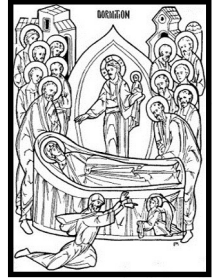




St. Mary Orthodox Church

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)

March 17, 2013

Sunday of Forgiveness (Cheesefare Sunday)

أحد المسامحة (أحد مرفع الجبن)

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

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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

Feras Sweis

Treasurer

Abdullah Tadros

Financial Secretary

CJ Kari

Secretary

Abeer Khouri

Council Members:

Nidal Al-Farah

George Barakat

Bassam Salman

Feras Salman

Faris Samawi

Samer Tadros

Committees:

Altar / Liturgics

Mazen Ammari & Steve Rihani

Expansion

Feras Sweis

Beautification & Maintenance

Feras Salman

Fundraising

Abdullah Tadros

Stewardship

Rashid Sweis

Financial

Abdullah Tadros

Communication

Abeer Khouri

Constitution

Omar Sweiss

Humanitarian

Shireen Salman

Ushering

Fadi Abu Manneh

Web Master

Sana Sweis

Athletics

Melad Qodsi

Organizations and Ministries:

Sunday School Director

Omar Sweiss

Sunday School Spiritual Director

Fr. Mousa Haddad

Antiochian Women President

Susan Sweis

Antiochian Women 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, Shireen Salman

SOYO Spiritual Director

Fr. Malek Rihani

Handmaids of the Lord

Mansoura Khouri & Lina Haddad

Handmaids Spiritual Director

Fr. Malek Rihani

Choir Director

Michael Rascia

Chanters

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

هللويا!

Troparion of the Resurrection (Tone Eight)

From the heights Thou didst descend, O Compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion. Thou art our life and our resurrection, O Lord, glory to Thee.

انحدرت من العلى أيها المتحنن. وقبّلت الدفنَ ذا الثلاثةِ الأيام، لكي تعنقنا من الآلام. فيا حياتنا

وقيامتنا ياربُّ 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 حفظتِ البتوليةَ وصننتها وفي رقادك ما أهملتِ العالمَ وتركتيه يا والدَةَ الإله. لأنك انتقلتِ

إلى الحياة بما أنك أم الحياة. فبشفاعاتك أنقذي من الموتِ نفوسنا.

Kontakion for the Sunday of Forgiveness (Tone Six)

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

أيها الهادي إلى الحكمة والرازق الفهم والفطنة والمؤدب الجهال والعاظ المساكين. شدّد قلبي وامنحه

فهماً أيها السيد واعطني كلمة يا كلمة الآب. فما إني لا امنعُ شفوتي من الهتاف إليك، يا رحيم

ارحمني أنا الواقع.

Epistle for the Sunday of Forgiveness (Cheesefare Sunday)

الرسالة لأحد المسامحة (أحد مرفع الجبن)

Sing praises to our God, sing praises!

Sing praises to our King, sing praises!

O clap your hands, all ye nations!

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.

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا! رَتِّلُوا لِمَلَكِنَا رَتِّلُوا!

يَا جَمِيعَ الْأُمَمِ صَفِّقُوا بِالْأَيْدِي!

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

يَا إِخْوَةَ إِنَّ خَلَاصَنَا الْآنَ أَقْرَبُ مِمَّا كَانَ حِينَ آمَنَّا * قَدْ تَنَاهَى اللَّيْلُ وَاقْتَرَبَ النَّهَارُ فَلْنَدَعْ عَنَّا أَعْمَالَ الظُّلْمَةِ وَنَلْبَسْ أَسْلِحَةَ النُّورِ * لِنَسْلُكَنَّ سُلُوكًا لَاتِقًا كَمَا فِي النَّهَارِ لَا بِالْقُصُوفِ وَالسُّكْرِ وَلَا بِالْمَضَاجِعِ وَالعَهْرِ وَلَا بِالخِصَامِ وَالْحَسَدِ * بَلِ الْبَسُوا الرَّبَّ يَسُوعَ الْمَسِيحَ وَلَا تَهْتَمُّوا بِأَجْسَادِكُمْ لِقَضَاءِ شَهَوَاتِهَا * مَنْ كَانَ ضَعِيفًا فِي الْإِيمَانِ فَاتَّخِذُوهُ بِغَيْرِ مُبَاحَثَةٍ فِي الْآرَاءِ * مِنَ النَّاسِ مَنْ يَعْتَقِدُ أَنَّ لَهُ أَنْ يَأْكُلَ كُلَّ شَيْءٍ . أَمَّا الضَّعِيفُ فَيَأْكُلُ بَقَوْلًا * فَلَا يَزِدِرِ الَّذِي يَأْكُلُ مَنْ لَا يَأْكُلُ وَلَا يَدِينُ الَّذِي لَا يَأْكُلُ مَنْ يَأْكُلُ فَإِنَّ اللَّهَ قَدْ اتَّخَذَهُ * مَنْ أَنْتَ يَا مَنْ تَدِينُ عَبْدًا أَجْنَبِيًّا . إِنَّهُ لِمَوْلَاهُ يَثْبُتُ أَوْ يَسْقُطُ . لَكِنَّهُ سَيَثْبُتُ لِأَنَّ اللَّهَ قَادِرٌ عَلَى أَنْ يَثْبُتَهُ *

