



# SAINT MARY ORTHODOX CHURCH

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

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

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

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

www.virginmaryoc.org (virginmary@virginmaryoc.org)

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

## St. Mary Parish Clergy

Rev. Fr. Mousa Haddad, Pastor

Rev. Fr. Malek Rihani

Subdeacon Matthew Sweis

Subdeacon Ameer Tadros

## Parish Council

Fr. Mousa - Presiding Officer

Fadi Abu Manneh - Chairman

Feras Sweis - Vice Chairman

Abdullah Tadros - Treasurer

Constantin Kari - Financial Sec.

Abeer Khouri - Secretary

Nidal Al-Farah

George Barakat

Bassam Salman

Feras Salman

Faris Samawi

Samer Tadros

## Parish Ministries

Sunday School - Omar Sweis

SOYO - Marram Salman

Fellowship - Khalil Haddad

Antiochian Women - Susan Sweis

Handmaids - Mansoura Khouri

and Lina Haddad

Choir - Michael Rascia

Chanters - Khaled Salman and

Faris Samawi

Humanitarian - Shireen Salman

Fishers of Men - John Eannace

Athletics - Melad Qodsi

Webmaster - Sana Sweis

## Office Administrator

Katia Haddad

katiahaddad@virginmaryoc.org

## Building Engineer

Peter Butera

## Church Hall Rental

Call the church office or email  
our Office Administrator

## April 7th, 2013

Today in the Holy Church is:

## The Third Sunday of Great Lent and The Adoration of the Holy Cross



**Friendly Reminder:** We are currently in the Lenten fast. Please remember to refrain from Meats and Dairy. If you haven't started yet.....it's not too late!!!

"If any man would come after me, let him deny himself and take up his cross and follow me." (Matthew 16:24) A Blessed Fast To You All!

## 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)

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. For more information, please see one of the ushers at the end of the service for a "Welcome Packet." May God bless you and give you many healthy years in His service.

# Third Sunday of Great The Adoration of the Holy Cross



## HYMNS OF THE DAY

**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!

**Troparion of the Resurrection (Tone Three):** Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

**Troparion of the Holy Cross (Tone One):** O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

**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.

**Kontakion for the Sundays of Lent (Tone Eight):** To thee the champion leader, I thy city ascribe thank-offerings of victory. For thou hast delivered me from terrors O Theotokos. But as thou hast that power which is invincible, from all dangers set me free that I may cry out unto thee: Hail, O Bride without Bridegroom!

**Megalynarion for the Liturgy of St. Basil (Tone Eight):** In thee all creation rejoices, O Full of Grace; the assembly of angels and the race of Man; O sanctified temple and spiritual paradise; the glory of virgins, from whom God was incarnate and became a child; our God before the ages, He made thy body into throne, and thy womb He made more spacious than the heavens. In thee all creation rejoices; O Full of Grace, glory to thee.

### Epistle for the Third Sunday of Lent

*O Lord, save your people and bless your inheritance!*

*To you, O Lord, have I cried, O my God!*

**The Reading is from St. Paul's Letter to the Hebrews (4:14-5:6).**

Brethren, since we have a High Priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

### Gospel for the Third Sunday of Lent

**The Reading is from the Holy Gospel according to St. Mark (8:34-38; 9:1).**

The Lord said, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."



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.

## Holy Bread and Coffee Hour

**04/07:** Hasan and Saeda Sweis & Family

**04/14:** Ghaleb and Rita Sweis & Family

**04/21:** Emile and Wajih Haddad & Family

# FALAFEL SALE



JOIN US & HELP SUPPORT YOUR  
**Teen SOYO**  
BY ENJOYING  
A FALAFEL SANDWICH

**!!!TODAY!!!**  
**April 7, 2013**



**3rd & 9th Day Memorial**  
**Sheikha Issa Samawi**  
May her memory be eternal!



Today, immediately following the Liturgy, there will a brief meeting for all those who are assisting in the ushering of Palm Sunday, Holy Friday, and Pascha services. Thank you!



April 14, 2013, immediately following the Sunday School, there will brief Teen SOYO meeting Thank you!

## "Bible Verse of the Week"

And we know that all things work together for good to those who love God, to those who are called according to His purpose. [Romans 8:28](#)

## OCCHY QUIZ FOR TEENS

### True or False

Smoking Hookah is less harmful than cigarettes because the smoke passes through water which filters out the chemicals & cancer causing agents.

