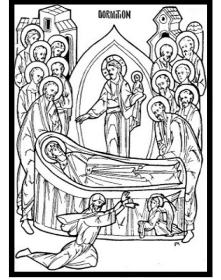




St. Mary Orthodox Church

The Self-Ruled Antiochian Orthodox Christian Archdiocese of North America
Diocese of Toledo and the Midwest

كنيسة العذراء مريم الأنطاكية الأرثوذكسية



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

August 12, 2012

**Tenth Sunday after Pentecost and the Sunday after the Feast of
the Transfiguration of our Lord and Savior Jesus Christ**

الأحد العاشر بعد العنصرة

والأحد الذي بعد عيد تجلي ربنا وإلهنا يسوع المسيح

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 (virginmary@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

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

Welcome to St. Mary 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 الحارة. 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

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 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 لِتُدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدِكَ.

Troparion of the Transfiguration (Tone Seven)

Thou wast transfigured on the Mount, O Christ our God, revealing thy glory to thy Disciples as far as they could bear it. Let thine everlasting light shine upon us sinners, through the prayers of the Theotokos, O Giver of Light, glory to thee!

لما تجليت أيها المسيح الإله على الجبل، أظهرت مجدك للتلاميذ حسبما استطاعوا. فأشرق لنا نحن الخطاة نورك الأزلي. بشفاعات والدة الإله يا مانح النور المجد لك!

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 وصننتها وفي رقادك ما أهملتِ العالم وتركتيه يا والدة الإله. لأنك انتقلتِ إلى الحياة بما أنك أم الحياة. فبشفاعاتك أنقذي من الموت نفوسنا.

Kontakion of the Transfiguration (Tone Seven)

Thou wast transfigured on the mount, and thy Disciples, in so far as they were able, beheld thy glory, O Christ our God: so that, when they should see thee crucified, they would remember that thy suffering was voluntary, and could declare to all the world that thou art truly the effulgent Splendor of the Father.

تجليت أيها المسيح الإله على الجبل، وحسبما وسع تلاميذك شاهدوا مجدك. حتى عندما يعاينونك مصلوباً، يفطنوا أن الآمك طوعاً باختيارك. ويكرزوا للعالم أنك أنت بالحقيقة شعاع الأب.

Epistle of the Tenth Sunday after Pentecost

الرسالة للأحد العاشر بعد العنصرة

Let your mercy, O Lord, be upon us!

Rejoice in the Lord, O you righteous!

The Reading is from Saint Paul's First Letter to the Corinthians (4:9-16).

Brethren, God has exhibited us apostles as last of all, like men sentenced to death because we have become a spectacle to the world, to angels and to men. We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the offscouring of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. I urge you, then, be imitators of me.

لِتَكُنْ يَا رَبِّ رَحْمَتُكَ عَلَيْنَا!

ابتهجوا أيها الصديقون بالرب!

فصلٌ من رسالة القديس بولس الرسول الأولى إلى أهل كورنثوس (4:9-16)

يا اخوة إن الله أبرزنا نحن الرسل آخري الناس كأئنا مجعولون للموت. لأننا قد صرنا مشهداً للعالم والملائكة والبشر * نحن جهال من أجل المسيح أما أنتم فحكما في المسيح. نحن ضعفاء وأنتم أقوياء. أنتم مكرمون ونحن مهانون * وإلى هذه الساعة نحن نجوع ونعطش ونعري ونلطم ولا قرار لنا * ونتعب عاملين. نشتم فنبارك. نضطهد فنحتمل * يشنع علينا فنترزع. قد صرنا كأقذار العالم وكأوساخ يستخبئها الجميع إلى الآن * ولست لأخجلكم أكتب هذا وإنما أعظكم كأولادي الأحباء * لأنه ولو كان لكم ربوة من المرشدين في المسيح ليس لكم آباء كثيرون. لأنني أنا ولدتكم في المسيح يسوع بالإنجيل * فأطلب إليكم أن تكونوا مقتدين بي.

