



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 - Hanada 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

September 8, 2013

Sunday before the Elevation of the Holy Cross Sunday of the Nativity of the Theotokos

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.

Hymns of the Day

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!

Troparion of the Resurrection (Tone Two)

When Thou didst submit Thyself unto death, O Thou deathless
and immortal One, then Thou didst destroy hell with Thy Godly
power. And when Thou didst raise the dead from beneath the
earth, all the powers of Heaven did cry aloud unto Thee:
O Christ, Thou giver of life, glory to Thee.

Troparion of the Nativity of the Theotokos (Tone Four)

Thy nativity, O Theotokos, hath proclaimed joy to the whole
universe; for from thee did shine forth the Sun of justice, Christ
our God, annulling the curse, and bestowing the blessing,
abolishing death and granting us life everlasting.

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 of the Nativity of the Theotokos (Tone Four)

By thy holy birth-giving, O pure one, Joachim and Anna were
delivered from the reproach of barrenness; and Adam and Eve
were delivered from the corruption of death; thy people do cele-
brate it, having been saved from the stain of iniquity, crying un-
to thee, the barren doth give birth to the Theotokos, who
nourishes our life.

Epistle for the Sunday before the Elevation of the Holy Cross

O Lord, save thy people and bless thine inheritance!

To thee, O Lord, I have cried, O my God!

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 had 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.

Gospel for the Sunday before the Elevation of the Holy

The Reading is from the Holy Gospel according to St. John (3:13-17).

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him should not perish but have eternal life." For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent his Son into the world, not to condemn the world, but that the world might be saved through him.

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

09/08: Jamileh Zedan & Family

9/15: Refqa Sweis & Family

09/15: Jamileh Zedan & Family

09/22: Faysal and Suhair Sweis & Family

Epistle Reading

09/08 - Khaled Salman & Rachel Kari

09/15 - Nour Swaiss & Abeer Khouri

“Bible Verse of the Week”

And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, *even* to the end of the age.” Amen.

Matthew 28:18-20



Baptism

Emile

Parents: Nader & Angela Haddad

Congratulations!



September 27, 2013

7:00 p.m.

Antiochian Women Meeting



**Bulletin Blurb for
Sunday September 8, 2013
OCCHY Quiz**

What are the 4 D's of handling PEER PRESSURE?

ANSWER:

Determine the risk. Know what you are getting yourself into.

Define the consequences. Ask yourself what are the negative things that could happen if you participate in this risky behavior.

Decide what you want to do right now.

Hopefully you will decide to go with the positive alternative instead of the negative.

Do is the final d, it is having courage to do what is best for you.

<http://www.cedu.niu.edu/~shumow/iit/PEERPRESSURE.pdf>



St. Mary Fishers of Men
Proudly Present:



A Family Retreat with our Bishop!

September 14th & 15th - Celebrating the Elevation of the Holy Cross

His Grace Bishop ANTHONY

Bishop of Toledo and the Midwest



Saturday, September 14th

- 10:00 am -Divine Liturgy for the Elevation of the Cross
With Sunday School Procession of the Holy Cross
- 11:30 am -Fasting Pot Luck Lunch hosted by our Antiochian Women
- 12:30 pm -Bishop ANTHONY will give a Presentation to our Adults entitled:
“The Role of the Husband/Father in a Christian Home.”
(During the adult workshop, children will play sports in the gym or watch a movie in the Nadi. Chaperones will be available.)
- 2:30 pm -Bishop ANTHONY will give a Presentation to our Sunday School
-Adult Backgammon and Chess tournament (in the Nadi with Arabic Coffee)
- 5:00 pm -Great Vespers

Sunday, September 15th

- 8:45 am -Matins and Hierarchical Divine Liturgy with Bishop ANTHONY
With the swearing-in of new Fishers of Men members
- 12:00 pm -Fellowship hour after the Liturgy

Following Fellowship Hour members of the Fishers of Men are hosting a luncheon for Bishop ANTHONY at Franchesca's
(Luncheon open only to members of the Fishers of Men)