Gospel for the Sunday of Forgiveness (Cheesefare Sunday)

الإنجيل لأحد المسامحة (أحد مرفع الجبن)

The Reading is from the Holy Gospel according to St. Matthew (6:14-21).

The Lord said to His Disciples, “If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.”

فصلٌ شريفٌ من بشارَةِ القديسِ متىّ الإنجيليّ البشيرِ، التلميذِ الطاهرِ (6:14-21)

قالَ الربُّ إنْ غَفَرْتُمْ لِلنَّاسِ زَلَّاتِهِمْ يَغْفِرُ لَكُمْ أَبُوكُمُ السَّمَاوِي أَيْضاً * وإنْ لَمْ تَغْفِرُوا لِلنَّاسِ زَلَّاتِهِمْ فَأَبُوكُمْ أَيْضاً لَا يَغْفِرُ لَكُمْ زَلَّاتِكُمْ * ومَتَى صُمْتُمْ فَلَا تَكُونُوا مُعْبَسِينَ كَالْمُرَائِينَ. فَإِنَّهُمْ يُنَكِّرُونَ وُجُوهَهُمْ لِيُظْهِرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ إِنَّهُمْ قَدْ أَخَذُوا أَجْرَهُمْ * أما أَنْتَ فَإِذَا صُمْتَ فَادْهِنْ رَأْسَكَ وَاغْسِلْ وَجْهَكَ لئَلَّا تَظْهَرَ لِلنَّاسِ صَائِماً بَلْ لِأَبِيكَ الَّذِي فِي الْخَفِيَّةِ. وَأَبُوكَ الَّذِي يَرَى فِي الْخَفِيَّةِ يُجَازِيكَ عِلَانِيَةً * لَا تَكْنِزُوا لَكُمْ كُنُوزاً عَلَى الْأَرْضِ حَيْثُ يُفْسِدُ السُّوسُ وَالْآكِلَةُ وَيَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ * لَكِنْ اكْنِزُوا لَكُمْ كُنُوزاً فِي السَّمَاءِ حَيْثُ لَا يُفْسِدُ سَوْسٌ وَلَا آكِلَةٌ وَلَا يَنْقُبُ السَّارِقُونَ وَلَا يَسْرِقُونَ * لِأَنَّهُ حَيْثُ تَكُونُ كُنُوزُكُمْ هُنَاكَ تَكُونُ قُلُوبُكُمْ *

أحد المسامحة

Sunday of Forgiveness

صلاة لبداية الصوم الكبير

PRAYER SERVICE FOR THE BEGINNING OF GREAT LENT

PRIEST: Blessed is our God, always, now and ever and unto ages of ages.

الكاهن: تبارك الله إلهنا كل حين، الآن وكل أوانٍ وإلى دهرِ الداهرين.

ALL: Amen!

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (thrice)

Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy One, visit and heal our infirmities for thy name's sake.

Lord, have mercy. (thrice)

Glory to the Father and to the Son and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

الكل: آمين!

قدوس الله، قدوس القوي، قدوس الذي لا يموت، ارحمنا. (ثلاثاً)

المجد للآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهرِ الداهرين. آمين.

أيها الثالوث القدوس، ارحمنا. يارب اغفر خطايانا. يا سيد تجاوز عن سيئاتنا. يا قدوس، اطلع واشف أمراضنا، من أجل اسمك، يارب ارحم، يارب ارحم، يارب ارحم.

المجد للآب والابن والروح القدس، الآن وكل أوانٍ وإلى دهرِ الداهرين. آمين.

أبانا الذي في السماوات ليتقدس اسمك. ليأت ملكوتك، لتكن مشيئتك كما في السماء كذلك على الأرض. خبزنا الجوهري أعطنا اليوم، واترك لنا ما علينا، كما نترك لمن لنا عليه. ولا تدخلنا في تجربة، لكن نجنا من الشرير.

