



SAINT MARY ORTHODOX CHURCH

The Self-Ruled 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

Very 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

Humanitarian - Shireen Salman

OCLife - Nancy Cannon

Fishers of Men - John Eannace

Athletics - Melad Qodsi

Choir - Michael Rascia

Chanters - Khaled Salman and

Faris Samawi

Webmaster - Sana Sweis

Office Administrator

Katia Haddad

katiahaddad@virginmaryoc.org

Church Hall Rental

Call the church office or email our
Office Administrator

July 21, 2013

Fourth Sunday after Pentecost

الأحد الرابع بعد العنصرة

Our Future Altar



Sunday Matins – 8:45 a.m.

Sunday Divine Liturgy – 10:00 a.m.

(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.

المتبرّعين لكنيسة العذراء مريم

St. Mary's Capital Campaign II Donors

Given for the Glory of God and the building up of Christ's Holy Church

تبرُّع لمجد الله وبناء كنيسة المسيح المقدسة

Names are listed in alphabetical order by last name:

<u>Name</u>	<u>الاسم</u>
St. Mary Clergy	كهنة كنيسة العذراء مريم
Fadi Abu Manneh	فادي أبو منه
Saliba Abu Manneh	صليبا أبو منه
Ziad Abudayyeh	زياد أبوديه
Nedal Alafnan	نضال العفنان
Yousef Alsahoury	يوسف الساحوري
Mazen Ammari	مازن عماري
Applied GeoScience	Applied GeoScience
Shadi Assaf	شادي عساف
Majda Ayoub	مجدة أيوب
George Barakat	جورج بركات
Nancy Cannon	نانسي كانون

“O Lord, sanctify those who love the beauty of thy house!”

” يَا رَبُّ قَدِّسْ الَّذِينَ يُحِبُّونَ جَمَالَ بَيْتِكَ! ”

Thank you for your support!

نشكركم على دعمكم!

<u>Name</u>	<u>الإسم</u>
Bassam Dababneh	بسام دبابنه
John Eannace	جون أنس
Assad Effeich	أسعد عفش
Ramzi Fakhouri	رمزي فاخوري
Ibrahim Fakhoury	إبراهيم فاخوري
Fuheis American Assoc.	رابطة الفحيص
Basem Habash	باسم حبش
Emad Haddad	عماد حداد
Jason Haddad	جيسن حداد
Constantin Kari	كونستانتين كاري
Nassim Kawar	نسيم قعوار
Jamal Khouri	جمال خوري
Rateb Khouri	راتب خوري
Kefah Makhamreh	كفاح مخامرة

“Remember, O Lord, the founders of this Holy Church!”

“أذكر يا ربُّ الَّذِينَ أسَّسُوا هذه الكنيسة المقدسة!”

Thank you for your support!

نشكركم على دعمكم!

<u>Name</u>	<u>الاسم</u>
Issa Musa	عيسى موسى
Giries Nemeh	جريس نعمة
Sana Nemeh	سنا نعمة
Samer Odeh	سامر عوده
Amin Panjwani	امين بنجواني
Kamal Qodsi	كمال قدسي
Michael Rascia	مايكل راشا
Sahar Rayyahin	سحر رياحين
Dn. Saed Rihani	الشماس سعد ریحاني
Suheil Rihani	سهيل ریحاني
George Saigh	جورج صايغ
Zuhair Salem	زهير سالم
Bahloul Salman	بهلول سلمان
Feras Salman	فراس سلمان
Khaled Salman	خالد سلمان
Sonia Salman	سونيا سلمان

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نشكركم على دعمكم!

<u>Name</u>	<u>الاسم</u>
Amer Samawi	عامر سماوي
Faris Samawi	فارس سماوي
Shawkat Samawi	شوكت سماوي
Tawfiq Samawi	توفيق سماوي
Abraham Swais	إبراهيم صويص
Christina Swais	كريستينا صويص
Dina Swais	دينا صويص
Eid Swais	عيد صويص
Jamal Swais	جمال صويص
Atef Sweis	عاطف صويص
Basman Sweis	بسمان صويص
Emad Sweis	عماد صويص
Haitham Sweis	هيثم صويص
Rashid Sweis	رشيد صويص
Samih Sweis	سميح صويص

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Thank you for your support!

