



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

Marram Salman

administrator@stmaryoc.org

Parish Administrator

Rachel Kari

rkari@stmaryoc.org

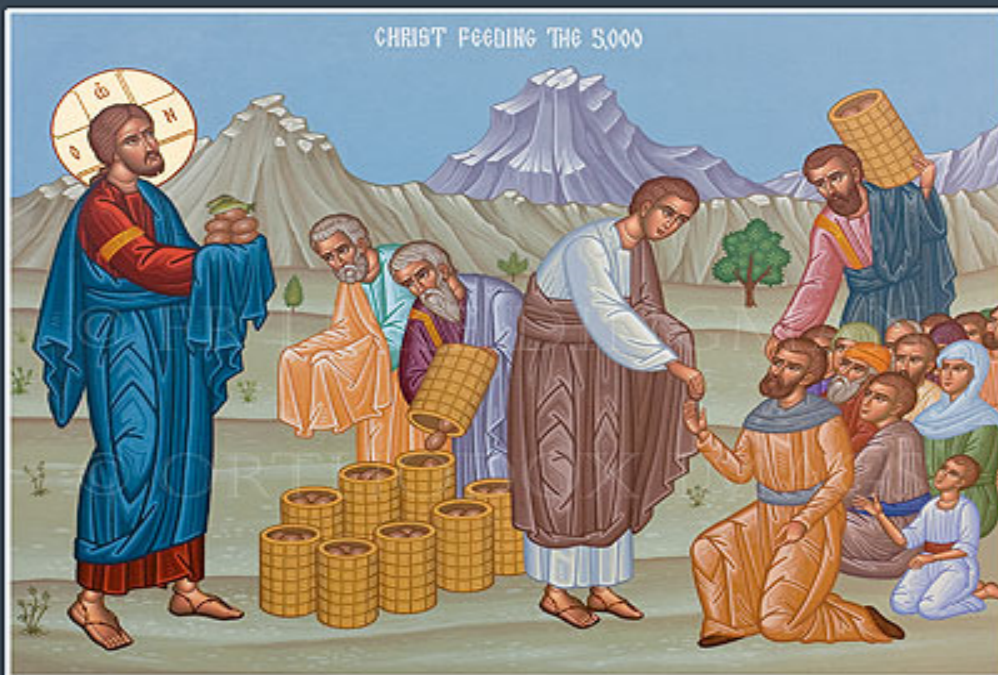
Church Hall Rental

Call the church office or email our

Office Administrator

August 3, 2014

*Eighth Sunday after Pentecost and
Eighth Sunday of Matthew*



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.

Changes in the Liturgy

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 Seven)

Thou didst shatter death by Thy Cross; Thou didst open paradise
to the thief; Thou didst turn the sadness of the ointment-bearing
women into joy, and didst bid Thine Apostles proclaim a warning
that Thou hast risen, O Christ, granting the world the Great
Mercy.

Troparion of the Dormition (Tone One)

In thy birth giving O Theotokos, thou didst keep and preserve vir-
ginity; 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 Transfiguration (Tone Seven)

Thou wast transfigured on the mount, and Thy Disciples, in so far
as they were able, beheld thy glory, O Christ our God: so that,
when they should see Thee crucified, they would remember that
all thy suffering was voluntary, and could declare to all the world
that Thou art truly the effulgent Splendor of the Father.

Epistle of the Eighth Sunday after Pentecost

The Lord will give strength to His people!

Bring to the Lord, O sons of God, bring to the Lord honor and glory!

The Reading is from Saint Paul's First Letter to Corinthians (1:10-17).

Brethren, I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest anyone should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize, but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

Gospel of the Eighth Sunday of Matthew

The Reading is from the Holy Gospel according to St. Matthew (14:14-22).

At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "they need not go away; you give them something to eat." They said to him, "We have only five loaves here and two fish." And Jesus said, "Bring them here to me." Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made his disciples get into the boat and go before him to the other side, while he dismissed the crowds.

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

8/03: Emile and Eideh Haddad & Family

8/10: Karim and Isberans Hadwah

8/17: Shamel and Suna Al Hourani & Family

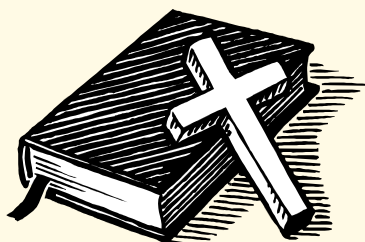
Epistle Reading

08/03: Nour Swaiss & Rana Nino
08/10: Khaled Salman & Scott Abdo

“Bible Verse of the Week”

I press toward the goal
for the prize of the
upward call of God in
Christ Jesus.

