



# 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.stmaryoc.org (office@stmaryoc.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

Luai Sweiss - Chairman

Constantin Kari - Vice Chairman

Louis Sweiss - Treasurer

Jason Haddad - Financial Secretary

Lana Sweis - Secretary

Nidal Al-Farah

Feras Salman

Faris Samawi

Bassam Shaheen

Feras Sweis

### Parish Ministries

Sunday School - Hanada Sweis

SOYO - Jasmine Sweis

Fellowship - Rachel Kari

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

administrator@stmaryoc.org

### Parish Administrator

Rachel Kari

rkari@stmaryoc.org

### Church Hall Rental

Call the church office or email our

Office Administrator

## March 2nd, 2014

### Sunday of Forgiveness (Cheesefare Sunday)



### 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**

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 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 in-  
tercessions, deliver our souls from death.

## **Kontakion for the Sunday of Forgiveness (Tone Six)**

O Thou Who guidest to wisdom, and givest under-  
standing 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.

## **Epistle for the Sunday of Forgiveness (Cheesefare Sunday)**

*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.

## **Gospel for the Sunday of Forgiveness (Cheesefare Sunday)**

**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.”

# 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 دهر 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 دهر الداهرين. آمين.

أيها الثالث 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 دهر الداهرين. آمين.

أبانا الذي في السماوات لينقدس 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><b>PRIEST:</b> 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><b>الكاهن:</b> لأن لك الملك والقوة والمجد، أيها الآب والابن والروح القدس، الآن وكلّ أوانٍ، وإلى دهرِ الدهرين.</p>  |
| <p><b>ALL:</b> Amen!</p>   | <p><b>الكل:</b> آمين!</p>   |
| <p><b>TROPARIA</b></p>   | <p><b>طروباريات</b></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 مُتَّعِمِينَ بِفَضَائِلِ الرُّوحِ الَّتِي إِذَا تَمَمْنَا بِشَوْقٍ، نَسْتَحِقُّ مُشَاهَدَةَ آوَامِ المَسِيحِ الإِلهِ الكُلِّيَّةِ 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 والروح القدس.</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 نُبَادِرْ إِلَى تَذَلِيلِ البَشَرَةِ بِالإِمْسَاكِ إِذْ نَحْنُ مُقْبِلُونَ نَحْوَ مَشْهَدِ الصِّيَامِ الإِلهِيِّ العَظِيمِ المُعَابِ، وَنَسْأَلُ الرَّبَّ مُخْلِصَنَا بِالدُّمُوعِ وَالصَّلَاوَاتِ مُعْرِضِينَ بِالكُلِّيَّةِ عَنِ الشُّرُورِ وَهَاتِفِينَ قَدْ أَخْطَأْنَا إِلَيْكَ أَيُّهَا المَسِيحُ المَلِكُ، فَخَلِّصْنَا كَمَا خَلَّصْتَ 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 وكلّ أوانٍ وإلى دهرِ الدهرين. 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 الْكَلْبِيِّ  
قُدْسُهَا لِأَنَّكَ وَلَدْتَ إِلَهِ 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 كَلْبِيَّةَ  
الطَّهَّارَةَ.

