



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 10, 2014 Ninth Sunday after Pentecost and the After-feast of the Transfiguration of our Lord and Savior Jesus Christ



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

First Antiphon

Great is the Lord, and greatly to be praised, in the city of our God, in His holy mountain. Who settest fast the mountains by Thy strength, Who art girded about with power.

Through the intercessions of the Theotokos, Savior, save us!

Who coverest Thyself with light as with a garment. The mountains shall rejoice at the presence of the Lord, for He cometh; yea, He is come to judge the earth.

Through the intercessions of the Theotokos, Savior, save us!

Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages. Amen.

Through the intercessions of the Theotokos, O Savior, save us!

Second Antiphon

His foundations are in the holy mountains. The Lord loveth the gates of Zion more than all the dwellings of Jacob.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

Glorious things are spoken of thee, O city of God.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

Zion is our mother, a man shall say, and such a man was born in her; and the Most High Himself hath established her.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages. Amen.

O only-begotten son and word of God...

Third Antiphon

Of Thy mercies, O Lord, will I sing forever. The heavens shall confess Thy wonders, O Lord, and Thy truth in the congregation of saints. Blessed is the people that knoweth jubilation. O Lord, in the light of Thy countenance shall they walk, and in Thy Name shall they rejoice all the day long.

Thou wast transfigured on the Mount, O Christ our God, revealing thy glory to thy Disciples as far as they could bear it. Let thine everlasting light shine upon us sinners, through the prayers of the Theotokos, O Giver of Light, glory to thee!

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 Eight)

From the heights, thou didst descend, O compassionate one, and thou didst submit to the three-day burial, that thou might deliver us from passion, thou art our life and our resurrection, O Lord, glory to thee.

Troparion of the Transfiguration (Tone Seven)

Thou wast transfigured on the Mount, O Christ our God, revealing thy glory to thy Disciples as far as they could bear it. Let thine everlasting light shine upon us sinners, through the prayers of the Theotokos, O Giver of Light, glory to thee!

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 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 thy suffering was voluntary, and could declare to all the world that thou art truly the effulgent Splendor of the Father.

Epistle for the Ninth Sunday after Pentecost

Make your vows to the Lord our God and perform them!

God is known in Judah; his name is great in Israel!

The Reading is from Saint Paul's First Letter to Corinthians (3:9-17).

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw—each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

Gospel for the Ninth Sunday after Pentecost

The Reading is from the Holy Gospel according to St. Matthew (14:22-34).

At that time, Jesus made his disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat was in the middle of the sea, beaten by the waves; for the wind was against it. And in the fourth watch of the night Jesus came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately, Jesus spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered him, saying, "Lord, if it is you, bid me come to you on the water." Jesus said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the mighty wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they got into the boat, the wind became calm. And those in the boat came and worshipped Jesus, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.

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

8/10: Karim and Isberans Hadwah & Family

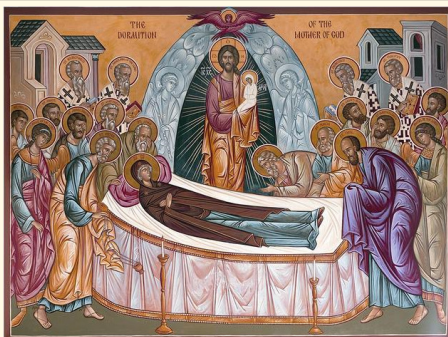
8/17: Shamel and Suna Al Hourani & Family

8/24: Joseph and Muna Makri & Family

Epistle Reading

8/10: Khaled Salman & Scott Abdo

8/17: Lily Sweiss & Angela Haddad



We are currently in 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!**



3rd & 9th day Memorial
Sabha Sweis
May her memory be eternal!



Wedding
Patrick and Elly Oldendorf
Congratulations!



Baptism
Keira
Parents: Ramzi and Kristen Sweis
Congratulations!



Baptism
Jessica
Parents: Rami and Tharifeh Albakhit
Congratulations!



Churching
Sameer
Parents: Samer and Amanda Tadros
Congratulations!

“Bible Verse of the Week”

The entrance of Your words gives light; It gives understanding to the simple.

Psalm 119:130



Upcoming Events

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
Tue Aug 12	7:00pm	Open Gym - Volleyball
Wed Aug 13	10:00am	Morning Prayers
	10:30am	Parish Bible Study
	7:00pm	Parish Council Meeting
Thu Aug 14	7:00pm	Annual Feast Day Liturgy w/ Pot Luck Dinner
Fri Aug 15	11:30am	Arabic School Teacher's Meeting
Sat Aug 16	5:30pm	Great Vespers
Sun Aug 17	8:45am	Matins
	10:00am	Divine Liturgy
	2:00pm	Open Gym - Basketball
Tue Aug 19	7:00pm	Open Gym - Volleyball
Wed Aug 20	10:00am	Morning Prayers
	10:30am	Parish Bible Study
Thu Aug 21	7:00pm	Volleyball Games
Sat Aug 23	8:00am	St. Mary's Annual Humanitarian Walk
	5:30pm	Great Vespers
Sun Aug 24	8:45am	Matins
	10:00am	Divine Liturgy
	2:00pm	Open Gym - Basketball
	6:00pm	Annual Founders' Day Banquet



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



OCCHY QUIZ

TRUE/FALSE: E-cigarettes are safe and do not have any of the same hazardous chemicals as cigarettes.