Upcoming Events

Friday, September 6, 2013 - 6:00pm	Security Awareness Symposium
Saturday, September 7, 2013 - 10:00am	St. Mary's Fishers Men Monthly Breakfast
Saturday, September 7, 2013 - 11:00am	Arabic School Orientation
Saturday, September 7, 2013 - 1:30am	Youth Sports League
Sunday, September 8, 2013 - 10:00am	Sunday School
Sunday, September 8, 2013 - 11:30am	Knafeh Sale
Tuesday, September 10, 2013 - 6:30pm	"Gospel in an Hour" Bible Class
Wednesday, September 11, 2013 - 10am	Morning Prayers & Parish Bible Study
Saturday, September 14-15, 2013	Family Retreat with Bishop Anthony
Sunday, September 15, 2013 - 10:00am	Sunday School
Sunday, September 15, 2013 - 3:00pm	Pan-Eastern Churches Picnic
Tuesday, September 17, 2013 - 6:30pm	"Gospel in an Hour" Bible Class
Wednesday, September 18, 2013 - 10am	Morning Prayers & Parish Bible Study
Saturday, September 21, 2013 - 11:00am	Arabic School
Saturday, September 21, 2013 - 1:30am	Youth Sports League
Saturday, September 21, 2013 - 6:30am	Teen SOYO Formal
Sunday, September 22, 2013 - 10:00am	Sunday School
Tuesday, September 24, 2013 - 6:30pm	"Gospel in an Hour" Bible Class
Wednesday, September 25, 2013 - 10am	Morning Prayers & Parish Bible Study
Friday, September 27, 2013 - 7:00pm	Antiochian Women Meeting
Saturday, September 28, 2013 - 8:00am	Annual IOCC Walk
Saturday, September 28, 2013 - 11:00am	Arabic School
Saturday, September 28, 2013 - 1:30am	Youth Sports League
Sunday, September 29, 2013 - 10:00am	Sunday School

Fellowship KNAFEH SALE



!!!IMMEDIATELY AFTER LITURGY!!!
JOIN US & HELP SUPPORT YOUR FELLOWSHIP
BY ENJOYING SOME KUNAFA

!!!TODAY!!!

September 8th, 2013

SUNDAY SCHOOL



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

SUNDAY SCHOOL STARTS SEPTEMBER 8th

Please see Hanada Sweis or any Sunday School Staff in the Fellowship Hall to register your children today!

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

St. Mary Orthodox Church of Palos Heights

St. Mary Arabic School

Dear families and friends, we are glad to announce that Arabic school will start September 7th, 2013 and it will be held Saturdays from 11:00am to 1:00pm.

*Exception Adult Class (see details below).

- ◆ **First Semester** - September 7th - December 21st, 2013
- ◆ **Second Semester** - January 11th - May 17th, 2014

العربية



!!!Register Today!!!

Fees will include books plus religion book:

- | | |
|---------------|-------|
| ◆ 1st Student | \$275 |
| ◆ 2nd Student | \$225 |
| ◆ 3rd Student | \$175 |
| ◆ 4th Student | Free |

***Adult Class available as well!**

Taught by professor Maha Sweis-Dababneh, PhD.

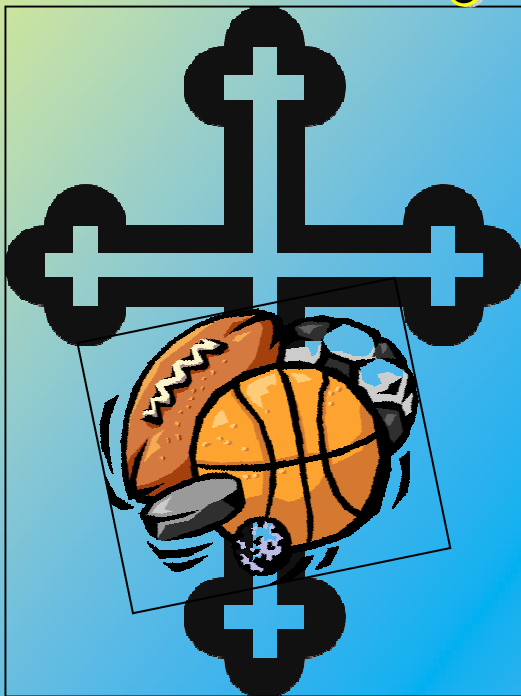
Adult classes schedule:

- ◆ Level 102 10:00am - 11:30am
- ◆ Level 101 11:30am - 1:00pm

For more information, please contact Arabic school representative after church, or contact Mariana Sweis at nabmar3@yahoo.com

ST. MARY YOUTH SPORTS LEAGUE

LEAGUE Begins SATURDAY, SEP 7th



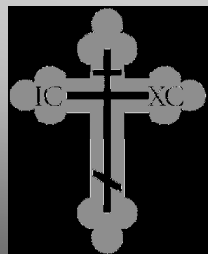
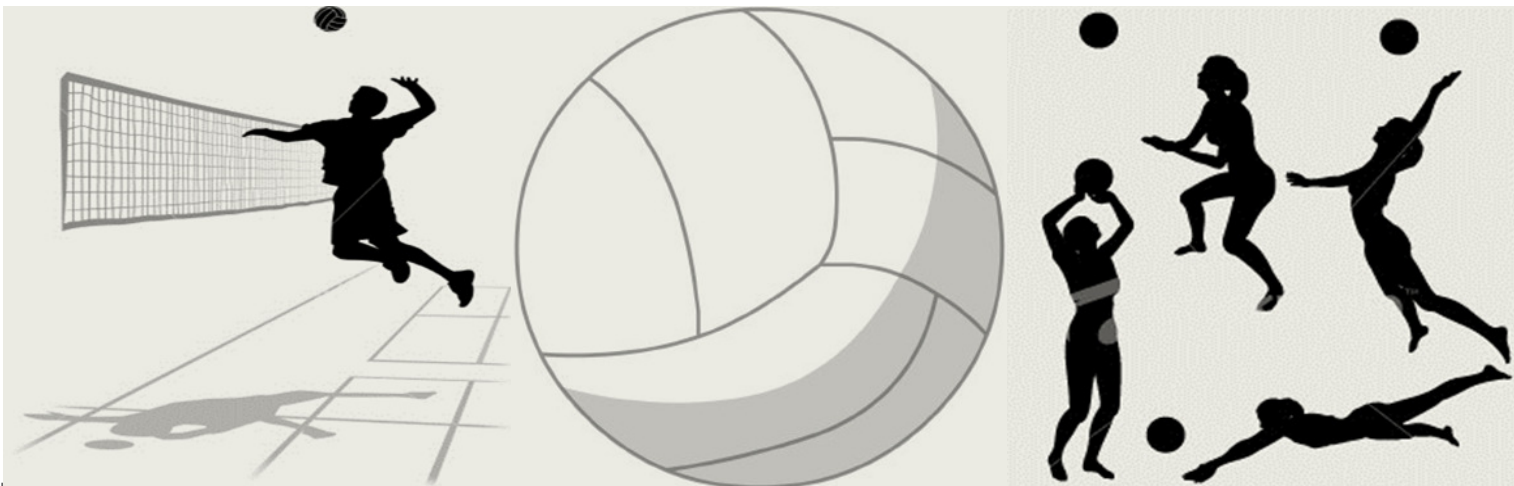
- League will be every Saturday Until May 17, 2014
 - Ages 5-7 \$60 for the year/\$40 per half
 - Ages 8-12 \$80 for the year/\$50 per half.
 - All games and open gyms will be held at St. Mary Orthodox Church of Palos Heights
- !!!Register Today!!!**

**Saturdays at St. Mary will be filled with lots of activities!
The day will begin with the Arabic School at 11:00 a.m.
Followed by Youth Sports League at 1:30 p.m.
All families are encouraged to participate!**

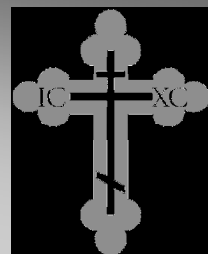
If there is anyone interested in volunteering please see Fr. Mousa or Fabiola Sweis.
Thank you for your ongoing support!

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

Contact Fabiola Sweis
fabiolasweis@gmail.com
with any questions.