**False:** When hookah bubbles through water at the base of a hookah pipe it cools the smoke, but does not filter out any chemicals. This 'cooling' process forces a hookah smoker to inhale twice as deep as a cigarette smoker which causes chemicals and other harmful elements to penetrate deeper into the lungs.

[Tobacco-Related Disease Research Program](#) Newsletter 7,no. 3 (2005)1-10. California State University, Sacramento | 6000 J Street | Sacramento,

## خدمات الصيام والاسبوع العظيم 2013 Lent & Holy Week Services

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

You Are Cordially Invited To Celebrate  
St. Mary's 10th Year Anniversary  
Weekend Celebration



With His Eminence  
**METROPOLITAN PHILIP**  
Archbishop of New York and Metropolitan of All  
North America  
Antiochian Orthodox Christian Archdiocese

*June 15-16th , 2013*

**Schedule of Events:**

**Saturday, June 15th**

6:30pm - Banquet & Hafleh

St. Mary's Gymnasium - 6330 W. 127th St. Palos Heights, IL

**Sunday, June 16th**

8:45am - Matins

10:00am - Hierarchical Divine Liturgy with  
His Eminence **METROPOLITAN PHILIP**

Followed by Groundbreaking Ceremony and a Luncheon at  
St. Mary's Gymnasium

# St. Mary Orthodox Church of Palos Heights

## \$100 Raffle

**Grand Prize:**

**2013 Toyota Camry LE.**

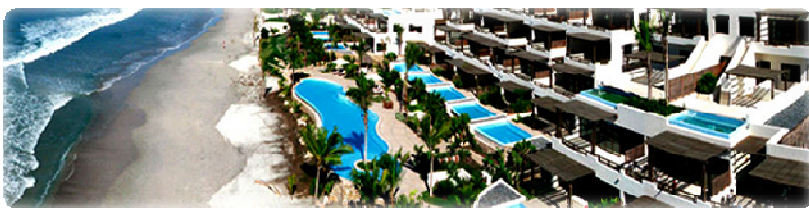
Winner responsible for taxes, title and doc fees.



**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>

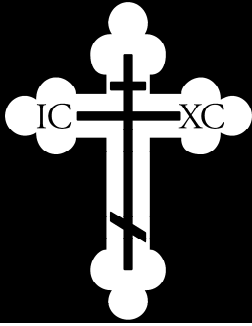


**THIRD PRIZE: \$1,000 Cash**

**FOURTH PRIZE: iPad mini 16 GB**



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



# 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:

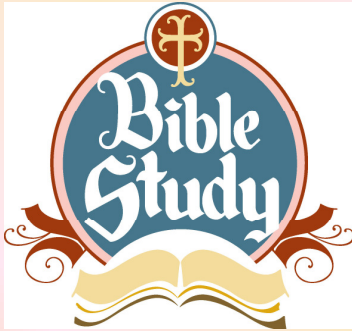
Melad Qodsi  
708-692-0561  
stmarysports@virginmaryoc.org

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

All forms and fees due by:  
**March 31, 2013**

CJ Kari  
ckari@comcast.net

# Teen SOYO



Saturday, April 13, 2013

Fellowship Hall @ 5:00pm

**!!! Lenten Pot Luck!!!**

Please contact any of the Teen SOYO officers with any questions!

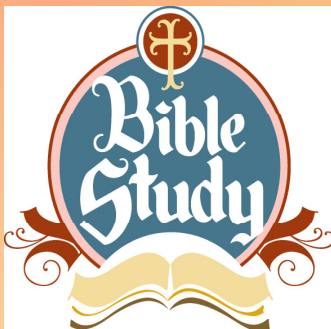
## Lenten Luncheon



Sunday, April 14, 2013 after Liturgy

Join us and help support your Antiochian Women by enjoying a Lenten Lunch!

# Fellowship



Sunday, April 14, 2013

Fellowship Hall @ 6:30pm

**!!! Lenten Pot Luck!!!**

Please contact any of the Fellowship officers with any questions!