<p>PRIEST: For thine is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever, and unto ages of ages.</p>	<p>الكاهن: لأن لك الملك والقوة والمجد، أيها الآب والابن والروح القدس، الآن وكل أوانٍ، وإلى دهرِ الداهرين.</p>
<p>ALL: Amen!</p>	<p>الكل: آمين!</p>
<p>TROPARIA</p>	<p>طروباريات</p>
<p>Tone Two</p>	<p>باللحن الثاني</p>
<p>Let us begin the season of fasting with rejoicing, giving ourselves to spiritual strife, purifying soul and body, fasting from desires, as we fast from foods, faring on the virtues of the Spirit, which, if we continue to long for, we shall all be worthy to behold the most solemn Passion of Christ, and the holy Pascha, rejoicing with spiritual joy.</p>	<p>لِنَبْتَدِيَنَّ فِي آوَانِ الصِّيَامِ بِحُبُورٍ بِأَذْلِينَ ذَوَاتِنَا لِلجِهَادَاتِ الرُّوحَانِيَّةِ وَنُنَقِّ النَّفْسَ وَنُطَهِّرُ الجَسَدَ صَائِمِينَ عَنِ الشَّهَوَاتِ كَصَوْمِنَا عَنِ الأَغْذِيَّةِ مُتَتَعَمِّينَ بِفَضَائِلِ الرُّوحِ الَّتِي إِذَا تَمَمْنَاهَا بِشَوْقٍ، نَسْتَحِقُّ مُشَاهَدَةَ آوَامِ المَسِيحِ الإِلهِ الكَلِيَّةِ الوَقَارِ وَنُعَايِنُ الفِصْحَ المُقَدَّسَ مُبْتَهَجِينَ ابْتِهَاجاً رُوحِيّاً.</p>
<p>Tone Two</p>	<p>باللحن الثاني</p>
<p>Glory to the Father and to the Son and to the Holy Spirit.</p>	<p>المجد للآبِ والابنِ والروحِ القدسِ.</p>
<p>Let us all hasten to the subjugation of the flesh by abstinence, as we approach the divine battlefield, the battlefield of blameless fasting. Let us pray the Lord, our Savior, in tears and prayers, turning away completely from sin, and crying, "We have sinned against thee, O Christ, the King. Save us, therefore, as of old thou didst save the people of Nineveh; and make us partakers of thy heavenly kingdom, O compassionate One."</p>	<p>هَلُمَّ نُبَادِرُ إِلَى تَذْلِيلِ البَشَرَةِ بِالإِمْسَاكِ إِذْ نَحْنُ مُقْبِلُونَ نَحْوَ مَشْهَدِ الصِّيَامِ الإِلهِيِّ العَظِيمِ المُعَابِ، وَنَسْأَلُ الرَّبَّ مُخْلِصَنَا بِالدُّمُوعِ وَالصَّلَاوَاتِ مُعْرِضِينَ بِالكَلِيَّةِ عَنِ الشُّرُورِ وَهَاتِفِينَ قَدْ أَحْطَأْنَا إِلَيْكَ أَيُّهَا المَسِيحُ المَلِكُ، فَخَلِّصْنَا كَمَا خَلِّصْتَ أَهْلَ نَيْنَوَى قَدِيماً وَاجْعَلْنَا مُسَاهِمِينَ مَلَكُوتِكَ السَّمَاوِيِّ أَيُّهَا المُتَحَنِّنُ.</p>
<p>Tone Four</p>	<p>باللحن الرابع</p>
<p>Both now and ever, and unto ages of ages. Amen.</p>	<p>الآن وكل أوانٍ وإلى دهرِ الداهرين. آمين.</p>

The ranks of angels praise thee, O most holy Theotokos; for thou didst bear God who forever is with the Father and the Holy Spirit, by whose will the ranks of angels arose from nothing. Wherefore, beseech him to save and lighten the souls of those who praise thee in Orthodoxy, O most pure one.

إِنَّ مَرَاتِبَ الْمَلَائِكَةِ يُمَجِّدُونَكَ يَا وَالِدَةَ إِلَهِ الْكُلِّيِّ
قُدْسُهَا لِأَنَّكَ وَلَدْتِ الْإِلَهَ الَّذِي هُوَ دَائِمًا مَوْجُودٌ
مَعَ الْآبِ وَالرُّوحِ وَالَّذِي بِمَشِيئَتِهِ أَقَامَ أَجْنَادَ
الْمَلَائِكَةِ مِنَ الْعَدَمِ. فَالِيهِ تَوَسَّلِي أَنْ يُخَلِّصَ وَيُنِيرَ
نُفُوسَ الْمُسَبِّحِينَ لَكَ بِرَأْيِ مُسْتَقِيمٍ يَا كَلِيَّةَ
الطَّهَارَةِ.