[Philippians 3:14](#)



3rd & 9th day Memorial

Jiries Costandi Farhan

May his memory be eternal!



Removal of Crowns

Milad and Rima Sleiman

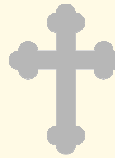
Congratulations!



Removal of Crowns

Moussa and Marielee Sleiman

Congratulations!



Baptism

William Basil James

Congratulations!



OCCHY BLURB SUMMER SERIES

**4 WAYS PARENTS CAN MAKE A
DIFFERENCE IN PROTECTING THEIR
KIDS FROM RISKY BEHAVIORS:**

#4 – STAY INVOLVED IN YOUR TEEN’S LIFE

While there are no guarantees, studies show that parents can reduce risky teen behaviors if they are “hands-on parents” and utilize these parenting practices:

- Don't be afraid to say 'No.'
- Monitor your teen's comings and goings.
- Know their friends.
- Stay involved in their lives.
- Voice your objections!

Parents, you have always been the best firewall to help prevent risky behaviors by your teens. You do make a difference! Use your influence! Meanwhile, keep repeating this mantra to your children: “Substance use has health risks that could be permanent. There are no ‘take backs’ or second chances.”

<http://www.drugfree.org/> and <http://medicineabuseprotect.org/>

If you suspect your child might be abusing, contact [drugfree.org](http://www.drugfree.org/) or the toll-free helpline at 1-855-DRUGFREE to talk to an expert.

Like us on Facebook at <https://www.facebook.com/OCCHYChicago>

Upcoming Events

Thu Jul 31	9:00am	St. Mary's IT Summer Camp
	7:00pm	Volleyball Games
Fri Aug 1	All day	Dormition Fast Begins
	9:00am	St. Mary's IT Summer Camp
	7:00pm	Antiochian Women Meeting
Sat Aug 2	10:00am	Fishers of Men Monthly Breakfast
	5:30pm	Great Vespers
Sun Aug 3	8:45am	Matins
	10:00am	Divine Liturgy
	11:30am	Falafel Sandwich Sale – Antiochian Women
	2:00pm	Open Gym - Basketball
Tue Aug 5	7:00pm	Liturgy for the Transfiguration
Wed Aug 6	10:00am	Morning Prayers
	10:30am	Parish Bible Study
Thu Aug 7	7:00pm	Volleyball Games
Fri Aug 8	5:30pm	Fellowship Officers Meeting
	6:00pm	Fellowship Bible Study
Sat Aug 9	5:30pm	Great Vespers
Sun Aug 10	8:45am	Matins
	10:00am	Divine Liturgy
	2:00pm	Open Gym - Basketball



Bookstore is open

Every Sunday after Liturgy
and

Monday - Friday from 11:00am - 2:00pm

Please email Nader Haddad at naderemile3@yahoo.com with any special requests.



The Most Reverend
Metropolitan JOSEPH

The Right Reverend
ANTHONY



Archbishop of New York &
Metropolitan of All North America

Diocese of Toledo &
The Midwest

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

Diocese of Toledo and the Midwest

2635 Manchester Blvd., Toledo, OH 43606
Telephone (260) 615-8777

Website: www.antiochian.org * Email: bpantonymichaels@gmail.com

August 1, 2014
Beginning of the Dormition Fast

Faith Lifter

Fasting is more broad than bread. It cannot be only a matter of what I eat, but of who I am. When I push my chair back from the table, my soul begins to want the Altar table, the table of the Last Supper, something truly nutritiously permanent and filling. It also gets me to thinking about my almost total involvement with the rushing and resting of the world's constant movement. Maybe there is another road, as Robert Frost has written, that is less travelled. After the loud sounds of the world around me are muffled by the winds at my back as I go down this spiritual path, I can hear the voice of angels up ahead.

As I keep going forward, I begin to forget about my friends and enemies who have hurt me. Forgiveness is a way for me to concentrate all my energy on the climb ahead of me. I can't waste my time and life on what could have been. I need all I am to be myself before God. All of who I am must be in front of He Who is. I forget fretting over the gluttony of my grudges.

I see in a clearing just in front of me the brightness of the never ending Day of His Kingdom. A few more steps, and I travel quicker because I am lighter and the Resurrected Lord will be waiting for me.

Fasting made me fit to find my Lord. I got here so fast it was like I had wings. Well, I am with a lot of angels here, after all!

