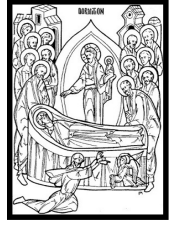




# St. Mary Antiochian Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

كنيسة العذراء مريم الأنطاكية الأرثوذكسية



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

## June 27 - July 1, 2012 65<sup>th</sup> Annual Diocese of Toledo & the Midwest Parish Life Conference

### *Welcoming His Grace Bishop Anthony and the Reverend Clergy and Laity of the Midwest*

Host Pastor: Rev. Fr. Mousa Haddad  
Conference Co-Chairs: Abdullah Tadros & Constantin Kari

### Special Thanks!

*We would like to thank all Committee Members, Parishioners, and Souvenir Journal sponsors who contributed to the success of the 2012 Parish Life Conference hosted by St. Mary Antiochian Orthodox Church, Palos Heights, IL. May God bless you and your families!*

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## Fourth Sunday after Pentecost and the Feast of Saints Cosmas and Damian

الأحد الرابع بعد العنصرة وعيد القديسين قزما ودميانوس

### 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 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 السَّمَاوِيَّاتُ وَتَبْتَهِجُ الْأَرْضِيَّاتُ. لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ وَصَارَ بِكَرِّ الْأَمْوَاتِ. وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ. وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

### Troparion for Saints Cosmos and Damian (Tone Eight)

O Holy Unmercenaries and Wonder-workers Cosmas and Damian, visit our infirmities. Freely have ye received, freely give unto us.

أيها القديسان الماقتا الفضة والصانعا العجائب، افتقدنا أمراضنا، مجاناً أخذتُنا مجاناً أعطيانا.

### 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 حفِظتِ البتولية وصنيتها وفي رقادك ما أهملتِ العالم وتركتيه يا والدة الإله. لأنك انتقلتِ 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 تُعْرضي عن أصواتِ طُلباننا نحنُ الخطاة، بل تداركينا بالمعونة بما أنكِ صالحة، نحن الصارخين نحوك بإيمان. بادري إلى الشفاعة وأسرعني في الطلبة يا والدة الإله، المتشفعة دائماً في مكرميك.

# Epistle for the Feast of Saints Cosmas and Damian

## الرسالة لعيد القديسين قزما ودميانوس

*In the saints that are in His earth hath the Lord been wondrous!*

*I beheld the Lord ever before me, for He is at my right hand, that I might not be shaken!*

**The Reading from the First Epistle of St. Paul to the Corinthians (12:27-31-13:1-8).**

Brethren, you are the body of Christ and individually members of it. And God has appointed in the Church first apostles, second prophets, third teachers, then workers of miracles, then healers, helpers, administrators, speakers in various kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all possess gifts of healing? Do all speak with tongues? Do all interpret? But earnestly desire the higher gifts. And I will show you a still more excellent way. If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing. Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never fails.

الرَّبُّ صَنَعَ الْعَجَائِبَ لِلْقَدِيسِينَ الَّذِينَ فِي أَرْضِهِ!

سَبَقْتُ فَأَبْصَرْتُ الرَّبَّ أَمَامِي فِي كُلِّ حِينٍ!

**\* فصلٌ من رسالة القديس بولس الرسول الأولى إلى أهل كورنثوس (12:27-31-13:1-8) \***

يا اخوة انتم جسد المسيح وأعضاؤه أفراداً \* وقد وضع الله في الكنيسة أناساً أولاً رسلاً ثانياً أنبياءً ثالثاً معلمين ثم قوّاتٍ ثم مواهبَ شفاءٍ فأغاثاتٍ فتدابيرَ فأنواعِ ألسنةٍ \* أعللّ الجميع معلمون، العللّ الجميع صانعوا قوّاتٍ \* أعللّ للجميع مواهبَ الشفاء، أعللّ الجميع ينطقون بالألسنة، العللّ الجميع يُترجمون \* ولكن تنافسوا في المواهبِ الفضلى وأنا أريكم طريقاً أفضلَ جداً \* إن كنتُ أنطقُ بألسنةِ الناسِ والملائكةِ ولم تكن في المحبةِ فإنما أنا نحاسٌ يطنُّ أو صنجٌ يرنُّ \* وإن كانت لي النبوةُ وكنتُ أعلمُ جميعَ الأسرارِ والعلمُ كلُّهُ وإن كان لي الإيمانُ كلُّهُ حتى أنقلَ الجبالَ ولم تكن في المحبةِ فلست بشيءٍ \* وإن أطعمتُ جميعَ أموالِي وأسلمتُ جسدي لأحرقَ ولم تكن في المحبةِ فلا أنتفعُ شيئاً \* المحبةُ تتأني وترفقُ، المحبةُ لا تحسدُ، المحبةُ لا تتفاخرُ ولا تنتفخُ \* ولا تأتي قباحةً ولا تلتمسُ ما هو لها ولا تحتدُّ ولا تظنُّ السوءَ \* ولا تفرحُ بالظلم بل تفرحُ بالحقِّ \* وتحمِلُ كلَّ شيءٍ وترجو كلَّ شيءٍ وتصبرُ على كلِّ شيءٍ \* المحبةُ لا تسقطُ أبداً.