PRAYER FOR GREAT LENT

صلاة الصوم الكبير

DEACON: Again and again let us pray to the Lord.

الشماس: أيضاً وأيضاً إلى الرب نطلب!

ALL: Lord, have mercy!

الكل: يارب ارحم!

PRIEST: O Master Almighty, Who hast made all created things in wisdom, and by Thine inexpressible providence and great goodness hast brought us to these most holy days, for the purification of body and soul, for the controlling of desires, and for the hope of the Resurrection; who during the forty days didst give into the hands of Thy servant Moses the Tablets of the Law in letters Divinely traced by Thee; grant us also, O Good One, to fight the good fight; to accomplish the course of the Fast; to keep the faith intact; to crush underfoot the heads of invisible serpents; to be accounted victors over sin; and without condemnation to attain unto and adore Thy Holy Resurrection.

الكاهن: أَيُّهَا السَّيِّدُ الضَّابِطُ الْكُلِّ، يَا مَنْ أَبَدَعَ
الْبَرَائِيَا كُلَّهَا بِحِكْمَتِهِ، وَبِعِنَايَتِهِ الَّتِي لَا تُوصَفُ
وَبِكَثْرَةِ خَيْرِيَّتِهِ أَوْصَلْنَا إِلَى هَذِهِ الْأَيَّامِ الْكَلِيَّةِ
الْوَقَارِ، لِتَطْهِيرِ النُّفُوسِ وَالْأَجْسَادِ، وَلِلْإِمْسَاكِ عَنِ
الْأَهْوَاءِ، وَلِرَجَاءِ الْقِيَامَةِ. يَا مَنْ سَلَّمْتَ خَادِمَكَ
مُوسَى بِوِاسِطَةِ صَوْمِهِ الْأَرْبَعِينَ يَوْمًا لِلْوَحْيِ
الْمَكْتُوبِينَ بِإِصْبَعِكَ. إِمْنَحْنَا نَحْنُ أَيْضًا أَيُّهَا
الصَّالِحُ أَنْ نُجَاهِدَ الْجِهَادَ الْحَسَنَ، وَنُنْتِمَّ شَوْطَ
الصَّوْمِ، وَنَحْفَظَ الْإِيمَانَ سَالِمًا غَيْرَ مُنْتَلِمٍ، وَنَرُضَّ
رُؤُوسَ النَّتَّانِينَ غَيْرِ الْمَنْظُورَةِ، وَنَظْهَرَ غَالِبِينَ
الْحَطِيئَةِ، وَنَبْلُغَ بِلَا دَيْئُونَةٍ إِلَى السُّجُودِ لِلْقِيَامَةِ
الْمُقَدَّسَةِ.

For blessed and glorified is Thine all-honorable and majestic Name, of the Father, and of the Son, and of the Holy Spirit, now and ever and unto ages of ages.

لَأَنَّهُ قَدْ تَبَارَكَ وَتَمَجَّدَ اسْمُكَ الْكَلِّيُّ الْإِكْرَامِ وَالْعَظِيمِ
الْجَلَالِ، أَيُّهَا الْآبُ وَالِابْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ
وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.

ALL: Amen!	الكل: آمين!
PRAYER OF ST. EPHRAIM THE SYRIAN	صلاة القديس أفرام
O Lord and Master of my life, take from me the spirit of sloth, meddling, lust of power and idle talk. (prostration/ bow by all)	أَيُّهَا الرَّبُّ وَسَيِّدُ حَيَاتِي، أَعْتَقِنِي مِنْ رُوحِ الْبَطَالَةِ وَالْفُضُولِ وَحُبِّ الرَّئَاسَةِ وَالْكَلامِ الْبَطَالِ. (مطانية)
But give, rather, the spirit of chastity, humility, patience and love to thy servant. (prostration/ bow by all)	وَأَنْعِمْ عَلَيَّ أَنَا عَبْدُكَ، بِرُوحِ الْعِفَّةِ وَاتِّضَاعِ الْفِكْرِ وَالصَّبْرِ وَالْمَحَبَّةِ. (مطانية)
Yea, O Lord and King, grant me to see my own sins and not to judge my brother, for thou art blessed unto ages of ages. Amen. (prostration/ bow by all)	نَعَمْ يَا مَلِكِي وَالْهَيِّ، هَبْ لِي أَنْ أَعْرِفَ ذُنُوبِي وَعُيُوبِي، وَأَنْ لَا أُدِينَنَّ إِخْوَتِي، فَإِنَّكَ مُبَارَكٌ إِلَى دَهْرِ الدَّاهِرِينَ. آمين. (مطانية)
(The faithful then ask forgiveness from each other, exchanging among themselves the kiss of peace each saying to one another, "Forgive me, a sinner".)	
(يطلب المؤمنون المسامحة من بعضهم البعض، بتبادل قبلة سلام قائلين: "سامحني أنا الخاطيء")	



“If any man would come after me, let him deny himself and take up his cross and follow me.”