### 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!

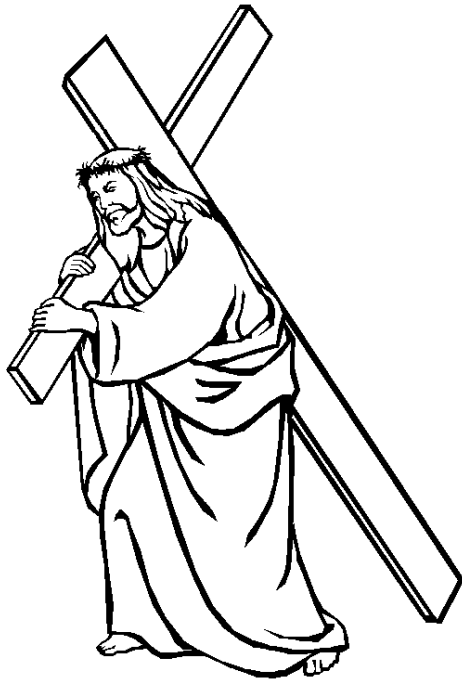
**PRIEST:** O Master Almighty, Who hast made all created things in wisdom, and by Thine inexpressible providence and great goodness hast brought us to these most holy days, for the purification of body and soul, for the controlling of desires, and for the hope of the Resurrection; who during the forty 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 الْكَلْبِيَّةِ  
الْوَقَارِ، لِتَطْهِيرِ النُّفُوسِ وَالْأَجْسَادِ، وَلِلْإِمْسَاكِ عَنِ  
الْأَهْوَاءِ، وَلِرِجَاءِ الْقِيَامَةِ. يَا مَنْ سَلَّمْتَ خَادِمَكَ  
مُوسَى بِوِاسِطَةِ صَوْمِهِ الْأَرْبَعِينَ يَوْمًا لِللَّوْحَيْنِ  
الْمَكْتُوبَيْنِ بِإِصْبَعِكَ. إِمْنَحْنَا نَحْنُ أَيْضًا أَيُّهَا  
الصَّالِحُ أَنْ نُجَاهِدَ الْجِهَادَ الْحَسَنَ، وَنُنْتِمَّ شَوْطَ  
الصَّوْمِ، وَنَحْفَظَ الْإِيمَانَ سَالِمًا غَيْرَ مُنْتَلِمٍ، وَنَرُضَّ  
رُؤُوسَ النَّتَّانِينَ غَيْرِ الْمَنْظُورَةِ، وَنَطْهَرَ 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 الْكَلْبِيُّ الْإِكْرَامِ وَالْعَظِيمِ  
الْجَلَالِ، أَيُّهَا الْآبُ وَالِابْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ  
وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ.

|  |   |
|--|---|
| 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 الرِّئَاسَةِ 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 وَأَتَضَاعِ 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 وَالْهَيَّ، هَبْ لِي أَنْ أَعْرِفَ ذُنُوبِي وَعُيُوبِي، وَأَنْ لَا أُدِينَ 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!***

# 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*

03/02: Karim and Isprans Hadweh & Family

03/09: Amjad Sweiss & Family

03/16: Elia and Lily Sweiss & Family

## Epistle Reading

03/02: Mansoura Khouri & Lana Sweis

03/09: Nour Swaiss & Elaine Riadi

## “Bible Verse of the Week”

My little children, let us not love in word or in tongue, but in deed and in truth. (1 John 3:18)

## OCCHY Quiz March 2nd 2014

Youth who start drinking before age 15 years are how many times more likely to develop alcohol dependence or abuse later in Life?

- A) 2 times                      B) 3 times  
C) 4 times                      D) 5 times

Answer: D. Youth who start drinking before age 15 years are 5 times more likely to develop alcohol dependence or abuse later in life than those who begin drinking alcohol at or after 21 years.

[www.cdc.gov/alcohol/fact-sheets/underage-rinking.htm](http://www.cdc.gov/alcohol/fact-sheets/underage-rinking.htm)

## Orthodox Christians for Life – (OCLife) at St. Mary Church

*You* are needed! A group  
Of adults, **men and women**, and  
A group of teens, **boys and girls**,  
Are needed to become members

Of the **OCLife group at St. Mary's!**

Current members, as well as new people, should plan to attend the informational meeting which will be held on **Sunday, March 16, immediately after Divine Liturgy in the Nadi.** Please don't leave the 'attending' to other people. **YOU** are needed to attend. We have much to do! A list of upcoming events during the next twelve months will be displayed in the bulletin board. Questions? Please call **Nancy:** 708-834-0680 or write me at: [nc316grace@aol.com](mailto:nc316grace@aol.com). SEE YOU there!!!

## Orphanage Donation:

“Mother of Hope” – Anjara, Jordan



Don't forget to visit our website and show your support. Thank You!