## ***Fishers of Men***

a ministry of  
**St. Mary Orthodox Church**  
invites you to the first presentation  
and an interactive session:



### “The Roles and Responsibilities of a Christian man”

**By Dr. Albert Rossi**  
Professor of Pastoral Theology

**Saturday April 20, 2013**  
**11:00 am - 2:00 pm**  
St. Mary Antiochian Orthodox Church  
6330 W. 127<sup>th</sup> St. Palos Heights, IL

**Please RSVP to [stmaryfom@virginmaryoc.org](mailto:stmaryfom@virginmaryoc.org).**

There is no cost. It's open to everyone, and Lunch will be served. We especially encourage the men to participate and to learn what it is that God expects of them.

Dr. Rossi teaches courses in pastoral theology at Saint Vladimir's Seminary. He was a member of the SCOBA Commission on Contemporary Social and Moral Issues. He has written numerous articles and published a book entitled, *“Can I Make a Difference: Christian Family Life Today.”* You can read more about Dr. Rossi at: [svots.edu/team/albert-s-rossi](http://svots.edu/team/albert-s-rossi)

### “Prayer and Purity” Teen SOYO Retreat

**By Dr. Albert Rossi**  
Professor of Pastoral Theology  
**Saturday April 20, 2013**  
**3:00pm - 6:00pm**

St. Mary Antiochian Orthodox Church  
6330 W. 127<sup>th</sup> St. Palos Heights, IL

ST. MARY'S FELLOWSHIP  
**RETREAT**  
**2013**



FELLOWSHIP OF SAINT JOHN THE DIVINE

**May 17-th, 2013**

Join the Fellowship of St. John the Divine on a fun filled,  
uplifting weekend!

**Retreat Master - Dn. Saed Rihani**

Maranatha Conference Center, Muskegon, MI

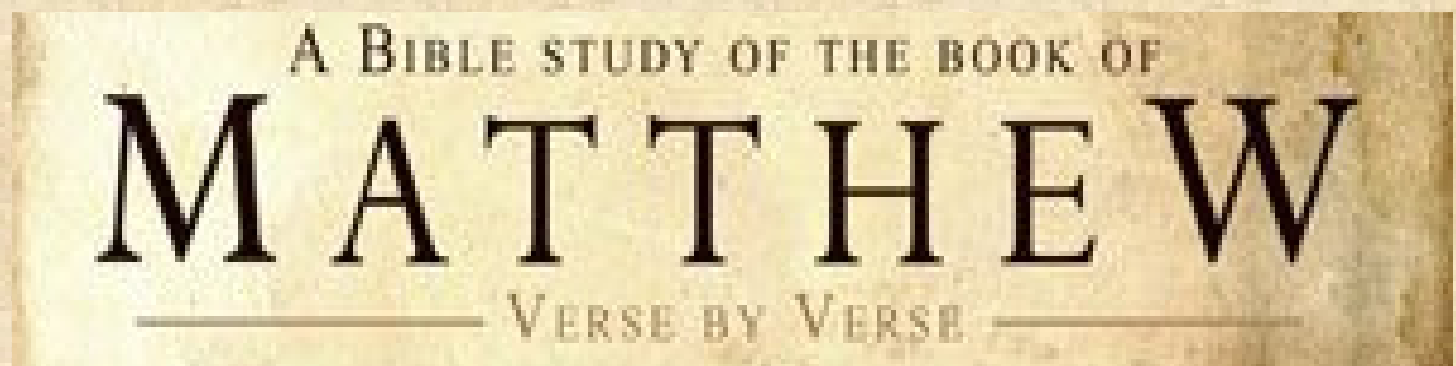
Please see Fr. Mousa, Asimt, or any Fellowship officer  
with any questions.

More details to come... **STAY TUNED!**

St. Mary Orthodox Church of Palos Heights presents  
an adult Bible class ministry called:



We invite all of our adult parishioners to strengthen their  
knowledge of the Bible through regular weekly sessions



Classes will start on May 7th and will be held every  
Tuesday at 6:00 p.m.

**To ensure that everyone is able to attend we will provide:**

- Two separate classes which will take place simultaneously, one in Arabic (taught by Fr. Danial Doss) and one in English (taught by Fr. Malek and Fr. Mousa).
- Dinner from 6:00-6:30pm.
- From 6:30 to 7:30, while adults are in their classes, we will have tutoring for students from kindergarten through 12th grade; and babysitting for children ages 3 to 5.

There is no cost for this ministry. Of course, donations and  
sponsorships will be appreciated.