## Gospel for the Fourth Sunday after Pentecost

### الإنجيل للأحد الرابع بعد العنصرة

**The Reading is from the Holy Gospel according to St. Matthew (8:5-13).**

At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching Him and saying, “Lord, my servant is lying paralyzed at home, in terrible distress.” And Jesus said to him, “I will come and heal him.” But the centurion answered Him, “Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, ‘Go,’ and he goes, and to another, ‘Come,’ and he comes, and to my slave, ‘Do this,’ and he does it.” When Jesus heard him, He marveled, and said to those who followed him, “Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the Kingdom of Heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth.” And to the centurion Jesus said, “Go; be it done for you as you have believed.” And the servant was healed at that very moment.

**فصل شريف من بشارة القديس متى الإنجيلي البشير, التلميذ الطاهر (8:5-13) \***

في ذلك الزمان دخل يسوع كفرناحوم فدنا إليه قائد مئة وطلب إليه قائلاً يا رب إن فتاي مُلقى في البيت مخلعاً يُعذَّبُ بعذابٍ شديدٍ \* فقال له يسوع أنا آتي واشفِيهِ. فأجاب قائد المئة قائلاً يا رب لست مستحقاً أن تدخل تحت سقفي ولكن قل كلمة لا غير فيبراً فتاي \* فإني أنا إنسان تحت سلطان ولي جند تحت يدي أقول لهذا اذهب فيذهب وللآخر آت فيأتي ولعبدي اعمل هذا فيعمل \* فلما سمع يسوع تعجب وقال للذين يتبعونه الحق أقول لكم إنني لم أجد إيماناً بمقدار هذا ولا في إسرائيل \* أقول لكم إن كثيرين سيأتون من المشارق والمغرب ويتكئون مع إبراهيم واسحق ويعقوب في ملكوت السماوات \* وأمّا بنو الملكوت فيلقون في الظلمة البرانية. هناك يكون البكاء وصريف الأسنان \* ثم قال يسوع لقائد المئة اذهب وليكن لك كما آمنت. فشفى فتاه في تلك الساعة.



# *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:

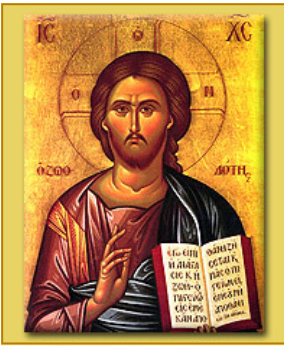
- Prepare by prayer, by repentance, and by fasting from food, from drink, and from smoking upon rising in the morning
- Ask forgiveness of anyone you have wronged
- Offer forgiveness to anyone who has wronged you
- Approach the chalice with reverence and thanksgiving, with arms crossed or hands folded 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 July 1 in the Holy Orthodox Church we commemorate the holy and wonder-working Unmercenaries Cosmas and Damian, who were perfected in martyrdom in Rome. These brothers worked without pay as physicians and miracle-workers. Cosmas and Damian possessed abundant grace from God to heal men and livestock from every disease and suffering, usually by the laying on of hands. They only required of the infirm to believe in Christ the Lord. Inheriting a large estate, they charitably distributed it to the needy and to those in want. At that time, Emperor Galerius of Rome persecuted Christianity; he summoned these two holy brothers, shackled in chains, before him. After a prolonged interrogation the emperor ordered them to deny Christ and to offer sacrifices to the idols. Cosmas and Damian did not heed the emperor but also counseled him to abandon the dead idols and to recognize the One True God. They said, “Our God is not created but He is the Creator of all, but your gods are the imaginations of man and the work of the hands of artists. If you did not have artists to make your gods, you would have no one to worship.” Then Cosmas and Damian miraculously cured the emperor from a grave infirmity; he proclaimed his faith in Christ and released the holy brothers in peace. Later, a certain doctor, envious of their glory, who at one time was their teacher, and with the pretext to gather healing herbs, led Cosmas and Damian into the mountain and stoned them to death. They suffered honorably for the Faith of Christ in the year 284. On this day, we also commemorate New-martyr Constantine of Cyprus; and the translation of the relics of Venerable John of Rila. By their intercessions, O God, have mercy on us. Amen.