May God grant you a blessed and fruitful Dormition Fast,

Your Father in Christ,

+ Bishop Anthony

+Bishop ANTHONY
Bishop of Toledo
Antiochian Orthodox Christian Archdiocese of North America

"...the Disciples were first called Christians in Antioch!" ACTS 11:26

Don't Forget!

The supply list of needed items for The Martha & Mary House can be found in the office as well as in the Narthex. Please continue your generosity and pick up a list today. Thank you! Donation Receipts are available for tax deduction purposes.



Fundraising for The Martha & Mary Maternity House

We are looking for our BABY BOTTLES and hope that you can help get the bottles returned. If you have one, please turn it in immediately. They can be turned in at the office, during the week **OR** placed in the box in the Narthex on Saturdays or Sundays.



Friday, August 1st begins the Dormition Fast, a two week fast in honor of our Patron Saint, the Virgin Mary.

The fast will end when we celebrate the Divine Liturgy in honor of her feast day on Thursday, August 14th.

Please mark your calendars. God bless!

Falafel Sandwich Sale

Sunday, August 3, 2014



AFTER LITURGY

**HELP SUPPORT YOUR
ANTIOCHIAN WOMEN**

**BY ENJOYING A
FALAFEL SANDWICH**

*Liturgy for the
Feast of the Transfiguration of our Lord
With the
Blessing of Grapes*



Tuesday, August 5, 2014 at 7:00pm

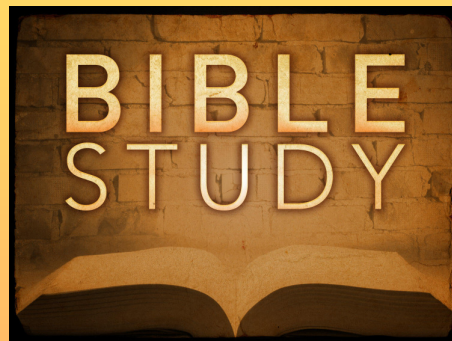
St. Mary Orthodox Church of Palos Heights

**“InshAllah’ and other expressions that invoke
God’s name... When are they acceptable?”**

*A Bible study brought to you by the Fellowship of
St. John the Divine*

**Friday, August 8th, 2014
7:00pm in the Nadi**

Please bring a Lenten dish to share!



Questions? See any Fellowship officer or Fr. Malek

6330 W. 127th St. Palos Heights, IL | StMaryFSJD



Feast of the Dormition of the Theotokos

*Come and celebrate the
Feast Day of our church with our
Annual Feast Day Liturgy
and the Potluck dinner celebration.*



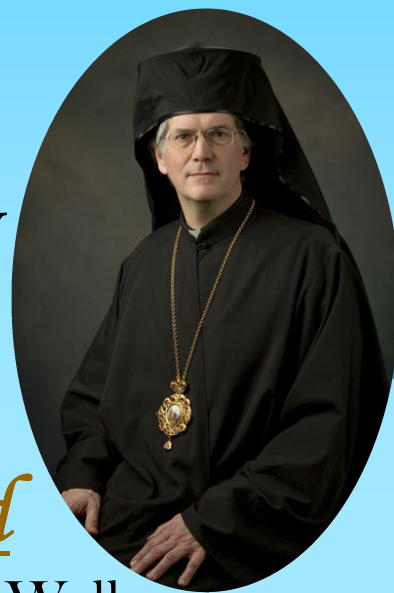
Thursday, August 14, 2014 at 7:00pm

St. Mary Orthodox Church of Palos Heights invites you to our

Annual Founders' Day Weekend with our Bishop!

His Grace Bishop ANTHONY

Bishop of Toledo and the Midwest



Saturday, August 23rd

8:00 am - St. Mary's Humanitarian Walk

Where: Lake Katherine Nature Center and Botanic Gardens

7402 Lake Katherine Dr.

Palos Heights, IL 60463

Registration: Adults - \$20 | Children(10yrs. & under) - \$10

Sunday, August 24th

6:00 pm - Annual Founders Day Banquet

Where: St. Mary Orthodox Church

6330 West 127th Street

Palos Heights, IL 60463

Tickets: \$45 per person | \$20 per child under 12

Live Entertainment

RAFFLE TICKET: \$10 per ticket

- ◆ 1st Prize: \$1000
- ◆ 2nd Prize: \$500
- ◆ 3rd Prize: \$250



St. Mary Orthodox Church of Palos Heights
1st Annual
Humanitarian Walk

Saturday, August 23rd 2014
8:30am - 11:30am

Lake Katherine Nature Center and Botanic Gardens
7402 Lake Katherine Dr.
Palos Heights, IL 60463

ALL AGES EVENT

Contact

Shireen Salman
708-717-9640

Registration

Adults: \$20
Youth: \$10 (10 & under)

Benefiting

St. Mary's Orthodox Church
Humanitarian Fund

Sponsors

If you are interested in
sponsoring this event
please contact
Shireen Salman.