*St. Mary Orthodox Church of Palos Heights  
invites you to a discussion on:*

# *"Life: the Orthodox Way"*

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*Guest Speaker: Fr. Timothy Sas*

*Pastor of Twelve Holy Apostles Church  
Duluth, Minnesota*

*Friday, February 28th, 2014*

- 6:30pm - Daily Vespers*
- 7:00pm - Presentation by Fr. Timothy*
- 8:00pm - Q & A*

*This event will take place in the church sanctuary.  
6330 W. 127th Street., Palos Heights, IL 60463*



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

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

Great Lent, 2014

TO BE PRINTED IN BULLETIN AND READ FROM PULPIT

Beloved in the Lord:

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

It is with the greatest joy that I write to you today to inaugurate the 2014 Food for Hungry People campaign. This year marks the 40th anniversary of this charitable drive. When reflecting on the past 40 years, I call to mind the countless charitable organizations and individuals that we have helped because of this fund. Through the efforts of our dedicated and long-standing chairlady, Miss Robin Nicholas, and by your generosity on the parish level, this drive has grown into a strong witness of our Holy Orthodox faith on this continent and throughout the world.

This year holds special significance as we continue to raise funds through various means to help those affected by the war in Syria. Through your contributions to FFHP over the years, we have helped many of the orphanages and other charitable organizations within Syria and throughout our Patriarchate and the entire the Middle East, in addition to our domestic charitable contributions. As we continue to witness the horrors of the war in Syria, please make a special effort this year to use FFHP to raise funds and awareness to the tragedy there so we can help those in need even more.

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 what St. John Chrysostom calls the "greatest of the virtues," giving to the poor. As important as prayer and fasting are, they are of no avail to us if we fail to give to those in need.

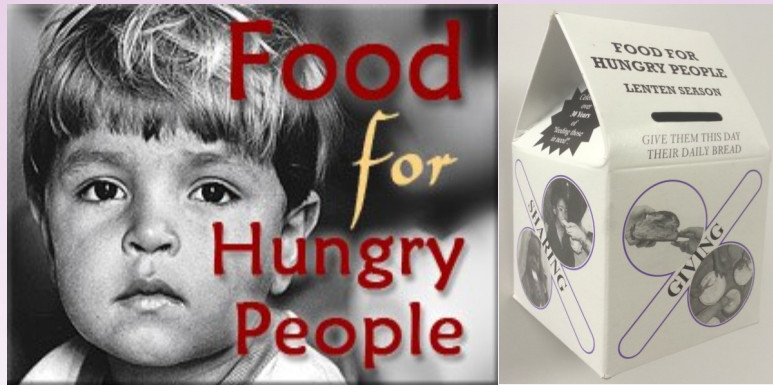
Asking the Almighty God to bless you throughout our journey to Pascha, we remain,

Your Father in Christ,

+Metropolitan PHILIP

Archbishop of New York and Metropolitan of all North America  
Self-Ruled Antiochian Orthodox Christian Archdiocese of North America

# Food for Hungry People



This year we celebrate 40 years of raising funds for our FOOD FOR HUNGRY PEOPLE program. Through your generosity, over \$4 million has been distributed to the hungry poor in the United States and around the World. Every year, we are able to help more unfortunate men, women and children.

**Please pick up your Food for hungry box today!**

## Food Drive

Sunday School is hosting a Food Drive! Each class will compete to raise the most food.



**FOOD DRIVE**

**Winning class will have a Pizza Party!!!**



**FOOD DRIVE**

### Food Drive Grocery List:

Beans, Chili, Cereal, Pasta, Pasta Sauce, Jelly, Peanut Butter, Rice, Shelf Stable Milk, Soup, Tuna, Stew, Canned Vegetables Canned Fruit, Mac & Cheese.

Sunday School Student should drop their food items in the cart in their classroom. Any questions please see Hanada Sweis.

