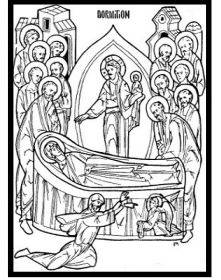




St. Mary Orthodox Church

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)

November 04, 2012

The Twenty-Second Sunday after Pentecost

الأحد الثاني والعشرون 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 (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 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 / Liturgies

Mazen Ammari & Steve Rihani

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

Marram Salman

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 Five)

Let us believers praise and worship the Word coeternal with the Father and the Spirit, born of the Virgin for our salvation. For he took pleasure in ascending the cross in the flesh to suffer death and to raise the dead by his glorious resurrection.

لنُسبِّحْ نحن المؤمنين ونسجد للكلمة. المساوي للآب والروح في الازليّة وعدم الابتداء. المولود من العذراء لخلصنا. لأنه سرّ وارتضى بالجسد أن يعلو على الصليب. ويحتمل الموت وينهض الموتى بقيامته المجيدة.

Troparion of St. Ioanikios (Tone Eight)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundred-fold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Ioanikios, intercede with Christ God to save our souls.

للبرية غير المثمرة بمجاري دموعك أمرعت. وبالتنهّدات التي من الأعماق أثمرت بأتعابك إلى مائة ضعف. فصرت كوكباً للمسكونة متألئاً بالعجائب يا أبانا البار يوانيكوس. فتشفع إلى المسيح الإله أن يخلص 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 وصنيتها 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, an 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.

Epistle for the Twenty-Second Sunday after Pentecost

الرسالة للأحد الثاني والعشرين بعد العنصرة

Thou, O Lord, shall preserve us and keep us from this generation!

Save me, O Lord, for the godly man hath disappeared!

The Reading is from Saint Paul's Letter to the Galatians (6:11-18).

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and not only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتُرُنَا مِنْ هَذَا الْجِيلِ!

خَلِّصْنِي يَا رَبُّ فَإِنَّ الْبَارَّ قَدْ فَانَى!

فصل من رسالة القديس بولس الرسول إلى أهل غلاطية (6:11-18)

يا إخوة انظروا ما أعظم الكتابات التي كتبتها إليكم بيدي * إن كل الذين يريدون أن يرضوا بحسب الجسد يلزمونكم أن تختنوا وإنما ذلك لئلا يضطهدوا من أجل صليب المسيح * لأن الذين يختنوا هم أنفسهم لا يحفظون الناموس بل إنما يريدون أن تختنوا ليفتخروا بأجسادكم * أمّا أنا فحاشى لي أن افتخر إلا بصليب ربنا يسوع المسيح الذي به صلب العالم لي وأنا صلبت للعالم * لأنه في المسيح يسوع ليس الختان بشيء ولا القلف بل الخليقة الجديدة * وكل الذين يسلكون بحسب هذا القانون فليهم سلام ورحمة وعلى إسرائيل الله * فلا يجلب عليّ أحد أتعاباً فيما بعد فأني حامل في جسدي سمات الرب يسوع * نعمة ربنا يسوع المسيح مع روحكم أيها الإخوة. آمين.

Gospel for the Fifth Sunday of St. Luke

الإنجيل للأحد الخامس من لوقا

The Reading is from the Holy Gospel according to St. Luke (16:19-31)

The Lord said, "There was a rich man, who was clothed in purple and fine linen and who feasted sumptuously every day. And at his gate lay a poor man named Lazarus, full of sores, who desired to be fed with what fell from the rich man's table; moreover, the dogs came and licked his sores. The poor man died and was carried by the angels to Abraham's bosom. The rich man also died and was buried; and in Hades, being in torment, he lifted up his eyes, and saw Abraham far off and Lazarus in his bosom. And he called out, 'Father Abraham, have mercy upon me, and send Lazarus to dip the end of his finger in water and cool my tongue; for I am in anguish in this flame.' But Abraham said, 'Son, remember that you in your lifetime received your good things, and Lazarus in like manner evil things; but now he is comforted here and you are in anguish. And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not be able, and none may cross from there to us.' And he said, 'Then I beg you, father, to send him to my father's house, for I have five brothers, so that he may warn them, lest they also come into this place of torment.' But Abraham said, 'They have Moses and the prophets; let them hear them.' And he said, 'No, Father Abraham; but if someone goes to them from the dead, they will repent.' He said to him, 'If they do not hear Moses and the prophets, neither will they be convinced if someone should rise from the dead.'"

