



# 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](http://www.virginmaryoc.org) ([virginmary@virginmaryoc.org](mailto: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](mailto:katiahaddad@virginmaryoc.org)

## Church Hall Rental

Call the church office or email our  
Office Administrator

# September 22, 2013

## Thirteenth Sunday after Pentecost

# Our Future Altar



## 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.

# 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 Four)**

Having learned the joyful message of the Resurrection from the angel, the women disciples of the Lord cast from them their parental condemnation and proudly broke the news to the disciples, saying death hath been spoiled, Christ God is risen, granting the world great mercy.

## **Troparion of St. Quadratos (Tone Three)**

O Holy Apostle Quadratos, intercede with our merciful God, to grant our souls forgiveness of sins.

## **Troparion of St. Phocas The Bishop of Sinope (Tone Four)**

By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Phocas. Entreat the Lord our God to save our souls.

## **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 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.

## **Epistle for the Thirteenth Sunday after Pentecost**

*O Lord, how marvelous are Thy works! In wisdom hast Thou made them all!  
Bless the Lord, O my soul!*

### **The Reading from the First Epistle of St. Paul to the Corinthians. (16:13-24)**

Brethren, be watchful, stand firm in your faith, be courageous, and be strong. Let all that you do be done in love. Now, brethren, you know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints; I urge you to be subject to such men and to every fellow worker and laborer. I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence; for they refreshed my spirit as well as yours. Give recognition to such men. The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. All the brethren send greetings. Greet one another with a holy kiss. I, Paul, write this greeting with my own hand. If anyone has no love for the Lord, let him be accursed. Our Lord, come! The grace of the Lord Jesus be with you. My love be with you all in Christ Jesus. Amen.

## **Gospel of the First Sunday of St. Luke**

### **The Reading is from the Holy Gospel according to St. Luke (5:1-11).**

At that time, Jesus was standing by the lake of Gennesaret. And he saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, Jesus asked him to put out a little from the land. And he sat down and taught the people from the boat. And when Jesus had finished speaking, he said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at your word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed 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*

**9/22:** Faysal and Suhair Sweis & Family

**9/29:** Wajih Salim Tadros & Family

**10/6:** Jamal and Kholoud Swais & Family

## Epistle Reading

9/22 - Lily Sweiss & Lana Sweis

9/29 - Norma Tadros & Lana Ammari



## Bulletin Blurb for Sunday September 22, 2013 OCCHY Quiz

**TRUE OR FALSE:** Kids are more likely than adults to become dependent on marijuana.

Answer: TRUE

Research shows that marijuana use is three times more likely to lead to dependence among adolescents than adults. The earlier they start using it, the more likely they are to develop problems later in life.

<http://www.sccsac.org/FactSheets/MarijuanaQuiz.htm>

**May her memory be eternal!**



Andrea Dawn Lowenstein



**New Born**

Veolet Abdulkarim

Parents: Hanna & Caroline Abdulkarim

**Congratulations!**

## “Bible Verse of the Week”

*Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others. Philippians 2:3-4*

## Shawarma Sandwich Sale



**!!!Today!!!  
September 22, 2013**



**September 27, 2013**

**7:00 p.m.**

**Antiochian Women Meeting**

# Upcoming Events

Fri Sep 20	7:30pm	Co-Ed Volleyball League Open Gym - St. Mary's Gym
Sat Sep 21	11:00am	Arabic School - Education Building
	1:30pm	Youth Sports League - St. Mary's Gymnasium
	5:30pm	Great Vespers
Sun Sep 22	8:45am	Matins
	10:00am	Divine Liturgy / Sunday School
	11:30am	Shawerma Sandwich Sale - Antiochian Women - Fellowship Hall
	2:30pm	Co-Ed Volleyball League Open Gym - St. Mary's Gym
Wed Sep 25	10:00am	Morning Prayers
	10:30am	Parish Bible Study - St. Mary's Fellowship Hall
Fri Sep 27	7:00pm	Antiochian Women Meeting - Fellowship Hall
	7:30pm	Co-Ed Volleyball League Open Gym - St. Mary's Gym
Sat Sep 28	8:00am	Annual IOCC Walk - St. Andrew Greek Orthodox Church. 5649 N. Sheridan Rd., Chicago, IL
	11:00am	Arabic School - Education Building
	1:30pm	Youth Sports League - St. Mary's Gymnasium
	5:30pm	Great Vespers
Sun Sep 29	8:45am	Matins
	10:00am	Divine Liturgy / Sunday School
Tue Oct 1	6:30pm	"Gospel in an Hour" - St. Mary Church - Palos Heights
Wed Oct 2	10:00am	Morning Prayers
	10:30am	Parish Bible Study - St. Mary's Fellowship Hall
Fri Oct 4	7:30pm	Co-Ed Volleyball League Open Gym - St. Mary's Gym
Sat Oct 5	10:00am	St. Mary's Fishers of Men Monthly Breakfast - St. Mary Fellowship Hall
	11:00am	Arabic School - Education Building
	1:30pm	Youth Sports League - St. Mary's Gymnasium
	5:30pm	Great Vespers
Sun Oct 6	All day	Parents Day - Sunday School
	8:45am	Matins
	10:00am	Divine Liturgy / Sunday School
	11:30am	SOYO Sub Sandwich Sale - St. Mary's Fellowship Hall

