالِ اليهوديةِ \* وكانَ كُلُّ مَنْ يسمَعُ بذلكَ يحفظُهُ في قلبِهِ ويقولُ ما عسى أن يكونَ هذا الصبيُّ. وكانت يدُ الربِّ معه \* فامتلاً أبوه زخرياً مِنَ الروحِ القدسِ وتنبأ قائلاً: مباركُ الربِّ إلهِ إسرائيلَ لأنهُ افتقدَ وصنعَ فداءً لشعبِهِ \* وأنتَ أيُّها الصبيُّ نبيُّ العليِّ تُدعى لأنَّكَ تسبقُ أمامَ وجهِ الربِّ لتعدَّ طُرُقَهُ \* أمَّا الصبيُّ فكانَ ينمو ويتقوى بالروحِ وكانَ في البراري إلى يومِ ظُهورِهِ لإسرائيلَ.



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>
<b>06/24:</b> Ziad & Magida Abudayyeh & Family	<b>06/24:</b> زياد وماجدة أبو دية والعائلة
<b>07/01:</b> Parish Life Conference - Oak Brook	<b>07/01:</b> مؤتمر للكنيسة في اوك بروك
<b>07/08:</b> Steve & Hana Haddad & Family	<b>07/08:</b> ستيف وهنا حداد والعائلة

### Epistle Readers:

*Today: English - Abeer Khouri, Arabic - Norma Tadros*

*Next Week: English - Lana Ammari Arabic - Asmahan Fakhouri*

### Altar Server Ministry:

**06/24: 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

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

**07/08: Team C (Captain Murad Salman):** Omar Nemri, Mathew Nemri, Samer Sweis, Elia Sweis, Simon Tadros, George Corey, Woody Corey, Mark Sweis

### “Bible Verse of the Week”

“The Lord is not slack concerning His promise, as some men count slackness, but is longsuffering toward us, not willing that any should perish, but that all should come to repentance.” [2 Peter 3:9](#)

فَالرَّبُّ، إِذْنُ، لَا يُبْطِئُ فِي إِتْمَامِ وَعْدِهِ، كَمَا يَظُنُّ بَعْضُ النَّاسِ، وَلَكِنَّهُ يَتَأَنَّى عَلَيْكُمْ، فَهُوَ لَا يُرِيدُ لِأَحَدٍ مِنَ النَّاسِ أَنْ

يَهْلِكَ، بَلْ يُرِيدُ لِجَمِيعِ النَّاسِ أَنْ يَرْجِعُوا إِلَيْهِ تَائِبِينَ. ” [بطرس الثانية 3:9](#)

# Parish News

**Important  
DATE!**

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.

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

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!

**Important  
DATE!**

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!

**Congratulations!**

Congratulations to Ameer Zahi Tadros and his family on his Ordination to the order of Sub-Deacon next week by His Grace Bishop Anthony. May God grant him many healthy years of service in God's Holy Church. Axios! Mustaheq! He is worthy!

تهانينا إلى أمير زاهي تادرس وعائلته بمناسبة رسامته إلى رتبة مساعد شماس - "صب ديكن" - في الأسبوع المقبل على يد المطران أنتوني. نسأل الله أن يمنحه سنينا عديدة في خدمة كنيسة الله المقدسة. مستحق! مستحق! مستحق!

**Congratulations !**

**Wedding**

George Khamis Imsaih  
Haneen Emad Haddad

**Baby Girl**

Lilliana Rose  
Brian and Alina Goebel

**مبروك !**

**زواج**

جورج خميس امسيح وحنين عماد حداد

**Congratulations!**

**مولودة جديدة**

ليليانا روز  
براين وألينا جوبل

# 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 )

IC XC

# *"Liturgy after the Liturgy"*

*Taking our faith outside the church walls*



**Date:** Saturday - June 30th, 2012

**Time:** 2:00pm - 4:00pmpm

**Location:**

Feed My Starving Children,  
555 Exchange Court, Aurora, IL

**Purpose:** Pack meals for starving children

Feed My Starving Children is a Christian nonprofit hunger relief organization. We have 90 spots reserved for this event.

Children (5 years old and above), teens, and adults are all welcome to attend. Volunteer hours will be granted upon request.

You need to register in order to attend. All volunteers are encouraged to donate at least \$5 (which will feed a child for an entire month!)

To register, please contact Orieb Sweis or  
Abeer Khouri asap.

This event will be part of the Parish Life Conference.

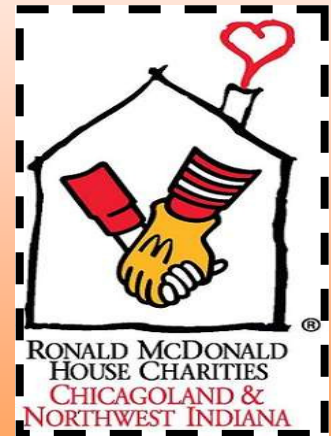
*On behalf of God's children, thank you in advance for your commitment.*

# 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](mailto: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 <sup>st</sup> child - \$200	1 <sup>st</sup> child - 250
2 <sup>nd</sup> child - \$150	2 <sup>nd</sup> child - 200
3 <sup>rd</sup> child - \$100	3 <sup>rd</sup> child - 150
4 <sup>th</sup> child - free	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!

# 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*



# 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 بأعتدال.
- 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- قم بإتمام الأشياء الصعبة والمؤلمة أولاً.
- 28- واجه الحقيقة.
- 29- كن شاكرًا 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 مُتيقّضاً 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 مُلزمًا.
- 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- ركّز 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، قم حالاً وأبداء من جديد.
- 55- أطلب المساعدة وقت الحاجة بدون خجل.



# *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:

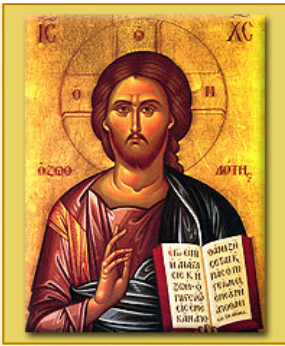
- Prepare by prayer, by repentance, and by fasting from food, from drink, and from smoking upon rising in the morning
- Ask forgiveness of anyone you have wronged
- Offer forgiveness to anyone who has wronged you
- Approach the chalice with reverence and thanksgiving, with arms crossed or hands folded 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 24 in the Holy Orthodox Church we celebrate the Nativity of the venerable and glorious Prophet, Forerunner and Baptist John. Six months before his appearance in Nazareth to the All-holy Virgin Mary, the great archangel of God, Gabriel, appeared to Zacharias the high priest in the Temple at Jerusalem. Before he announced the miraculous conception to the unwed Virgin Mary, the archangel announced the miraculous conception to the childless old woman Elizabeth. Zacharias did not immediately believe the words of the herald of God and this is why his tongue was tied with dumbness and remained as such until eight days after the birth of John. On that day, the relatives of Zacharias and Elizabeth gathered for the young child's circumcision and for the sake of giving him a name. When they asked the father what name he wishes to give to his son and being dumb, he wrote on a tablet: "John." At that moment he could speak again. Herod heard of this news and sent soldiers to slay the children throughout Bethlehem, including the Forerunner. Herod's executioners killed Zacharias between the court and the temple; his blood coagulated and petrified on the stone pavers and remained a perpetual witness against Herod. Elizabeth hid with the child in a cave where she died soon after. The young child John remained in the wilderness alone under the care of God and God's angels. On this day, we also commemorate the holy, glorious and right-victorious New-martyr Panayiotis of Caesarea in Cappadocia. By their intercessions, O God, have mercy on us. Amen.