فصلٌ شريفٌ من بشارَةِ القديسِ لوقا الإنجيليِّ البشيرِ، التلميذِ الطاهرِ (16:19-31)

قالَ الرَّبُّ كانَ إنسانٌ غَنِيٌّ يلبسُ الأرجوانَ والبرَّ ويتنعمُ كُلَّ يَوْمٍ تَنعُماً فاحِراً * وكانَ مِسكينٌ اسمُهُ لعازرَ مطروحاً عندَ بابِهِ مُصاباً بالفُروحِ * وكانَ يشتهي أن يشبَعَ منَ الفَناتِ الذي يسقطُ منَ مائدةِ الغنيِّ * بل كانتِ الكلابُ تأتي وتلحسُ فُروحَهُ * ثمَّ ماتَ المِسكينُ فنقلتهُ الملائكةُ إلى حِضنِ إبراهيمَ وماتَ الغنيُّ أيضاً فدفنَ * فرَفَعَ عينيهِ في الجحيمِ وهو في العذابِ فرأى إبراهيمَ منَ بعيدٍ ولعازرُ في حِضنِهِ * فنادى قائلاً يا أبتَ إبراهيمَ ارحمني وأرسلْ لعازرَ ليغمَسَ طرفَ إصبعِهِ في الماءِ ويبردَ لساني لأني مُعذَّبٌ في هذا اللهبِ * فقالَ إبراهيمُ تذكَّرْ يا ابني أنكَ نلتَ خيراتِكَ في حياتِكَ ولعازرُ كذلكَ بلاياهُ. والآنَ فهو يتعزَّى وأنتَ تتعذبُ * وعلاوةً على هذا كلِّهِ فبيننا وبينكم هوةٌ عظيمةٌ قد أنبئتُ حتى أن الذين يريدون أن يجتازوا منَ هنا إليكم لا يستطيعون ولا الذين هُناكَ أن يعبروا إلينا * فقالَ أسألكَ إذنَ يا أبتَ أن تُرسلهُ إلى بيتِ أبي * فإنَّ لي خمسةً أخوةٍ حتى يشهدَ لهمُ لكي لا يأتوا همُ أيضاً إلى موضعِ العذابِ هذا * فقالَ له إبراهيمُ إن عندَهُم موسى والأنبياءُ فليسمَعُوا منهمُ * قالَ لا يا أبتَ إبراهيمَ بل إذا مَضَى إليهمُ واحدٌ منَ الأمواتِ يتوبون * فقالَ له إن لم يسمَعُوا منَ موسى والأنبياءِ فإنَّهُم ولا إن قامَ واحدٌ منَ الأمواتِ يُصدِّقونَ *.



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
11/04: Ibtisam Sousan & Family	11/04: ابتسام سوسان والعائلة
11/11: Bishara Sweis & Family	11/11: بشارة صويص والعائلة
11/18: Luai and Suha Sweiss & Family	11/18: لؤي صويص والعائلة

Epistle Readers:

Today: English - Rana Nino, Arabic - Mansoura Khouri
Next Week: English - Scott Abdo, Arabic - Khaled Salman

“Bible Verse of the Week”

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world!” [John 16:33](#)

أَخْبَرْتُكُمْ بِهَذَا كُلِّهِ لِيَكُونَ لَكُمْ فِي سَلَامٍ. فَإِنَّكُمْ فِي الْعَالَمِ سَتُقَاسُونَ الضَّيْقَ. وَلَكِنْ تَسَجَّعُوا، فَإِنَّا قَدْ

انْتَصَرْتُ عَلَى الْعَالَمِ! [يوحنا 16:33](#)

St. Mary Orthodox Church of Palos Heights
Calendar of Events

Every Week (unless otherwise noted)

Sun - 8:45am Matins, 10:00am Divine Liturgy/Sunday School

Wed - 10:00am Morning Prayers, 10:30am Parish Bible Study

Sat - 1:30pm, Youth Sports League (Ages 5-12)