نشكركم على دعمكم!

<u>Name</u>	<u>الاسم</u>
Abdullah Tadros	عبدالله تادرس
Peter Tadros	بيتر تادرس
Gerese Tadros	جريس تادرس
Wajih Tadros	وجيه تادرس
Zuheir Tadros	زهير تادرس
Samir Tuhaimer	سمير طحيمر
Najib Zedan	نجيب زيدان
Odeh Zedan	عوده زيدان

“O Lord, sanctify those who love the beauty of thy house!”

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Thank you for your support!

نشكرکم علی دعمکم!

Our Goal for 2013: \$500,000

FUNDS PLEDGED/RAISED THIS YEAR:

\$116,975	New Capital Campaign II Pledges for 2013
\$101,537	Payments collected on Alsip Contract
\$32,089	Car Raffle Proceeds
\$17,500	Parish Life Conference

OTHER FUNDS TO BE COLLECTED:

\$20,000	Anonymous Match for the month of July
\$22,000	Outstanding Capital Campaign I Pledges
\$22,091	Payments to be collected on Alsip Contract for months July 2013-December 2013

TOTAL: \$332,192

**WHAT WE STILL NEED TO START
OUR ALTAR RENOVATIONS:**

\$167,808

Hymns of the Day

تراتيل اليوم

Entrance Hymn (Tone Two)

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 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.

لتَفْرَحِ السماوياتُ وتبتهجُ الأرضيات. لأنَّ الربَّ صنَعَ عِزًّا بِسَاعِدِهِ، ووطئَ الموتَ بالموتِ
وصارَ بكَرَّ الأمواتِ. وأنقذنا مِنْ جَوْفِ الجحيمِ. ومَنَحَ العالمَ الرحمةَ العظمى.

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 ميلادِكِ حفِظتِ البتوليةَ وصننتها وفي رقادِكِ ما أهملتِ العالمَ وتركتِهِ يا والدَةَ الإله. لأنك
انتقلتِ إلى الحياة بما أنك أم الحياة. فبشفاعاتِكِ أنقذي من الموتِ نفوسنا.

Kontakion of the Theotokos (Tone Four)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

يا شفيعةَ المسيحيينَ غير الخازية، الوسيطةَ لدى الخالقِ غير المردودة. لا تُعرضي عن
أصواتِ طلباتنا نحنُ الخطاة، بل تداركينا بالمعونة بما أنكِ سالحة، نحن الصارخينُ نحوك
بايمانٍ. بادري إلى الشفاعةِ وأسرعِي في الطلبِ يا والدَةَ الإله، المتشفعة دائماً في مُكرميكِ.

Epistle for the Fourth Sunday after Pentecost

الرسالة للأحد الرابع بعد العنصرة

Sing praises to our God, sing praises!

Clap your hands, all you nations!

The Reading is from Saint Paul's Letter to the Romans (6:18-23).

Brethren, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

رتلوا لإلهنا رتلوا!

يا جميع الأمم صققوا بالأيادي!

فصل من رسالة القديس بولس الرسول إلى أهل رومية (6:18-23)

يا إخوة، بعد أن أعتقتم من الخطيئة أصبحتم عبيداً للبر * أقول كلاماً بشرياً من أجل ضعف أجسادكم. فإنكم كما جعلتم أعضاءكم عبيداً للنجاسة والإثم للإثم كذلك الآن اجعلوا أعضاءكم عبيداً للبر للقداسة * لأنكم حين كنتم عبيداً للخطيئة كنتم أحراراً من البر * فأي ثمر حصل لكم من الأمور التي تستحيون منها الآن. فإنما عاقبتها الموت * وأمّا الآن فإذ قد أعتقتم من الخطيئة واستعبدتم لله فإن لكم ثمركم للقداسة. والعاقبة هي الحياة الأبدية * لأن أجره الخطيئة موتٌ وموهبة الله حياةً أبديةً في المسيح يسوع ربنا.