Have Faith. Give generously. Spread hope. Laugh frequently.
Love unconditionally. Live fully.

St. Mary Antiochian Orthodox Church

1st Annual Humanitarian Walk

Saturday August 23, 2014
8:30am – 11:30am

Lake Katherine Nature Center and Botanic Gardens
7402 Lake Katherine Dr., Palos Heights, IL 60463

Gold Sponsors - \$1,000

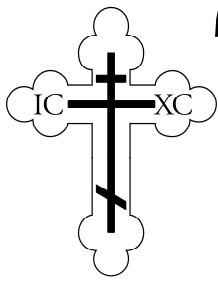
- ◆ Recognition at event as Gold Sponsor.
- ◆ Opportunity for 5 company team members to participate in walk. Each team member will receive a T-shirt.
- ◆ Recognition as Sponsor with company logo on t-shirt.
- ◆ Listing in all media releases as a Gold Sponsor.
- ◆ Company logo on St. Mary's web page.
- ◆ Opportunity to distribute promotional items in gift bag provided to all walkers.
- ◆ Recognition in the church weekly bulletin.

Silver Sponsors - \$500

- ◆ Recognition at the event as Silver Sponsor.
- ◆ Opportunity for 3 company team members to participate in walk. Each team member will receive a T-shirt.
- ◆ Recognition as Sponsor with company logo on t-shirt.
- ◆ Listing in all media releases as a Silver Sponsor.
- ◆ Company logo on St. Mary's web page.
- ◆ Opportunity to distribute promotional items in gift bag provided to all walkers.
- ◆ Recognition in the church weekly bulletin.

Bronze Sponsors - \$250

- ◆ Recognition at the event as Bronze Sponsor.
- ◆ Opportunity for 2 company team members to participate in walk. Each team member will receive a T-shirt.
- ◆ Recognition as Sponsor with company logo on t-shirt.
- ◆ Listing in all media releases as a Bronze Sponsor.
- ◆ Company logo on St. Mary's web page.
- ◆ Opportunity to distribute promotional items in gift bag provided to all walkers.
- ◆ Recognition in the church weekly bulletin.



"Liturgy after the Liturgy"

Taking our faith outside the church walls



Date:

Saturday, September 6, 2014

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 89 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.

St. Mary's Arabic School

Dear families and friends, we are glad to announce that Arabic school will start September 13th, 2014 and it will be held on Saturdays from 11:00am to 1:00pm.

العربية



!!!Register Today!!!

Please see Elia Sweiss to register or if you have any questions.

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 14th

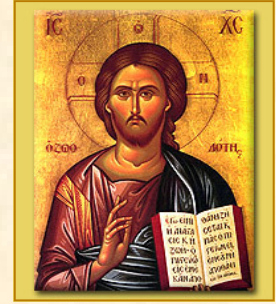
Please see Philip Riske to register your children!

“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



Weekly Synaxarion



On August 3 in the Holy Orthodox Church, we commemorate the venerable and God-bearing fathers Isaac, Dalmatos and Faustus of the Dalmaton monastery. At first, Dalmatos was an officer during the reign of Emperor Theodosius the Great whom the emperor held in great esteem. When the spirit awakened in him, Dalmatos despised all earthly things, resigned his rank and took his only son Faustus and, with him, went to the community of St. Isaac in the outskirts of Constantinople where they both were tonsured as monks. Dalmatos was completely devoted to a God-pleasing life for which the elder Isaac rejoiced. When Isaac approached the hour of death, he appointed Dalmatos as abbot in his place. Later, this community was named after him—the so-called Dalmaton. Dalmatos devoted himself to fasting, at times for forty days. By fasting he conquered the invisible demonic power. He participated in the Third Ecumenical Council in Ephesus in 431 and fought against the Nestorian heresy. Pleasing God, he died peacefully in the fifth century. His son Faustus supported his father in everything and, after a God-pleasing life, died peacefully in the Dalmaton community. On this day, we also commemorate the Venerable Theoklito and Theodora; Salome the myrrh-bearer; and Venerable Anthony the Roman, wonderworker of Novgorod. By their intercessions, O Christ God, have mercy upon us. Amen.