Gospel of the Tenth Sunday of Matthew

الإنجيل للأحد العاشر من متى

The Reading is from the Holy Gospel according to St. Matthew (17:14-23). At that time, a man came up to Jesus and kneeling before him said, “Lord, have mercy on my son, for he is an epileptic and he suffers terribly; for often he falls into the fire, and often into the water. And I brought him to your disciples, and they could not heal him.” And Jesus answered, “O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me.” And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, “Why could we not cast it out?” Jesus said to them, “Because you have no faith. For truly, I say to you, if you have faith, even as a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you. This kind never comes out except by prayer and fasting.” As they were travelling together through Galilee, Jesus said to them, “The Son of man is to be delivered into the hands of men, and they will kill him, and he will rise on the third day.”

فصل شريف من بشارة القديس متى الإنجيلي البشير، التلميذ الطاهر (17:14-23).

في ذلك الزمان دنا إلى يسوع إنسانٌ فَجَبًا لَهُ وَقَالَ يَا رَبُّ ارْحَمِ ابْنِي فَأَنَّهُ يُعَدَّبُ فِي رُؤُوسِ الْأَهْلَةِ وَيَتَأَلَّمُ شَدِيدًا لِأَنَّهُ يَقَعُ كَثِيرًا فِي النَّارِ وَكَثِيرًا فِي الْمَاءِ * وَقَدْ قَدَّمْتُهُ لِتَلَامِيذِكَ فَلَمْ يَسْتَطِيعُوا أَنْ يَشْفُوهُ * فَأَجَابَ يَسُوعُ وَقَالَ أَيُّهَا الْجِيلُ الْغَيْرُ الْمُؤْمِنِ الْأَعْوَجُ إِلَى مَتَى أَكُونُ مَعَكُمْ. حَتَّى مَتَى احْتَمَلِكُمْ. هَلُمَّ بِهِ إِلَيَّ إِلَى هَهُنَا * وَاثْنَهْرَهُ يَسُوعُ فَخَرَجَ مِنْهُ الشَّيْطَانُ وَشَفِيَ الْغُلَامُ مِنْ تِلْكَ السَّاعَةِ * حِينَئِذٍ دَنَا التَّلَامِيذُ إِلَى يَسُوعَ عَلَى انْفِرَادٍ وَقَالُوا لِمَاذَا لَمْ نَسْتَطِعْ نَحْنُ أَنْ نُخْرِجَهُ * فَقَالَ لَهُمْ يَسُوعُ لِعَدَمِ إِيمَانِكُمْ. فَإِنِّي الْحَقُّ أَقُولُ لَكُمْ لَوْ كَانَ لَكُمْ إِيمَانٌ مِثْلَ حَبَّةِ الْخَرْدَلِ لَكُنْتُمْ تَقُولُونَ لِهَذَا الْجَبَلِ انْتَقِلْ مِنْ هَهُنَا إِلَى هُنَاكَ فَيَنْتَقِلُ وَلَا يَتَعَذَّرُ عَلَيْكُمْ شَيْءٌ * وَهَذَا الْجَنْسُ لَا يَخْرُجُ إِلَّا بِالصَّلَاةِ وَالصُّومِ * وَإِذْ كَانُوا يَتَرَدَّدُونَ فِي الْجَبَلِ قَالَ لَهُمْ يَسُوعُ إِنَّ ابْنَ الْبَشَرِ مُزْمَعٌ أَنْ يُسَلَّمَ إِلَى أَيْدِي النَّاسِ * فَيَقْتُلُونَهُ وَفِي الْيَوْمِ الثَّلَاثِ يَقُومُ *



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
08/12: Nabil and Suad Fakhoury & Family	08/12: نبيل وسعاد فاخوري والعائلة
08/19: William and Kawkab Haddad & Family	08/19: وليم وكوكب حداد والعائلة
08/26: Bishara Sweis & Family	08/26: بشارة صوبص والعائلة

Epistle Readers:

Today: English - Lana Sweis, Arabic - Ameer Tadros
Next Week: English - Grace Riske , Arabic - Norma Tadros

Altar Server Ministry:

08/12: Team B (Captain Ramiz Riadi): Rami Sweis, , Yazen Swais, Anthony Rihani, Saleem Swais, Sharbel Samawi, Kyse Dahdal, Joseph Fallouh, Louis Corey, Alexander Corey

08/19: Team C (Captain Murad Salman): Omar Nemri, Mathew Nemri, Samer Sweis , Elia Sweis, Simon Tadros, , George Corey, Woody Corey, Mark Sweis

08/26: 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

“Bible Verse of the Week”

“All your words are true; all your righteous laws are eternal.”

Psalm 119:160

مُنذُ الْبَدءِ كَلَامُكَ يُتَكَلَّمُ عَلَيْهِ، وَأَحْكَامُكَ الْعَادِلَةُ إِلَى الْأَبَدِ مَوْثُوقَةٌ! المزامير 119:160

Parish News

Congratulations!

Engagement

Milad Semaan Sleiman & Rima George Saigh

Baptism

Christian Michael

Proud Parents: Faris & Cynthia Swiss



مبروك !

خطوبه

ميلاد سمعان سليمان وريما جورج صايغ

عماد

كرشتين مايكل

الوالدين الفخورين: فارس وسينثيا صويص

YOUR KIDS NEED SUNDAY SCHOOL TEACHERS AND STAFF!

Help make a difference in the lives of our youth by teaching and learning along with them!

- ◆ Discover a diverse, **FAITH-FILLED ENVIRONMENT** where teachers are empowered to impact young lives through faith, service and scholarship.
- ◆ Discover a **SUPPORTIVE COMMUNITY** of fellow teachers, parents and students.
- ◆ Discover **THE DIFFERENCE YOU CAN MAKE** in students' lives.

If you, or someone you know is interested, please contact our Sunday School Director Omar Swiss at OmarSwiss@yahoo.com.

Thank you for your commitment to our children!

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 6:15pm (Great Vespers starting at 5:30pm). Adult Class available as well!

Patronal Feast of the Dormition

Come and Celebrate with us the Feast of the Dormition of the Theotokos, which is the feast day of our church.



Annual Feast Day Liturgy and Potluck Celebration

This Tuesday, August 14, 2012 at 7:00pm

St. Mary Orthodox Church of Palos Heights

HAVE YOU SIGNED UP FOR SUNDAY SCHOOL YET?



**Join us at
Sunday School!**

WHAT ARE YOU WAITING FOR?

- ◆ Provide your children with an outstanding Orthodox Christian education.
- ◆ Let your children become more well rounded with their Faith , community, and culture.
- ◆ Set your kids on the right path to success!

SUNDAY SCHOOL STARTS SEPTEMBER 9th

Please see Omar Sweiss or any Sunday School Staff in the Fellowship Hall

“Jesus said, “Let the little children come to me, and do not forbid them; for of such is the kingdom of heaven” “ - Matthew 19:14

St. Mary Orthodox Church of Palos Heights

St. Mary Orthodox Church

PICNIC

Monday, September 3rd, 2012

From Noon until Dusk

St. Mary's Ladies Guild invites you to

Our Annual Labor Day Picnic

6330 W. 127th St., Palos Heights



FOOD * MUSIC * GAMES * AND MUCH MORE



**ATTENTION
LADIES:**

Are you sick of being in the kitchen, the laundry room, or the workplace?

**If you answered yes to any or all of these questions,
then you belong on the court for the
*St. Mary Women's Volleyball League!***

The Volleyball League is a great way to meet new friends, exercise, and have a great time!

The League is open to experienced and non-experienced ladies!

**Open gym Tuesdays and select Fridays
from 6:00-9:00pm**

**Games will be played on Sunday
afternoons.**

**To register, come to an open gym
or contact us at
saintmarygirlsvolleyball@virginmaryoc.org**



See you on the court!