Matthew 16:24

May You Have A Blessed Lent!



**The Self-Ruled Antiochian Orthodox Christian Archdiocese
OF NORTH AMERICA**

358 MOUNTAIN ROAD, P.O. BOX 5238, ENGLEWOOD, NJ 07631-5238

TELEPHONE (201) 871-1355 • FAX (201) 871-7954

WEBSITE: WWW.ANTIOCHIAN.ORG • EMAIL: ARCHDIOCESE@ANTIOCHIAN.ORG

Great Lent 2013

Beloved in the Lord:

Greetings and blessings to you as we enter this most holy season of prayer, fasting and almsgiving.

During this time of the Great Fast, we once again turn our attention to the Food for Hungry People Program of the Fellowship of St. John the Divine. For almost 40 years, this campaign has had a tremendous impact throughout the world to help alleviate hunger and the numberless tragedies caused by poverty. With the tragic events that continue plaguing our world including, but not limited to, the recent war in Syria, the natural disasters that reek havoc on our own continent like Hurricane Sandy and others, we depend on your support to help the victims of these man-made and natural tragedies. Such things, in addition to worthy charitable causes have been the main recipients of the Food for Hungry People program over the years.

St. John Chrysostom, perhaps the greatest preacher in the history of the Church, once said: "Although fasting is more difficult than this, nothing is so strong and powerful to extinguish the fire of our sins as almsgiving. It is greater than all other virtues. It places its lovers by the side of the King Himself, and justly. For the effect of fasting is confined to those who fast, and no other is saved thereby. But almsgiving extends to all, embracing the members of Christ, and actions that extend their effects to many are far greater than those which are confined to one." Through your generosity to the Food for Hungry People campaign, you embrace the world with the love of Christ, saving yourself as you literally save others.

We urge you, during this season of prayer, self-discipline and fasting, to be very generous in your contribution to this campaign. As we practice the virtues which cleanse our souls, let us not forget or refrain from the "greatest of the virtues." As important as prayer and fasting are, they are of no avail to us if we fail to give to those in need.

Asking the Almighty God to bless you during this journey to Pascha, we remain,

Your father in Christ,

+Metropolitan PHILIP

Archbishop of New York and Metropolitan of all North America

"...the disciples were first called Christians in Antioch." ACTS 11:26

MOST. REV. METROPOLITAN PHILIP



ARCHBISHOP OF NEW YORK AND
METROPOLITAN OF ALL NORTH AMERICA

RT. REV. BISHOP ANTHONY

DIOCESE OF TOLEDO AND THE MIDWEST

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

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Great Lent 2013

(To be printed in the bulletin)

Dear Beloved Clergy, Brothers and Sisters in Christ,

Lent literally means springtime. As the ground thaws and the north wind is pushed away by warm breezes and the sun stays out longer in springtime, so our spiritual life, under the influence of Lenten discipline, is reborn. Our hearts soften and our souls are comforted by sunning themselves beneath the longer light shining from repentance and from spending more time in the shelter of the Church Herself.

And if we begin to love this quiet and repetition and other worldly familiarity, which Lenten services and practice will give us, we find out who we are, as St. Paul said, in the "inner man." The great Egyptian monk, St. Pachomius, was once asked what the greatest miracle would be. Known to have performed many different kinds of miracles, his monks thought he would have the wisdom to answer the question. He said the greatest miracle would be to see a true human person who reflected the likeness of God; that, he said, would be greater than raising the dead.

The publican found that humility brought him an entrance into the sanctity, the justification, of Christ, which was there waiting for him in the temple of his own heart. The Prodigal discovered that he had the power to change and the memory to trust that his father still loved him and wanted to see him as much as he wanted to go home. If we change the way we see ourselves the things we see change. As we become sensitive, our senses pick up more of the life around and in us. Then we find it joyful to feed the hungry and serve others, which Jesus says saves us in the Gospel lesson for Meatfare Sunday. Finally, we openly forgive others for what they did to us, for the pain they caused us, for the high cost their presence in our lives was for us on Forgiveness Sunday.