## **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), April 20th . 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 Great Compline every Monday at 7pm , 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!**

## **OCMC Mission Sunday**

Today, March 2nd, 2014, is Mission Sunday for all Canonical Orthodox Churches in North and Central America. Please join the staff, board, and missionaries of the Orthodox Christian Mission Center (OCMC) in praying for the tireless efforts of those who leave their homes to share the Gospel of Jesus Christ and the truth and hope of the Orthodox faith with the over one billion people who have yet to receive it. Please also prayerfully consider your role in this vital ministry of the Church. Pray,  
**Give, Go - Make disciples of all nations!!!**

**There will be a 2nd collection this Sunday to support the mission work of OCMC**

## خدمات الصيام والاسبوع العظيم 2014 Lent & Holy Week Services

|                |  |               |
|----------------|--|---------------|
| آذار 3 March   | Monday: Great Compline الإثنين: صلاة النوم الكبرى                | 7:00pm مساء   |
| آذار 5 March   | Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه | 7:00pm مساء   |
| آذار 7 March   | Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله | 7:00pm مساء   |
| آذار 10 March  | Monday: Great Compline الإثنين: صلاة النوم الكبرى                | 7:00pm مساء   |
| آذار 12 March  | Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه | 7:00pm مساء   |
| آذار 14 March  | Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله | 7:00pm مساء   |
| آذار 17 March  | Monday: Great Compline الإثنين: صلاة النوم الكبرى                | 7:00pm مساء   |
| آذار 19 March  | Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه | 7:00pm مساء   |
| آذار 21 March  | Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله | 7:00pm مساء   |
| آذار 24 March  | Monday: Annunciation Liturgy الإثنين: خدمة القداس لعيد البشارة   | 7:00pm مساء   |
| آذار 26 March  | Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه | 7:00pm مساء   |
| آذار 28 March  | Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله | 7:00pm مساء   |
| آذار 31 March  | Monday: Great Compline الإثنين: صلاة النوم الكبرى                | 7:00pm مساء   |
| نيسان 2 April  | Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه | 7:00pm مساء   |
| نيسان 4 April  | Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله | 7:00pm مساء   |
| نيسان 7 April  | Monday: Great Compline الإثنين: صلاة النوم الكبرى                | 7:00pm مساء   |
| نيسان 9 April  | Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه | 7:00pm مساء   |
| نيسان 11 April | Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه      | 7:00pm مساء   |
| نيسان 12 April | Saturday: Lazarus Saturday Liturgy السبت: القداس لسبت اليعازر    | 10:00am صباحا |

## Lent & Holy Week Services 2014 خدمات الصيام والاسبوع العظيم

|                |  |   |
|----------------|--|---|
| نيسان 13 April | Sunday: Palm Sunday Liturgy عيد الشعانين الاحد: خدمة القديس لعيد الشعانين<br>Sunday: 1st Bridegroom Service الختن الأولى الاحد: الختن الأولى   | صباحا 10:00am<br>مساء 7:00pm                |
| نيسان 14 April | Monday: 2nd Bridegroom Service الإثنين: الختن الثانية  | مساء 7:00pm                                 |
| نيسان 15 April | Tuesday: 3rd Bridegroom Service الثلاثاء: الختن الثالثة  | مساء 7:00pm                                 |
| نيسان 16 April | Wednesday: Holy Unction Service الأربعاء: صلاة الزيت المقدس  | مساء 7:00pm                                 |
| نيسان 17 April | Thursday: Divine Liturgy of St. Basil الخميس: قداس باسيليوس العظيم<br>Thursday: 12 Passion Gospels انجيل والصلب خدمة 12 الخميس: خدمة 12 انجيل والصلب   | صباحا 10:00am<br>مساء 7:00pm                |
| نيسان 18 April | Friday: Royal Hours الجمعة: خدمة الساعات<br>Friday: Taking Down From the Cross الجمعة: خدمة انزال المصلوب<br>Friday: Lamentations الجمعة: جناز المسيح<br>(GOOD FRIDAY All-Night VIGIL to follow سهرانية العيد) | صباحا 10:00am<br>مساء 3:00pm<br>مساء 7:00pm |
| نيسان 19 April | Saturday: Vesperal Liturgy of St. Basil السبت: قداس سبت النور<br>Saturday: Rush Procession & Matins followed by Paschal Liturgy السبت: سحرية العيد، الهجمة وقداس القيامة                                       | صباحا 10:00am<br>مساء 10:00pm               |
| نيسان 20 April | Sunday: AGAPE VESPERS الاحد: صلاة الباعوث  | ظهرا 1:00pm                                 |

