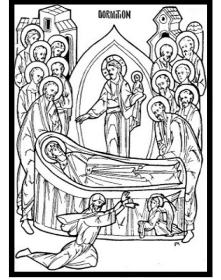




# St. Mary Antiochian Orthodox Church

The Self-Ruled Antiochian Orthodox Christian Archdiocese of North America

كنيسة العذراء مريم الأنطاكية الأرثوذكسية



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

July 8, 2012

Fifth Sunday after Pentecost

الأحد الخامس بعد العنصرة

### Weekly Schedule of Services

*Saturday: 5:30 p.m. -- Great Vespers*

*Sunday: 8:45 a.m. Matins -- 10:00 a.m. Divine Liturgy*

*Wednesday: 10:00 a.m. Matins -- 10:30 a.m. Bible Study  
(Confessions by Appointment)*

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

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

[www.virginmaryoc.org](http://www.virginmaryoc.org) ([virginmary@virginmaryoc.org](mailto:virginmary@virginmaryoc.org))

Office Hours : Monday - Friday 10:00am-3:00pm

Fr. Mousa Haddad - cell phone: (708) 979-3222, email: [fr.mousa@gmail.com](mailto:fr.mousa@gmail.com)

Fr. Malek Rihani - cell phone: (708) 516-6417, email: [myrhani@hotmail.com](mailto:myrhani@hotmail.com)

Welcome to St. Mary Antiochian Orthodox Church! 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 الأنطاكية الأرثوذكسية! يُسعدنا أن نُقدّم لكم ولعائلاتكم تحياتنا القلبية الحارّة. إذا كانت هذه زيارتكم الأولى لكنيستنا، نرجو أن تشعروا بأنكم في بيتكم الذي هو بيت أبينا جميعاً. ألرجاء أن تسألوا أحد المساعدين في الكنيسة في نهاية الخدمة الالهية عن "رزمة معلومات الترحيب" التي تحتوي على المعلومات المطلوبة. الله 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*  
*Subdeacon Ameer Tadros*

### 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*

#### **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](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 Four)

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation and proudly broke the news to the disciples, saying death hath been spoiled, Christ God is risen, granting the world great mercy.

إن تلميذات الرب تعلمن من الملاك بشرى القيامة البهيج. وطرحن عنهن القضاء الجدي. وخاطبن الرسل مفتخرات وقائلات. قد سبي الموت وقام المسيح الإله. مانحاً العالم الرحمة العظمى.

#### Troparion for St. Procopios (Tone Four)

Thy Martyr, O Lord, by his struggle hath received from thee, our God, the imperishable crown; because, acquiring thy strength, he demolished usurpers and crushed the powerless might of Satan. Therefore, through his intercessions, O Christ God, save our souls.

شهيدك يا رب بجهاده نال منك الإكليل غير البالي يا إلهنا. لأنه أحرز قوتك فحطم المغتصبين، وسحق بأس الشياطين التي لا قوة لها. فبتوسلاته أيها المسيح الإله خلص نفوسنا.

#### 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 وتركته يا والدة الإله. لأنك انتقلت إلى الحياة بما أنك أم الحياة. فبشفاعاتك 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 دائماً في مكرميك.

## Epistle for the Fifth Sunday after Pentecost

### الرسالة للأحد الخامس بعد العنصرة

*How great are Thy works, O Lord! In wisdom hast Thou made them all!*

*Bless the Lord, O my soul!*

**The Reading is from Saint Paul's Letter to the Romans (10:1-10).**

Brethren, my heart's desire and prayer to God for Israel is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that everyone who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

ما اعظمَ أعمالَكَ يا ربُّ، كلُّها بحكمةٍ صنعت!

باركي يا نفسي الربَّ!