Gospel for the Fourth Sunday after Pentecost

الإنجيل للأحد الرابع بعد العنصرة

The Reading is from the Holy Gospel according to St. Matthew (8:5-13).

At that time, Jesus entered Capernaum, and a centurion came forward to him, beseeching him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And Jesus said to him, "I will come and heal him." But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, he marveled, and said to those who were following him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

*** فصل شريف من بشارة القديس متى الإنجيلي البشير, التلميذ الطاهر (8:5-13) ***

في ذلك الزمان دخل يسوع كفرناحوم فدنا إليه قائد مئة وطلب إليه قائلاً يا رب إن فتاي مُلقى في البيت مخلصاً يُعذبُ بعذابٍ شديدٍ * فقال له يسوع أنا آتي واشفيه. فأجاب قائد المئة قائلاً يا رب لست مستحقاً أن تدخل تحت سقفي ولكن قل كلمة لا غير فيبراً فتاي * فإني أنا إنسانٌ تحت سلطانٍ ولي جندٌ تحت يدي أقول لهذا اذهب فيذهب وللآخر أنت فيأتي ولعبدي اعمل هذا فيعمل * فلما سمع يسوع تعجب وقال للذين يتبعونه الحق أقول لكم إنني لم أجد إيماناً بمقدار هذا ولا في إسرائيل * أقول لكم إن كثيرين سيأتون من المشارق والمغرب ويتكئون مع إبراهيم واسحق ويعقوب في ملكوت السماوات * وأمّا بنو الملكوت فيلقون في الظلمة البرانية. هناك يكون البكاء وصرير الأسنان * ثم قال يسوع لقائد المئة اذهب وليكن لك كما آمنت. فشفي فتاه في تلك الساعة.

PARISH NEWS



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

07/21: Nancy Cannon & Family

07/28: Bishara Sweis & Family

08/04: Rashid and Suzan Sweis & Family

Epistle Reading

Today - Khaled Salman & Abeer Khouri
07/28 - Faris Samawi & Fabiola Sweis

"Bible Verse of the Week"

I will praise Thee with uprightness of heart when I shall have learned Thy righteous judgments.

Psalm 119:7



!!!Today!!!
After Liturgy



Baptism

Elias

Parents: Necholas & Maysoun Ghannam

Congratulations!

New Born

Emile

Parents: Nader & Angela Haddad

Congratulations!



August 9-10, 2013
St. Mary's Church



OCCHY Bulletin Blurb

Sunday July 21, 2013

OCCHY Quiz

Which of the following TEEN TEXTING behaviors offer consequences?

- a. Texting while Driving
- b. Sleep Deprivation
- c. Runny Nose
- d. Illegal Sexting
- e. Arthritis
- f. Hang Nail
- g. Cyber bullying

Answer: a,b,d,g

<http://www.mayoclinic.com/health/teen-texting/MY00936/NSECTIONGROUP=2>

Upcoming Events

Sunday, July 21, 2013 - 11:30am	Annual Ice Cream Social - Served by Clergy
Sunday, July 21, 2013 - 2:00pm	Men's Basketball League Games
Monday, July 22-28, 2013	Archdiocese Convention - Houston, Texas
Tuesday, July 23, 2013 - 6:30pm	"Gospel in an Hour" Bible Class
Wednesday, July 24, 2013 - 7:00pm	Open Gym - Men's Basketball League
Friday, July 26, 2013 - 7:00pm	Open Gym - Men's Basketball League
Sunday, July 28, 2013 - 11:30pm	Shawerma Sale
Tuesday, July 30, 2013 - 6:30pm	"Gospel in an Hour" Bible Class
Wednesday, July 31, 2013 - 7:00pm	Open Gym - Men's Basketball League
Friday, August 2, 2013 - 7:00pm	Open Gym - Men's Basketball League
Saturday, August 3, 2013 - 11:30am	Feed My Starving Children Humanitarian Event
Sunday, August 4, 2013 - 11:30am	Falafel Sandwich Sale - Antiochian Women
Sunday, August 4, 2013 - 2:00pm	Men's Basketball League Games
Tuesday, August 6, 2013 - 6:30pm	"Gospel in an Hour" Bible Class
Wednesday, August 7, 2013 - 7pm	Open Gym - Men's Basketball League
Friday, August 9, 2013 - 7:00pm	Open Gym - Men's Basketball League
Friday, August 9, 2013 - 7:00pm	Antiochian Women Meeting
Friday, August 9-10, 2013	SOYO Girls Retreat
Saturday, August 10, 2013 - 10:00am	St. Mary's Fishers Men Monthly Breakfast
Sunday, August 11, 2013 - 2:00pm	Men's Basketball League Games
Tuesday, August 13, 2013 - 6:30pm	"Gospel in an Hour" Bible Class
Wednesday, August 14, 2013 - 7pm	St. Mary Feast Day Liturgy and Potluck Celebration
Friday, August 16, 2013 - 7:00pm	Open Gym - Men's Basketball League
Sunday, August 18, 2013 - 2:00pm	Men's Basketball League Games
Tuesday, August 20, 2013 - 6:30pm	"Gospel in an Hour" Bible Class