# Upcoming Events

|            |         |  |
|------------|---------|--|
| Thu Feb 27 | 6:30pm  | OCMC Mission Team Chicago Benefit Dinner                   |
| Fri Feb 28 | 6:30pm  | "Life: the Orthodox Way" - Presentation by Fr. Timothy Sas |
| Sat Mar 1  |         | Antiochian Women Month                                     |
|            | 10:00am | Fishers of Men Monthly Breakfast                           |
|            | 11:00am | Arabic School  |
|            | 1:30pm  | Youth Sports League  |
|            | 5:30pm  | Great Vespers  |
| Sun Mar 2  | 8:45am  | Matins   |
|            | 10:00am | Divine Liturgy / Sunday School                             |
|            | 11:30am | Cheese Pizza Sale – Antiochian Women                       |
|            | 12:30pm | St. Mary's Dabkeh Troupe Practice                          |
|            | 3:00pm  | Open Gym - Men's Basketball League                         |
|            | 6:00pm  | "Lent - Just Do It" - Fellowship Bible Study               |
| Mon Mar 3  |         | Great Lent Begins  |
|            | 7:00pm  | Great Compline   |
| Wed Mar 5  | 10:00am | Morning Prayers  |
|            | 10:30am | Parish Bible Study   |
|            | 7:00pm  | Presanctified Liturgy                                      |
| Thu Mar 6  | 7:00pm  | Antiochian Churches Lenten Lecture                         |
| Fri Mar 7  | 7:00pm  | 1st Akathist (Madayeh) w/ Potluck                          |
| Sat Mar 8  | 11:00am | Arabic School  |
|            | 1:30pm  | Youth Sports League  |
|            | 5:30pm  | Great Vespers  |

# CHEESE PIZZA SALE



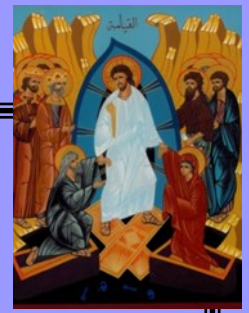
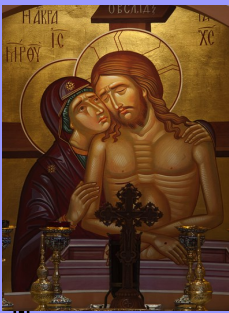
JOIN US & HELP SUPPORT YOUR ANTIOCHIAN  
WOMEN BY ENJOYING A SLICE OF CHEESE PIZZA  
**Sunday, 03/02/14**

"Lent - Just Do It" - Fellowship Bible Study



Sunday, March 2 @ 6:00pm

St. Mary's Nadi



Chicago-area Antiochian Churches present  
**2014 Lenten Lecture Series**  
*Uniting our faithful; and together sharing in the  
 Passion of our Lord, and celebrating His Glori-  
 ous Resurrection*

All lectures will begin promptly at 7:00pm and will last for 45 minutes, followed by a 15 minute Q&A.  
 Fellowship and light refreshments will follow.

Please join us for these discussions and let's travel together on a meaningful journey through this Holy Season of Lent