**\*فصلٌ من رسالةِ القديسِ بولسِ الرسولِ إلى أهلِ روميةٍ\* (10:1-10)**

يا إخوةُ إنَّ بُغْيَةَ قلبي وابتهالي إلى اللهِ هُما لأجلِ إسرائيلَ لخلاصِهِ \* فإني اشهدُ لهم أنَّ فيهمِ غيرَ اللهِ إلاَّ أنها ليستَ عن معرفةٍ \* لأنهم إذ كانوا يجهلونَ برَّ اللهِ ويطلبونَ أن يُقيموا برَّ أنفسهم لم يخضعوا لبرِّ اللهِ \* إنما غايةُ الناموسِ هي المسيحُ للبرِّ لكلِّ من يُؤمنُ \* فإنَّ موسى يَصِفُ البرَّ الذي من الناموسِ بأن الإنسانَ الذي يعملُ هذه الأشياءَ سيحيا فيها \* أمَّا البرُّ الذي من الإيمانِ فهكذا يقولُ فيه لا تَقُلْ في قلبِكَ مَنْ يصعدُ إلى السماءِ. أي لِيُنزَلَ المسيحُ \* أو مَنْ يهبطُ إلى الهاويةِ. أي لِيُصعدَ المسيحُ من بينِ الأمواتِ \* لكن ماذا يقولُ. إنَّ الكلمةَ قريبةٌ منك في فمِكَ وفي قلبِكَ أي كلمةُ الإيمانِ التي نُبشِّرُ نحنُ بها \* لأنك إن اعترفتَ بِفمِكَ بالربِّ يسوعَ وآمنتَ بقلبك أنَّ اللهَ قد أقامَهُ من بينِ الأمواتِ فإنَّكَ تَخْلصُ \* لأنَّهُ بالقلبِ يُؤمنُ للبرِّ وبالفمِ يُعترفُ للخلاصِ.

## Gospel for the Fifth Sunday after Pentecost

### الإنجيل للأحد الخامس بعد العنصرة

**The Reading is from the Holy Gospel according to St. Matthew (8:28-9:1).**

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. And behold, they cried out, “What have you to do with us, O Son of God? Have you come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged him, “If you cast us out, send us away into the herd of swine.” And he said to them, “Go.” So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into sea, and perished in the waters. The herdsman fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

**\*فصلٌ شريفٌ من بشارَةِ القديسِ متىّ الإنجيلي البشيرِ، التلميذِ الطاهرِ (8:28-9:1) \***

في ذلكَ الزمانِ لما أتى يسوعُ إلى كورةِ الجُرجُسيينَ استقبلَهُ مجنونانِ خارجانِ مِنَ القبورِ شرسانِ جداً حتى إنّه لم يَكُنْ أحدٌ يقدرُ أن يجتازَ من تلكَ الطريقِ \* فصاحا قائلينِ ما لنا ولكَ يا يسوعُ ابنَ الله. أجيئتَ إلى ههنا قبلَ الزمانِ لتُعذِّبنا \* وكان بعيداً منهم قطعُ خنازيرِ كثيرةٍ ترعى \* فأخذَ الشياطينُ يطلبونَ إليه قائلينِ إن كُنْتَ تُخرِّجنا فأؤدِّنْ لنا أن نذهبَ إلى قطعِ الخنازيرِ \* فقالَ لَهُم اذهبوا. فخرَّجوا وذهبوا إلى قطعِ الخنازيرِ. فإذا بالقطعِ كلِّه قد وثبَ عن الجُزفِ إلى البحرِ وماتَ في المياهِ \* أما الرُّعاةُ فهربوا ومضوا إلى المدينةِ وأخبروا بكلِّ شيءٍ وبأمرِ المجنونينِ \* فخرَّجتِ المدينةُ كلُّها للقاءِ يسوعَ. ولما رأوه طلبوا إليه أن يتحوَّلَ عن تُخومِهِم \* فدخَلَ السفينةَ واجتازَ وأتى إلى مدينتِهِ.



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>07/08:</b> Steve and Hana Haddad & Family	<b>07/08:</b> ستيف وهنا حداد والعائلة
<b>07/15:</b> Elias and Raeda Tadros & Family	<b>07/15:</b> الياس ورائدة تادرس والعائلة
<b>07/22:</b> Munther and Shireen Salman & Family	<b>07/22:</b> منذر وشيرين سلمان والعائلة

### Epistle Readers:

**Today: English - Delia Haddad , Arabic - Nour Swaiss**

**Next Week: English - Sub Dn. Matthew Sweis, Arabic - Mansoura Khouri**

### Altar Server Ministry:

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

**07/15: 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

**07/22: 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”

But He answered and said, “It is written: ‘Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.’” **Matthew 4:4**

فَأَجَابَهُ قَائِلًا: قَدْ كُتِبَ، لَيْسَ بِالْخُبْزِ وَحْدَهُ يَحْيَا الْإِنْسَانُ، بَلْ بِكُلِّ كَلِمَةٍ تَخْرُجُ مِنْ فَمِ اللَّهِ.