3:30pm, Arabic School

5:30pm, Great Vespers

November 2012

Fri - 11/02/12

6:00pm: Volleyball Open Gym

Sat - 11/03/12

10:00am: Liturgy for St. Raphael of Brooklyn

Sat - 11/03/12

2:00pm: Bible Bowl Study Session

Sun - 11/04/12

Daylight Saving Time Ends

Tue - 11/06/12

6:00pm: Volleyball Open Gym

Fri - 11/09/12

6:00pm: Volleyball Open Gym

Sat - 11/10/12

6:30pm: St. Mary Annual Thanksgiving Hafleh

Sun - 11/11/12

10:00am: Blood Drive

Mon - 11/12/12

6:00pm: Volleyball Open Gym

Thu - 11/15/12

Nativity Fast Begins

Fri - 11/16/12

6:00pm: Volleyball Open Gym

Tue - 11/20/12

6:00pm: Volleyball Open Gym

Wed - 11/21/12

10:00am: Liturgy for the Presentation of the
Theotokos into the Temple

Thu - 11/22/12

10:00am: St. Mary Annual Turkey Bowl

Sat - 11/24/12

2:00pm: Bible Bowl Study Session

Sat - 11/24/12

No Youth League & No Arabic School

Mon - 11/26/12

6:00pm: Volleyball Open Gym

Fri - 11/30/12

7:00pm: Ladies Guild Meeting

Fri - 11/30/12

6:00pm: Volleyball Open Gym

December 2012

Sat - 12/01/12	2:00pm: Bible Bowl Study Session
Mon - 12/03/12	6:00pm: Volleyball Open Gym
Wed - 12/05/12	7:00pm: Liturgy for the Feast of St. Nicholas
Fri - 12/07/12	7:00pm: SOYO Bible Study
Sat - 12/08/12	10:00am: Breakfast with St. Nicholas!
Sun - 12/09/12	1:00pm: Visit to Hope Children's Hospital
Tue - 12/11/12	6:00pm: Volleyball Open Gym
Fri - 12/14/12	7:00pm: Fellowship Bible Study
Sat - 12/15/12	2:00pm: Bible Bowl Study Session
Sat - 12/22/12	No Youth League & No Arabic School
Mon - 12/24/12	6:00pm: Christmas Services
Wed - 12/26-28	SOYO Christmas Retreat
Fri - 12/28/12	6:00pm: Ladies After Christmas Party
Sat - 12/29/12	No Youth League & No Arabic School
Sun - 12/30/12	No Sunday School (Christmas Break)
Mon - 12/31/12	7:00pm: Liturgy for the New Year and Feast of the Circumcision of our Lord

January 2013

Sat - 01/05/13	No Youth League & No Arabic School
Sun - 01/06/13	No Sunday School (Christmas Break)
Fri - 01/11/13	7:00pm: Fellowship NADI Game Night
Sat - 01/12/13	Youth League First day of Winter '13 Season

February 2013

Sun - 02/03/13	5:30pm: Fellowship Super Bowl Party
Sat - 02/09/13	7:00pm: Annual St. Valentine's Day Hafleh

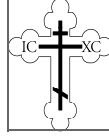
!!! Mark Your Calendars !!!

Parish News

3rd & 9th Memorial

Said Anton Sousan

May his memory be eternal!



ذكرانية الثالث والتاسع

سعيد انطون سوسان

ليكن ذكره مؤبداً!

Removal of Crowns

Romy & Brooke Shaheen

Congratulations!



تنزيل الاكاليل

رامي وبروك شاهين

مبروك!

Sunday – November 4, 2012 OCCHY QUIZ FOR TEENS

TRUE OR FALSE?

SMOKING CIGARETTES CHANGES YOUR APPEARANCE

TRUE!

The poisons in cigarettes can affect your appearance. Tobacco stains teeth and nails and also dulls skin & hair. Research confirms smoking causes skin to age prematurely creating early wrinkles – and is linked to hair loss & baldness.

Tips for Teens: www.ncadi.samhsa.gov

St. Philothea Project

4th Annual Humanitarian Drive for the Orphans

How would you feel if you had no socks???

Items needed:

SOCKS and **UNDERWEAR** For Boys and Girls Ages 3 – 14 years old Collection boxes will be available in the Fellowship hall. Please see Kh. Delia with any questions!

St. Mary's

Annual Thanksgiving Dinner

(Hosted by Our Ladies Guild)

Saturday, November 10th, 2012

SS. Constantine & Helen Church

11025 S. Roberts Road

Palos Hills, IL 60466

Doors Open at 6:30p.m.