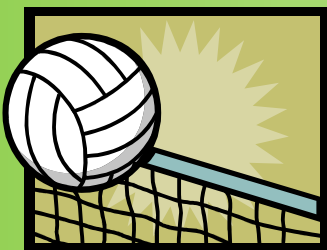
FALSE: The cartomizer is filled with an e-liquid that typically contains the chemical propylene glycol along with nicotine, flavoring, and other additives. They turn nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled by the user. - FDA

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

The Athletics Department at St. Mary

invites you to watch our

Volleyball League Games



Every Thursday

at 7:00 p.m.

in the Gym



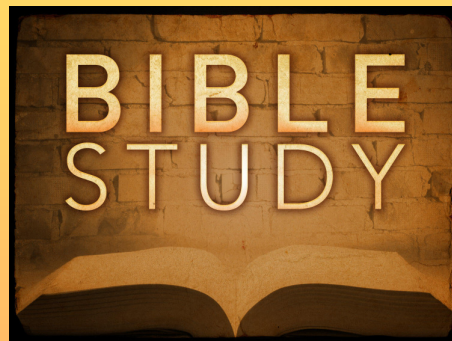
St. Mary Orthodox Church of Palos Heights

**“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.*

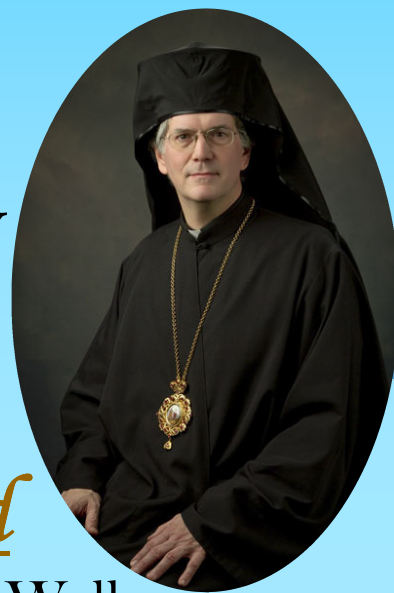


Thursday, August 14, 2014 at 7:00pm

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

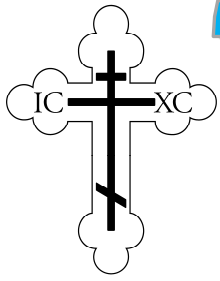
- ◆ Recognition at event as Gold Sponsor.
- ◆ Opportunity for 5 company team members to participate in walk. Each team member will receive a T-shirt.
- ◆ Recognition as Sponsor with company logo on t-shirt.
- ◆ Listing in all media releases as a Gold Sponsor.
- ◆ Company logo on St. Mary's web page.
- ◆ 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 Arabic School

Join us for a new and improved Arabic school year!

- ◆ Arabic School Director: Elia Sweiss
- ◆ Improved Curriculum
- ◆ Monthly Professional Development Workshops for all teachers lead by Professor Maha Sweis-Dababneh, PhD.
- ◆ Information Desk / Hall Monitor present during school hours.
- ◆ Students will not be allowed to leave the school premises.
- ◆ Adult class available again this year.

Saturdays from 11:00am to 1:00pm

- ◆ **First Day** - September 13th, 2014
- ◆ **Last Day** - May 16th, 2015

The following fees include all textbooks:



◆ 1st Student	\$250
◆ 2nd Student	\$200
◆ 3rd Student	\$150
◆ 4th Student	Free



Register in the Fellowship Hall

For more information, please contact Arabic School Director,
Elia Sweis at arabic@stmaryoc.org or (708) 707-1395.

SUNDAY SCHOOL



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

SUNDAY SCHOOL STARTS SEPTEMBER 14th

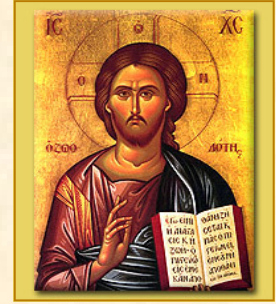
Please see Philip Riske to register your children!

“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 10 in the Holy Orthodox Church, we continue to celebrate the Transfiguration of our Lord Jesus Christ, and we commemorate the Martyr and Archdeacon Laurence of Rome, Hieromartyr Sixtus, bishop of Rome and those with them. Emperor Decius was determined to destroy Christianity and Sixtus was quickly brought to trial with two of his deacons. Sixtus told Laurence that he would die for Christ soon thereafter; as soon as they had beheaded Sixtus and his deacons, Laurence was apprehended. Beforehand, Laurence had placed all of his affairs and the affairs of the church in order. Immediately before his martyrdom, Laurence safeguarded the church valuables and healed four people. Laurence did not want to deny Christ and advised Emperor Decius to reject his false gods. Decius refused, and Laurence was beaten, and then placed on a gridiron over a fire. Roasting in the fire, Laurence thanked God and mocked the emperor for his paganism. Laurence gave up his pure and heroic soul to God on August 10, 258. On this day, we also commemorate the Venerable Laurence of Kaluga, the Fool for Christ's sake. By their intercessions, O Christ God, have mercy upon us. Amen.