And we know that the renewed energy we feel and the wonderful spiritual future we imagine because of the vigor that these Sundays of preparation gave us, will be hard to keep. But even when we slide away from this great start to Lent, even when we fail and fall, the knowledge that we have experienced this will help us go get it again.

My prayer for you all is that you find and keep the Lenten springtime, and in this sunny season of the soul, when Pascha comes, when Easter feasts surround you, you know yourself and the God who loves you.

May God grant you all many years of service to his Holy Church,

+ Bishop Anthony

+Bishop ANTHONY

**Bishop of Toledo and the Midwest
Antiochian Orthodox Christian Archdiocese of North America**

"...the Disciples were first called Christians in Antioch!" ACTS 11:26

Parish News

Great Lent Begins Tomorrow!

Today in the Church is Cheesefare Sunday, the last day you can have cheese and dairy products. **Tomorrow**, is the first day of the Lenten Fast and it will continue until Pascha (Easter), May 5th . Please do not forget that in order for our fasting to be effective and beneficial to our souls, it must be accompanied by prayer, repentance, forgiveness, alms-giving (giving to the poor), and good works. The fast is not a “diet” so that one could lose weight. What good is the fast if it does not change us and strengthen our relationship with Jesus Christ and with one another? Fast from anger, judging, pride, gossip, and lust. If you are not able to keep the discipline of fasting as prescribed by the church for health reasons, please speak to Fr. Mousa and he will give you a discipline you can handle. Remember the words of St. John Chrysostom:

“Let the ear fast, by not listening to evil talk and gossip...”

“Let the mouth fast from foul words and unjust criticism...”

“For what good is it if we abstain from birds and fishes, but bite and devour our brothers?”

Beginning this week, St. Mary Church will have the Pre-Sanctified Liturgy every Wednesday at 7pm and the service of the Akathist (Al-Madayeh) followed by a potluck dinner every Friday at 7pm. May you have a spiritually rewarding Lent. God bless you!

اليوم مرفع الجبن, آخر يوم يُسمح فيه بأكل الاجبان, وغداً أول أيام الصوم الكبير الذي يستمر حتى عيد الفصح 5/5/2013. نرجو أن تتذكروا انه حتى يكون صيامكم مقبولاً ومفيداً لأرواحكم, يجب أن يقرن بالصلاة والندامة والمسامحة ومساعدة الفقراء والمحتاجين وكافة الاعمال الصالحة. الصيام ليس وسيلة لتخفيف الوزن. ما الفائدة منه إذا لم نتغيّر ونُقوّي علاقتنا مع السيد يسوع المسيح ومع بعضنا البعض. الصيام هو الابتعاد عن الغضب والعصبية والحكم على الاخرين والغرور والقييل والقال والشهوة. إذا كان لأي منكم اسباب تمنعه من الصيام كما اوصت الكنيسة, يُرجى التكلّم مع الاب موسى حداد الذي سيساعدكم على معالجة الامر. تذكروا ما قاله القديس يوحنا الذهبي الفم:

" لتصم أذانكم عن سماع أقوال الشر وكلام الثرثرة... "

" لتصم أفواهكم عن الكلام البطال وأنتقاد الاخرين... "

" لانه أية منة لكم إذا امتنعتم عن أكل اللحوم والاسماك, بنما تهشون أخوانكم؟ "

إبتداءً من هذا الاسبوع سنقيم الكنيسة قُداس "السابق تقديسه" كل يوم أربعاء الساعة 7 مساءً. أيضاً خدمة المدائح كل يوم الجمعة الساعة 7 مساءً يتبعها وجبة طعام في قاعة الكنيسة. نسأل الله أن يُكافئكم روحياً بهذا الصيام. الله يبارككم!