# Join the clergy of St. Mary's and "Walk The Walk For IOCC"

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



## WALK THE WALK FOR IOCC

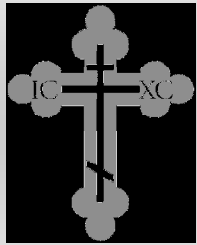
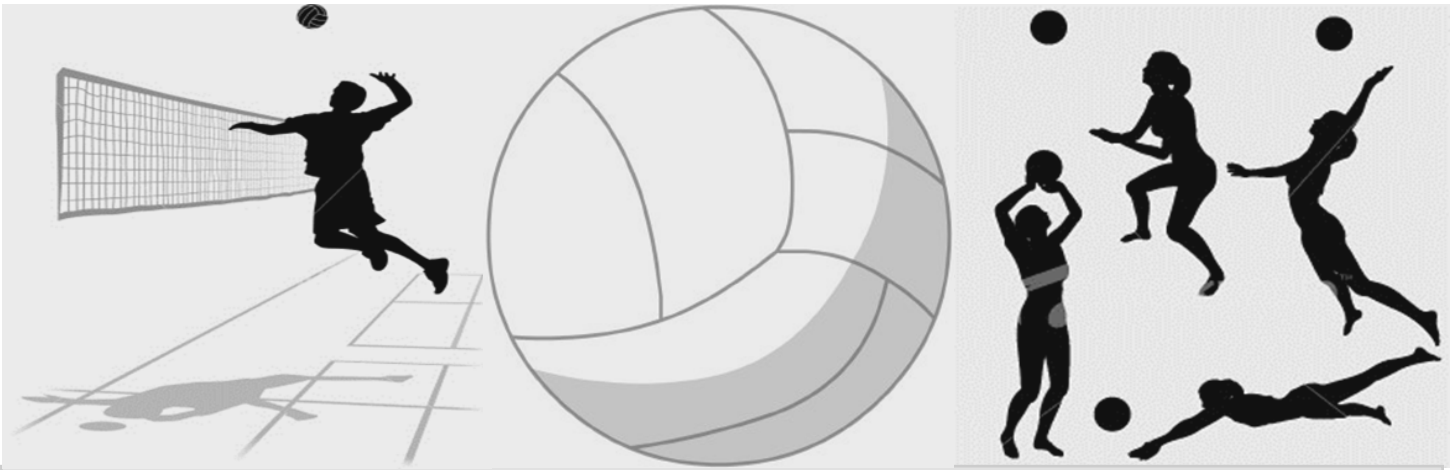
Join us for our annual 5K Walk/Run to support  
IOCC global humanitarian aid programs!

Saturday, September 28, 2013

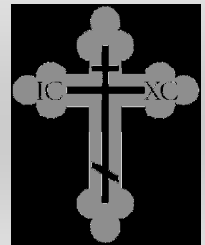
St. Andrew Greek Orthodox Church  
5649 N. Sheridan Rd. • Chicago, IL 60660

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

**Register Online at [iocc.org/chicago](http://iocc.org/chicago)**



# 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 2<sup>nd</sup> annual Co-Ed Volleyball League. What better way to enjoy yourself than with family, friends, and fun! This season will be a great one and you will not want to miss out.

So spread the word and come join us!

### General Information:

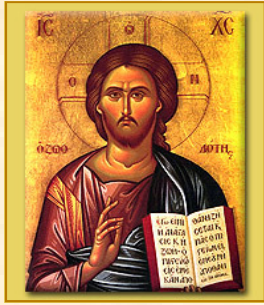
- ◆ Start date is September 29, 2013
- ◆ End date is December 15, 2013
- ◆ Must be 14 years or older
- ◆ \$100.00 per player (Cash or Check)
- ◆ Teams must be Co-ed
- ◆ Games will be Sunday afternoons (Times TBD)

\* Schedule is subject to change

Location: 6330 W. 127<sup>th</sup> St, Palos Heights, IL, 60463

Kati Khouri- Volleyball Coordinator  
Melad Qodsi- Athletics Ministry

708.257.7579  
708.692.0561  
athletics@stmaryoc.org



## Weekly Synaxarion



On September 22 in the Holy Orthodox Church we commemorate the Holy Hieromartyr Phocas, bishop and wonderworker of Sinope, who was perfected in martyrdom by being terribly burned in a bath-house in the reign of Trajan. As bishop in his birthplace, the town of Sinope on the Black Sea, Phocas strengthened the faith of the true believers and converted many idol-worshippers to the true Faith. This enraged the hard-hearted pagans. In a vision from the Lord, Phocas saw a white dove fly down from heaven carrying a wreath of flowers in its beak, and lowered it onto his head. And Phocas heard a voice, saying: “Your cup is full and you should drink it!” With gratitude toward God he prepared himself for suffering. The torturers beat and wounded his whole body, and then threw Phocas into boiling water. Phocas entered into the joy of his Lord in the year 102. His companion, the Martyr Phocas the Gardener, suffered for Christ on this day in the year 120. On this day, we also commemorate the Holy Apostle Quadratos of the Seventy of Magnesia. He was, at first, bishop of Athens and known as “the morning star among the clouds” (Sirach 50:6). The clouds were the darkness of Hellenic paganism, without the light of piety. Quadratos illuminated the darkness, destroyed the foul sacrifices and demonic temples, and crushed the idols. However, darkness always hates the light. The pagans stoned, starved and imprisoned Quadratos until he gave up his holy soul to dwell in the Kingdom of Christ, his God. Quadratos wrote an Apologia for Christianity and gave it to Emperor Hadrian, and thus he ordered that Christians not be persecuted without specific cause. Quadratos was buried in the city of Magnesia, where he suffered in the year 130. On this day, we also commemorate the New-martyrs Isaac and Martin; the twenty-six Venerable-martyrs and Venerable Cosmas the Bulgarian, all of Zographou monastery on Athos. By their intercessions, O Christ God, have mercy upon us. Amen.