| <b>Date / Time</b>     | <b>Presenter</b>   | <b>Topic</b>  | <b>Name and Location of Host Parish</b>                                |
|------------------------|--|---|--|
| Thursday<br>March 6    | Fr. Musil Shihadeh<br>St. Michael Melkite Church                                   | <i>"Into the Desert:<br/>Exploring the Temptation of Jesus"</i>     | St John Melkite Church<br>200 East North Ave.<br>Northlake, IL         |
| Thursday<br>March 13   | Dr. Hassan Al-Aswad<br>(representing Fr. Samer Youhanoun)<br>St John Syriac Church | <i>"Exodus: The journey and the lessons learned"</i>                | Our Lady of Lebanon Maronite Church<br>950 N Grace St.,<br>Lombard, IL |
| Thursday<br>March 20th | Fr. Ezzat Bathouche<br>St John Melkite Church                                      | <i>"Prayer in Christianity"</i>                                     | St John Syriac Church<br>250 S. Villa Ave.<br>Villa Park, IL           |
| Thursday<br>March 27th | Fr. Mousa Haddad<br>St Mary Orthodox Church  | <i>"There's no place like home - Return from Exile"</i>             | St Michael Melkite Church<br>606 141st St.<br>Hammond, IN              |
| Thursday<br>April 3rd  | Fr. Pierre AlBalaa<br>Our Lady of Lebanon Maronite Church                          | <i>"The hour of Jesus in the Gospel of John"</i>                    | St Mary Orthodox Church<br>6330 W. 127th St.<br>Palos Heights, IL      |
| Thursday<br>April 10th | Fr. Sharbel Bcheiry<br>St . Afrem Syriac Church                                    | <i>"Holy Lent: Between Mystical Tradition &amp; Parochial Life"</i> | St John Melkite Church<br>200 East North Ave.<br>Northlake, IL         |

*"For what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters?" St. John Chrysostom*



# **Triumph Of Orthodoxy** **Pan Orthodox Vespers**

Sponsored by the Orthodox Christian Clergy Association of Greater Chicago



**Sunday, March 9, 2014**  
**at 6:30 p.m.**

**St. John the Baptist Greek Orthodox Church**  
**2350 W. Dempster Street**  
**Des Plaines, IL**

**Homilist:**  
**His Grace Bishop Anthony**  
**Diocese of Toledo and the Midwest**  
**Antiochian Orthodox Christian Archdiocese**  
**Of North America**

**Responses chanted by**  
**The Pan Orthodox Choir of Greater Chicago**  
Gordana Trbuhovich, Director

# INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



## IOCC ANNUAL PAN-ORTHODOX GRAND BANQUET AND SILENT AUCTION

Thursday, March 20th, 2014

6:00pm Cocktails • 7:00pm Dinner

ROSEWOOD RESTAURANT AND BANQUETS  
9421 W Higgins Road • Rosemont, Illinois 60018

*Guest Speaker: Mark Gruin, IOCC Director of Strategic Initiatives*

Tickets are \$125 per person  
Please RSVP by March 10, 2014

*Net proceeds from this event will benefit  
IOCC's humanitarian relief work*



Yes, I'd like to attend the IOCC Chicago Grand Banquet.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Yes, I would like to save IOCC money and help preserve the environment. Please e-mail my tax receipt electronically to the address provided above.

Number of tickets:

\_\_\_\_\_ x \$125.00 = \_\_\_\_\_

My check is enclosed.

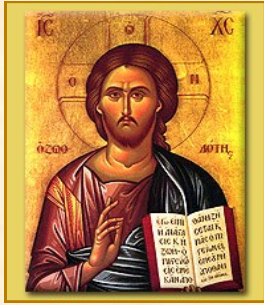
**PLEASE REMIT TO:**

International Orthodox  
Christian Charities  
PO Box 7124  
Prospect Heights, Illinois  
60070-7124

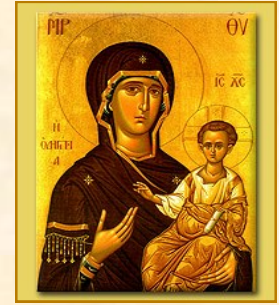
**QUESTIONS? CONTACT:**

Maria Loukaki (773) 490-5569  
Bonnie Popovic (847) 394-3946

**IOCC CHICAGO METROPOLITAN COMMITTEE**



## Weekly Synaxarion



On March 2 in the Holy Orthodox Church, we commemorate the Martyr Hesychios the Senator; Theodotos, bishop of Cyrene in Cyprus; Virgin-martyr Euthalia of Sicily; and Arsenios, bishop of Tver. 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.