Lent & Holy Week Services 2013 خدمات الصيام والاسبوع العظيم

March 20 آذار	Wednesday: Pre-Sanctified Liturgy الأريعاء: القديس السابق تقديسه	7:00pm مساء
March 22 آذار	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
March 25 آذار	Monday: Annunciation Liturgy الإثنين: خدمة القديس لعيد البشارة	10:00am صباحا
March 27 آذار	Wednesday: Pre-Sanctified Liturgy الأريعاء: القديس السابق تقديسه	7:00pm مساء
March 29 آذار	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
April 3 نيسان	Wednesday: Pre-Sanctified Liturgy الأريعاء: القديس السابق تقديسه	7:00pm مساء
April 5 نيسان	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
April 10 نيسان	Wednesday: Pre-Sanctified Liturgy الأريعاء: القديس السابق تقديسه	7:00pm مساء
April 12 نيسان	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
April 17 نيسان	Wednesday: Pre-Sanctified Liturgy الأريعاء: القديس السابق تقديسه	7:00pm مساء
April 19 نيسان	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	7:00pm مساء
April 27 نيسان	Saturday: Lazarus Saturday Liturgy السبت: القديس لسبت اليعازر	10:00am صباحا
April 28 نيسان	Sunday: Palm Sunday Liturgy الاحد: خدمة القديس لعيد الشعانين Sunday: 1st Bridegroom Service الاحد: الختن الأولى	10:00am صباحا 7:00pm مساء
April 29 نيسان	Monday: 2nd Bridegroom Service الإثنين: الختن الثانية	7:00pm مساء
April 30 نيسان	Tuesday: 3rd Bridegroom Service الثلاثاء: الختن الثالثة	7:00pm مساء
May 1 أيار	Wednesday: Holy Unction Service الأريعاء: صلاة الزيت المقدس	7:00pm مساء
May 2 أيار	Thursday: Divine Liturgy of St. Basil الخميس: قداس باسيليوس العظيم Thursday: 12 Passion Gospels الخميس: خدمة 12 انجيل والصلب	10:00am صباحا 7:00pm مساء
May 3 أيار	Friday: Royal Hours الجمعة: خدمة الساعات Friday: Taking Down From the Cross الجمعة: خدمة انزال المصلوب Friday: Lamentations الجمعة: جناز المسيح (GOOD FRIDAY All-Night VIGIL to follow سهرانية العيد)	10:00am صباحا 3:00pm مساء 7:00pm مساء
May 4 أيار	Saturday: Vespers Liturgy of St. Basil السبت: قداس سبت النور Saturday: Rush Procession & Matins followed by Paschal Liturgy السبت: سحرية العيد، الهجمة وقداس القيامة	10:00am صباحا 10:00pm مساء
May 5 أيار	Sunday: AGAPE VESPERS الاحد: صلاة الباعوث	1:00pm ظهرا



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
03/17: Antiochian Women	03/17: سيدات الكنيسة
03/24: Emile and Eideh Haddad & Family Wajih and Suhad Haddad & Family	03/24: اميل وعيدة حداد والعائلة وجيه وسهاد حداد والعائلة
03/31: Feras and Jackie Salman & Family	03/31: فراس وجاكي سلمان والعائلة

Epistle Readers:

Today: English - Abeer Khouri , Arabic - Lily Sweiss

Next Week: English - Lana Ammari, Arabic - Ameer Tadros

“Bible Verse of the Week”

And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose. Romans 8:28

وَنَحْنُ نَعْلَمُ أَنَّ اللَّهَ يَجْعَلُ كُلَّ الْأَشْيَاءِ تَعْمَلُ مَعًا لِحَيْرِ الَّذِينَ يُحِبُّونَهُ، الْمَدْعُوعِينَ

حَسَبَ إِرَادَتِهِ. رومية 8:28

Bulletin Blurb March 17, 2013

OCCHY QUIZ

TRUE or FALSE ?

- 1) Alcohol is **ONLY** harmful to your brain.
- 2) Each year, approximately 5,000 people under the age of 21 die as a result of underage drinking.

1) **FALSE** - Alcohol travels through your bloodstream and damages your brain, stomach, liver, kidneys and muscles.

2) **TRUE** - This includes about 1,900 deaths from car accidents, 1,600 homicides, 300 suicides, and hundreds of other deaths due to accidents like falls, burns, drowning's.

Antiochian Women Annual Cheesefare

CHEESE PIZZA SALE

!!!TODAY!!!



**JOIN US & HELP SUPPORT YOUR LADIES GUILD
BY ENJOYING A SLICE OF CHEESE PIZZA**

St. Mary Orthodox Church of Palos Heights

\$100 Raffle

Grand Prize:

2013 Toyota Camry LE.

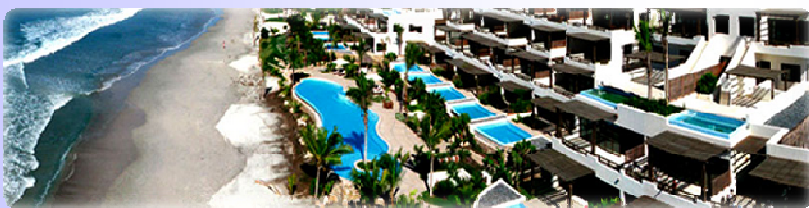
Winner responsible for taxes, title and doc fees.