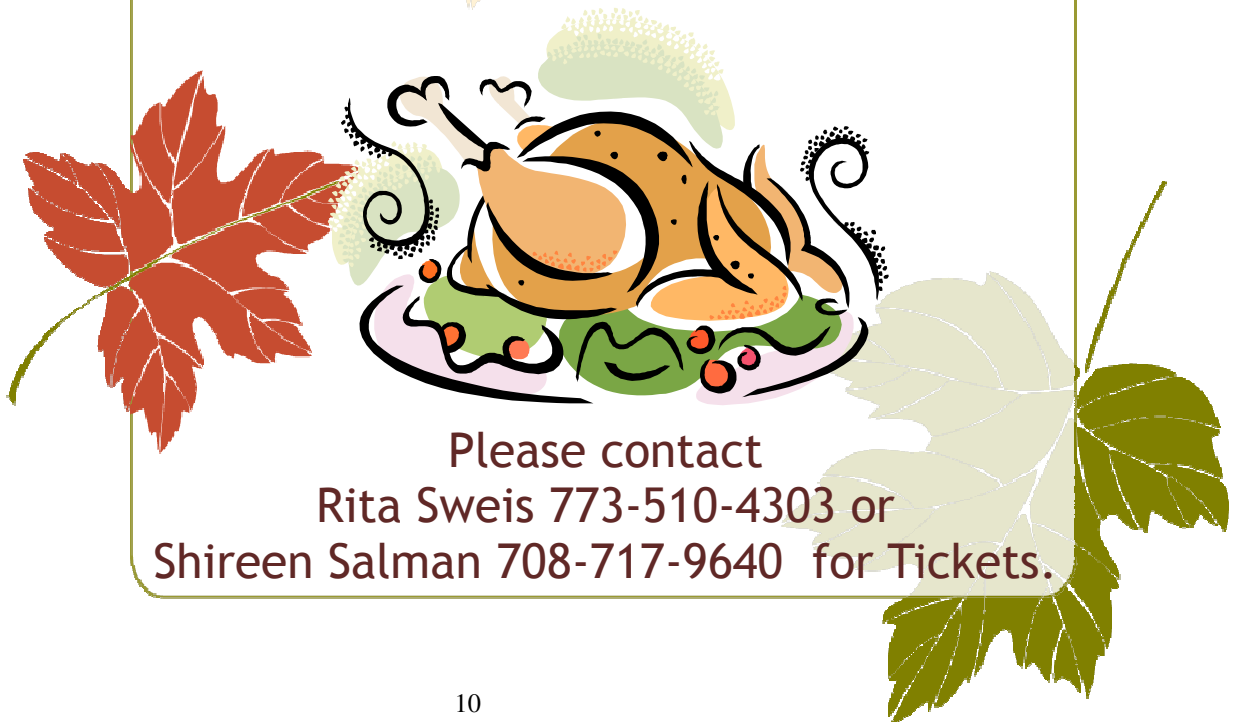
Live Entertainment (singer TBA)

Tickets

Adults: \$30

Children: \$15

“It is a good thing to give thanks unto the Lord.”



Please contact
Rita Sweis 773-510-4303 or
Shireen Salman 708-717-9640 for Tickets.

Fellowship of St. John the Divine

BLOOD DRIVE

**GIVE BACK
GIVE BLOOD
GIVE THANKS**

WHEN– Sunday, November 11, 2012

LOCATION– St. Mary Orthodox Church– Gym

TO SIGN UP– Please visit the blood drive table in the church hall during coffee hour.

**Please make sure to eat a proper breakfast before giving blood; Holy Communion will still be allowed.*

Questions? Contact any Fellowship officer.



*St Mary Orthodox Church
6330 W. 127th St
Palos Heights, IL 60463*

**Sunday School is
sponsoring a ...**

Food Drive

**Until January 6th
2013**

**St. Mary Orthodox
Church
of Palos Heights
will be collecting
non-perishable food
items to help
feed the hungry!**

There will be
collections set up
near the North
Entrance and near
the Sunday School
wing.

*“Come, you blessed of My
Father, inherit the
kingdom prepared for you
from the foundation of the
world: for I was hungry
and you gave me food...”*

-Matthew 25: 34-35

*St Mary Orthodox Church
6330 W. 127th St
Palos Heights, IL 60463*

Breakfast with
St. Nicholas



Complimentary

SATURDAY, DECEMBER 8, 2012

10:00am - 1:00pm

St. Mary Orthodox Church

6330 W. 127th St.

Palos Heights, IL 60463

55 Maxims for Christian Living

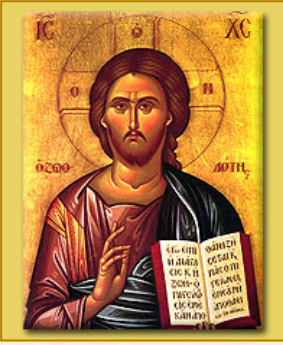
By Fr. Thomas Hopko

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 شاكراً 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 November 4 in the Holy Orthodox Church we commemorate our righteous father Ioanikios the Great of Mount Olympus. The great spiritual light Ioanikios was born in the village of Marycata in the province of Bithynia. As a youth, he was a shepherd. While tending his sheep, he would often retreat into solitude and remain in prayer the whole day, encircling his flock with the sign of the Cross so that the flock would not stray and scatter. Later, he was taken into the army and displayed marvelous courage. Following his military service, Ioanikios withdrew to Mount Olympus in Asia Minor, where he was tonsured a monk and dedicated himself completely to asceticism until his repose at age 94 in the year 846. He lived in asceticism for over fifty years in various places, and received from God a truly abundant gift of wonderworking. On this day, we also commemorate the Hieromartyrs Nicander the bishop of Myra and Hermias the priest; Martyr Porphyrios of Ephesus; and Emperor John the merciful. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.