St. Mary Orthodox Church SOYO



Annual Christmas Retreat

SAVE THE DATE!!!

December 26 - December 28

**CHAPERONES & SPONSORS
NEEDED!!**

(Please see Fr. Malek)

To register and to make payments see Orieb Sweis or
Suhail Rihani

More information to come!!

7TH ANNUAL SOYO CHRISTMAS RETREAT 2012

YES, IT'S THAT TIME ALREADY!

**WE ARE PREPARING FOR OUR ANNUAL SOYO
CHRISTMAS RETREAT.**



START MAKING PAYMENTS NOW!!!

**WE WILL BE ACCEPTING MONTHLY PAYMENTS STARTING
TODAY!**

SEE ORIEB SWEIS OR SUHAIL RIHANI TO MAKE PAYMENTS

**THE AVERAGE COST OF THE RETREAT IS APPROXIMATE-
LY \$200.00 PER PERSON (SUBJECT TO CHANGE)**

ANY QUESTIONS....SEE FATHER MALEK OR ELAINE RIADI

55 Maxims for Christian Living

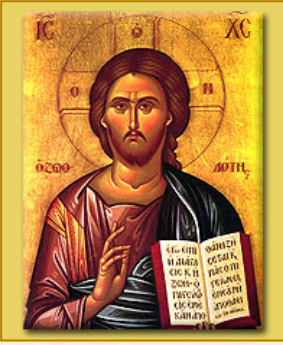
By Fr. Thomas Hopko

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 مُتقيضاً وشديد الانتباه.
- 35- فكر وتكلم ضمن حدود المعقول.
- 36- تكلم ببساطة ووضوح ومباشرة.
- 37- إنسى الخيال والتحلل والتصورات.
- 38- حاول أن تنسى الأشياء الجنسية الحيوانية عندما تخطر ببالك.
- 39- لا تشكو، أو تهذي أو تتذمر أو تُؤنن.
- 40- لا تُقارن نفسك بالآخرين.
- 41- لا تطلب أو تتوقع المديح والعطف من أحد.
- 42- لا تحكم على الآخرين.
- 43- لا تحاول إقناع الآخرين بأي شيء.
- 44- لا تُدافع عن نفسك رأيك.
- 45- تمثّل بالله وحده وألتزم به.
- 46- إقبل الانتقاد ببشاشة وحلله بأمعان.
- 47- قدّم النصيحة عندما يُطلب منك أو عندما تكون مُلزماً.
- 48- لا تعمل للآخرين ما هم 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- ركز فقط على الله والنور لا على الخطيئة والظلمه.
- 53- تحمّل محاسبة نفسك وأخطاءك الخاصة بسلام وهدوء، لأن رحمة الله أعظم من إثمك.
- 54- عندما تقع، قم حالاً وأبداء من جديد.
- 55- أطلب المساعدة وقت الحاجة بدون خجل.



Weekly Synaxarion



On August 12 in the Holy Orthodox Church we continue to celebrate the feast of the Holy Transfiguration of our Lord, God and Savior Jesus Christ; and we commemorate the holy martyrs Photios and Anikytos of Nicomedia. Emperor Diocletian once came to Nicomedia with the evil intention to completely exterminate the Christians. But Anikytos, one of the high ranking officials of the city, boldly confessed before the emperor his faith in Christ the Lord, God incarnate in the flesh for our salvation. The emperor ordered his tongue to be severed but Anikytos, by the power of God, continued to speak. They then released a lion against him but the lion cuddled around him. At that moment the temple of Hercules collapsed. Photios, a kinsman of Anikytos, seeing the miracles and endurance of Anikytos, kissed him, declared himself a Christian and cried out to the emperor: “O idolater, be ashamed, your gods are nothingness!” Eventually, Photios and Anikytos went to their glorious deaths, and scores of men, women and children went with them. They all suffered about the year 305 A.D. Anikytos and Photios are invoked in the prayers in the Sacrament of Anointing with Oil (Holy Unction) and in the Blessing of Water. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.