Fellowship of St. John the Divine

07/28/13

After Liturgy

**JOIN US FOR
A HOMEMADE
SHAWARMA
LUNCH!**

**SHAWARAMA
SALE**

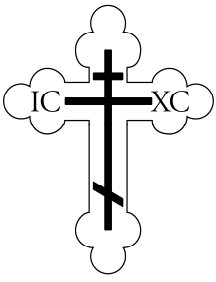


*St. Mary Orthodox Church
6330 W. 127th St.
Palos Heights, IL 60463*

Teen Girls Retreat

August 9-10, 2013

St. Mary's Church



"Liturgy after the Liturgy"

Taking our faith outside the church walls



Date:

Saturday - August 03, 2013

Time:

11:30am - 1:30pm

Location:

Feed My Starving Children,
555 Exchange Court, Aurora, IL

Purpose: Pack meals for starving children

Feed My Starving Children is a Christian nonprofit hunger relief organization. We have 87 spots reserved for this event.

Children (Kindergarten and older), teens, and adults are all welcome to attend. Volunteer hours will be granted upon request.

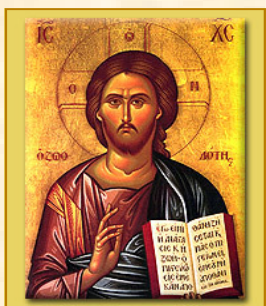
You need to register in order to attend. All volunteers are encouraged to donate at least \$5 (which will feed a child for an entire month!)

To register, please contact Kh. Delia Haddad.

On behalf of God's children, thank you in advance for your commitment.

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 simple, hidden, quiet and small.
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.



Weekly Synaxarion



On July 21 in the Holy Orthodox Church we commemorate our Righteous Fathers John of Edessa in Mesopotamia; and Simeon of Homs (Emesa), the Fool-for-Christ. Both men received the monastic tonsure at the hands of the Abbot Nikon in the Monastery of St. Gerasimos. They withdrew into the wilderness near the Dead Sea where they lived an austere life of asceticism for nearly thirty years. They mortified their bodies so much that they resembled two withered trees. One day Simeon told John that, according to God's command, he must depart from the wilderness, go among the people and serve God there. John said to Simeon, "Pray to God for me, that He does not separate us, one from the other, in the future life." Simeon went among the people of Homs, Syria as a "fool for Christ," to teach people and to convert them to the Faith of Christ. He pretended insanity before everyone but his heart was the temple of the Holy Spirit and, in that temple, was unceasing prayer. Simeon possessed abundant grace from God and was able to discern all the inner secrets of people, healing them from evil spirits and other ailments. Simeon came across a young fornicator who went out of his mind. Simeon struck him across the face with his hand and said: "Do not commit fornication." At that moment the unclean demon departed from the young man and he became well. Simeon reposed in 570; by the providence of God, John, who had remained in the wilderness, departed soon after. On this day, we also commemorate Parthenios, bishop of Radovizlios; and Martyr Victor of Marseilles. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.