SECOND PRIZE:

5 Night Stay in a private pent house suite in Puerto Vallarta.

Fronting an expanse of ocean and pristine shoreline, Villa Blanca is a private residence development in Los Veneros, Costa Banderas Mexico (located just northwest of Puerto Vallarta, on Mexico's Pacific Coast) that offers the unforgettable experience of indulging in the luxury of nature, and the company of friends and family. The Pent House Suite is approximately 5,000 square feet and includes three bedrooms, four bathrooms, a gourmet kitchen, separate living room, dining room and a private pool and can sleep eight. Five night stay to be mutually agreed upon by winner and donor. Some restrictions may apply. \$500 credit towards airfare cost. <http://www.villablancaresort.com>



THIRD PRIZE: \$1,000 Cash

FOURTH PRIZE: iPad mini 16 GB



Drawing will take place at St. Mary's 10th Year Anniversary Celebration
on Saturday June 15th, 2013

Teen SOYO



Saturday, March 30, 2013

Fellowship Hall @ 5:00pm

!!! Lenten Snacks !!!

Please contact Marram Salman (708) 307-7473, Christine Sweis (708) 336-0702, with any questions you may have!

Fellowship

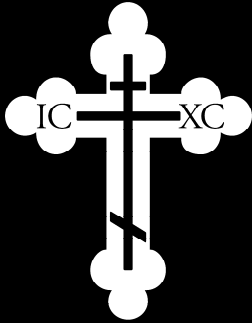


Sunday, April 14, 2013

Fellowship Hall @ 6:30pm

!!! Lenten Pot Luck!!!

Please contact any of the Fellowship officers with any questions



St. Mary's March Madness

6330 West 127th St. Palos Heights, IL

3-on-3 Basketball Tournament

St. Mary's is hosting their first annual 3-on-3 basketball tournament. Get your starting line-ups ready for a day full of family, friends and FUN!!! Come support your community and enjoy a little friendly competition.

Sunday, April 7th from 1pm-7pm.



Requirements:

- Completed Registration/Waiver Form
- Registration Fee \$25/person
- Ages 14+
- 3 players/team
 - 3 males or 3 female

For questions contact:

Melad Qodsi
708-692-0561
stmarysports@virginmaryoc.org

Kati Khouri
708-257-7579
kkhouri@yahoo.com

All forms and fees due by:
March 31, 2013

CJ Kari
ckari@comcast.net

Triumph of Orthodoxy

PAN-ORTHODOX VESPERS

Sponsored by the Orthodox Christian Clergy Association of Greater Chicago

Saturday, March 23, 2013 - at 6:30pm



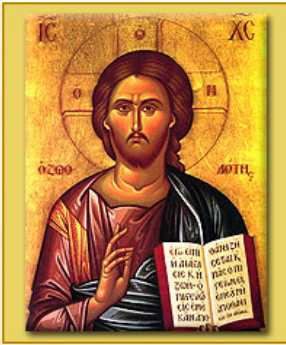
Holy Resurrection Serbian Orthodox Cathedral
5701 North Redwood Drive - Chicago, IL 60631

www.serbiancathedral.org

Homilist:

His Eminence Archbishop NICOLAE
Romanian Orthodox Archdiocese in the Americas

Responses Chanted by The Pa-Orthodox Choir of Greater Chicago
Gordana Trbuhovich, Director



Weekly Synaxarion



On March 17 in the Holy Orthodox Church we commemorate our Venerable Father Alexios the “Man of God;” Theosteriktos the Confessor of the Pelecete Monastery; Patrick, bishop of Armagh and enlightener of Ireland; and Venerable Makarios of Kalyazin. On this day, we make remembrance of the exile of the first-fashioned, Adam, from the Paradise of delight. It is the Sunday of Forgiveness, known also as Cheese Fare Sunday. Today’s lesson from the Holy Gospel teaches us about forgiveness and fasting, and how both are crucial to our own return to Paradise. The divine Fathers also set the anniversary of the exile of Adam from the Paradise of bliss on this day, at the entrance of Great Lent, to show us by deed as well as word how great is the benefit that accrues to man from fasting and repenting; and, on the contrary, how great the harm that comes from destructive gluttony and from disobedience to the divine commandments. The sin of gluttony resulted in Adam and Eve’s banishment from Paradise, because they disobeyed God by eating from the tree which He had forbidden them. The Church reminds us of this event to encourage us to return to that ancient glory and primeval happiness by means of fasting and obedience to God and His commandments. By Thine ineffable compassion, O Christ our God, make us worthy of the delight of Paradise and have mercy on us, as Thou art alone the Lover of mankind. Amen.