**متى 4:4**



*A Special Thanks*

*Thank*

*You*

*Thanks to everyone  
who helped make our PLC a success!  
All your hard work is appreciated!*

# Parish News

Important  
DATE!

Starting today, Sunday, July 8<sup>th</sup>, and going forward, the Divine Liturgy at St. Mary Orthodox Church in Palos Heights will begin at 10:00am (half an hour earlier). Please make sure that you are in church on time. Thank you and God bless!

نرجو العلم بانه من الآن وصاعداً سيبدأ القداس الالهي الساعة العاشرة صباحاً (نصف ساعة ابكر من المعتاد).  
نرجو ان لا تنسوا الموعد. الله يبارككم!

**Congratulations!**

**Baptism**

Robi & Roni Tadros  
Parents - Alaa & Wala Tadros



**Removal of Crown**

Simon & Dasha Hanna

**مبروك !**

**عماد**

رابي ورائي تادرس  
الأهل - علاء وولاء تادرس

**تنزيل الاكاليل**

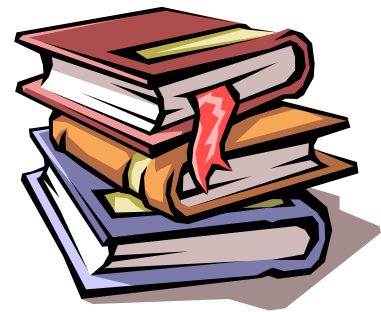
سيمون وداشا حنا

## ARABIC SCHOOL IS BACK!!!

Dear families and friends, we are glad to announce that Arabic school is back. It will start September 15<sup>th</sup>, 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:**

<u>Pledged Members</u>	<u>Non-Pledged Members</u>
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!



# *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:

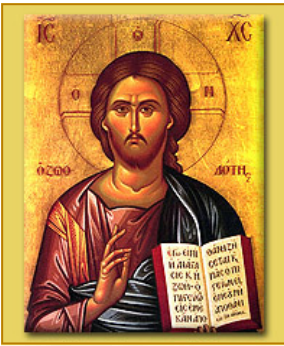
- Prepare by prayer, by repentance, and by fasting from food, from drink, and from smoking upon rising in the morning
- Ask forgiveness of anyone you have wronged
- Offer forgiveness to anyone who has wronged you
- Approach the chalice with reverence and thanksgiving, with arms crossed or hands folded 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 8 in the Holy Orthodox Church we commemorate the holy Great-Martyr Procopios and those beheaded with him: Saint Theodosia, his mother; the Twelve Women of senatorial rank; Saints Antiochus and Nicostratus the Tribunes; and Abdas and Sabbas the prison guards. Procopios was born “Neanias” of a Christian father, Christopher, and a pagan mother, Theodosia, who raised him a pagan. When Neanias matured, Emperor Diocletian brought him to his palace for military service. Diocletian ordered Neanias to go to Alexandria with a garrison of soldiers to exterminate the Christians. But, while on the road, the Lord appeared to Neanias. A glowing cross as if of crystal appeared in the air and there came a voice saying: “I am Jesus, the crucified Son of God. By this sign that you saw, conquer your enemies and My peace will be with you.” Neanias made the same kind of cross and instead of going against the Christians in Alexandria he, with his soldiers, went to Jerusalem. Being brought before the court, Neanias removed his commander’s belt and sword and tossed them before the judge, thereby showing that he is only a soldier of Christ the King. After great tortures he was cast into prison where the Lord Christ, again, appeared to him, baptized him and gave him the name Procopios. One day twelve women of senatorial rank appeared before his prison window and said to him: “We too are servants of Christ.” Then they were thrown into the same prison where Procopios taught them the Faith of Christ and martyrdom. For that reason in the Orthodox marriage ritual, Procopios is mentioned along with the God-crowned Emperor Constantine and Empress Helena. Witnessing their suffering and bravery, the mother of Procopios also believed in Christ and all thirteen women were martyred, along with four other men. Procopios honorably suffered in Caesarea in Palestine and was crowned with the glorious wreath of immortality on July 8, 303. On this day, we also commemorate the New-martyrs Theophanes and Anastasios of Constantinople; Venerable Theophilus the myrrh-streaming of St. Basil Kelli on Athos; and Procopios of Ustug, fool-for-Christ. By their intercessions, O God, have mercy on us. Amen.