St. Mary's Co-Ed Volleyball League



The time has finally come! Our volleyball season is near and the excitement is building. St. Mary's Orthodox Church is proud to present our 2nd annual Co-Ed Volleyball League. What better way to enjoy yourself then with family, friends, and fun! This season will be a great one and you will not want to miss out.

General Information:

- ♦ Start date is September 22, 2013
- ♦ End date is December 15, 2013
- ♦ Must be 14 years or older
- ♦ \$100.00 per player (Cash or Check)
- ♦ **Deadline: September 8, 2013**
- ♦ Teams must be Co-ed
- ♦ Games will be Sunday afternoons (Times TBD)

* Schedule is subject to change

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

Kati Khouri- Volleyball Coordinator
Melad Qodsi- Athletic Director

708.257.7579
708.692.0561
athletics@stmaryoc.org



Security Awareness Symposium

ATTENTION: Parents, Teachers and Children

Encouraging the community to gather together and understand better approaches to
PROTECT OUR CHILDREN from Cyber Space

KEYNOTE SPEAKER:

Dr. Suzanna Flores,
author of "Am I My Profile Pic"
(out on the market in 2014)
will present a Step-by-Step guide on
how to address and avoid dangerous situations
on social media sites.



Topics include:

- How Facebook influences teens and young adults
- Self-identity and self-esteem
- Effect of social media on relationships & friendships
- Changes regarding on-line privacy
- Facebook addiction
- Emotional manipulators found on Facebook
- Online bullying
- Juvenile financial ID theft

Law enforcement speaker(s)
Chief Pat O'Connor,
Moraine Valley Community College.

Discussion panel moderated by
Professor Faisal Akkawi,
Northwestern University School of
Continuing Studies.



Friday, Sept 6, 2013



6-9pm

1ST ANNUAL PAN-CHRISTIAN CHURCH PICNIC

When: Sunday, September 15, 2013

Location: Bemis Woods Groves 6 and 7.

**Corner of Ogden Ave and Wolf Road
in Western Springs, IL.**

Time: 1:00 PM.

Grilled food , soft drinks, and appetizers will be served. A DJ with music will also perform. Please bring your own dessert, small tent, lawn chair and other picnic needs.

There will be some sporting activities.

Suggested donation: \$5.00 per person.

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



WALK THE WALK FOR IOCC

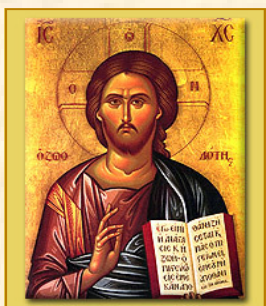
Join us for our annual 5K Walk/Run to support
IOCC global humanitarian aid programs!

Saturday, September 28, 2013

St. Andrew Greek Orthodox Church
5649 N. Sheridan Rd. • Chicago, IL 60660

Registration: 8:00 AM • Walk/Run Begins: 9:00 AM • Breakfast: following the race

Adult: \$20 • Children 12 and under: \$10 • Day of Race: \$25



Weekly Synaxarion



On September 8 in the Holy Orthodox Church we celebrate the Nativity of our Most-holy Lady, the Theotokos and Ever-virgin Mary. The Holy Virgin Mary was born of aged parents, Joachim and Anna. Her father was of the lineage of David, and her mother of the lineage of Aaron. Thus, she was of royal birth by her father and of priestly birth by her mother. In this, she foreshadowed Him Who would be born of her as King and High Priest. Her parents were quite old and had no children. Because of this they were ashamed before men and humble before God. In their humility they prayed to God with tears, to bring them joy in their old age by giving them a child, as He had once given joy to the aged Abraham and his wife Sarah by giving them Isaac. The Almighty and All-seeing God rewarded them with a joy that surpassed all their expectations and all their most beautiful dreams; for He gave them not just a daughter, but the Mother of God. She was Mary, Full of grace, Blessed among women, the Temple of the Holy Spirit, the Altar of the Living God, the Table of the Heavenly Bread, the Ark of God's Holiness, the Tree of the Sweetest Fruit, the Glory of the race of man, the Praise of womanhood, and the Fount of virginity and purity. Through intercessions of Thy Mother, O Christ God, have mercy upon us. Amen.