If you would like to volunteer as a tutor or babysitter or for more information  
please contact Hanada Sweis at 708-928-9848 or [hzedan1@yahoo.com](mailto:hzedan1@yahoo.com)

# **St. Mary's Antiochian Women Annual Mother's Day Luncheon**



**Saturday, May 11, 2013**

**12:00pm – 5:00pm**

**St. Mary Fellowship Hall**

**Celebrating our mothers with an  
Arabic Folklore Fashion Show**

**Tickets: Adults - \$25**

**Children under 12 - \$10**

**The drawing of the \$10 Raffle will also take place.**

**For tickets contact:**

**Saeda Sweis 708.307.9906 or Shireen Salman 708.717.9640**

# Agape Service

Sunday, May 5th (Easter Day) at 1pm we will have the Agape Vespers service at the Church of the Virgin Mary. This is the service in which the Gospel is read in as many languages as possible. If you know a language other than English and Arabic, and would like to read the Gospel in that language, please let Fr. Mousa know. Mark your calendars!



## صلاة الباعوث

سنقيم يوم الأحد (الفصح) 2013-5-05 الساعة الواحدة بعد الظهر في كنيسة العذراء مريم صلاة الباعوث. في هذه الخدمة يُتلى الانجيل المُقدس بما أمكن من لغات. فإذا كان أحد يعرف لغة غير الانكليزية أو العربية ويرغب في قراءة الانجيل بهذه اللغة، يُرجى الاتصال بالاب موسى حداد. نرجو أن تتذكروا هذا التاريخ.

# St. Michael the Archangel Orthodox Church

## Louisville, Kentucky

### Host of the 2013 Parish Life Conference

#### June 19 – 23, 2013



Dear Fellow Orthodox Christians,

The Parish Life Conference, presided by His Grace Bishop ANTHONY, will take place in our great city. The Galt House Hotel will be our gathering spot. Here we will enjoy the fellowship of our fellow Orthodox Christians from throughout the Midwest and beyond. It is also an opportunity to do the work of the Diocese with meetings of the Antiochian Women, Teen SOYO, Order of St. Ignatius, and the Fellowship of St. John the Divine. Bishop ANTHONY will be presiding throughout the conference, culminating with the festive Pentecost Liturgy at St. Michael's on Sunday morning.

#### **Additional activities will include:**

- Bible Bowl
- Choir and Iconography Workshops
- Belle of Louisville Cruise
- Skyzone for young adults & teens
- 'Meet & Greet' for Single Adults
- Banquet and Hafli
- Teen Oratorical
- Vacation Church School
- F.O.C.U.S. Workshop
- A Taste of Kentucky
- Youth Leadership Workshop
- Babysitting on Fri. & Sat. night

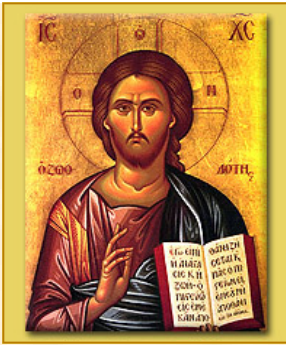
**PLC registration is now OPEN!** To register online, please visit [www.antiochianevents.org/95](http://www.antiochianevents.org/95). Look for additional information and The Galt House Hotel reservation link on our church website [www.stmichaelorthodoxchurch.org/plc](http://www.stmichaelorthodoxchurch.org/plc). If you would prefer to speak with someone, please call the church office at (502) 454-3378 Option 8, or you may send an email to [stmichaelpc@gmail.com](mailto:stmichaelpc@gmail.com). If you would like a packet of forms mailed to you, please call the church office at the number listed above. We also have a Facebook page titled St. Michael the Archangel Orthodox Church – 2013 Parish Life Conference and we encourage you to “like” it.

The City of Louisville has much to offer, and many things are within walking distance of the hotel. Some places to visit include:

- Louisville Slugger Museum
- Kentucky Science Center
- Churchill Downs
- Muhammad Ali Center
- Louisville Bats Minor League Baseball
- Kentucky Derby Museum

Please consider joining us for this wonderful experience and stay a few extra days. We look forward to seeing you!

Very Rev. Fr. Alexis Kouri, Protos      Mary Jean Ciresi, Co-Chair      Mark Jacobs, Co-Chair



## Weekly Synaxarion



On April 7 in the Holy Orthodox Church we commemorate the Martyr Kalliopios of Cilicia; Venerable George, bishop of Mitylene; and the repose of Tikhon, patriarch of Moscow and Enlightener of North America. On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross. Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast. By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.