



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

V. Rev. Fr. Mousa Haddad, Pastor
V. Rev. Fr. Malek Rihani
Subdeacon Matthew Sweis
Subdeacon Ameer Tadros

Parish Council

Luai Sweiss - Chairman
Abdullah Tadros - Vice Chairman
Jason Haddad - Treasurer
Ramiz Sweiss - Financial Secretary
Fabiola Sweis - Secretary
Nidal Al-Farah
Constantin Kari
Abeer Khouri
Faris Samawi
Bassam Shaheen
Feras Sweis

Parish Ministries

Sunday School - Philip Riske
SOYO - Murad Salman
Fellowship - Fabiola Sweis
Antiochian Women -
Magida Abudayyeh
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

May Sweis
Katia Haddad
administrator@stmaryoc.org

Church Hall Rental

Call the church office or email our
Office Administrator

February 22nd, 2015

Sunday of Forgiveness (Cheesefare Sunday)



Saints Peter & Paul – Patron Saints of the Church of Antioch

Weekly Schedule of Services

Saturday: 5:00p.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 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 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 for the Sunday of Forgiveness (Tone Six)

O Thou Who guidest to wisdom, and givest understanding 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 دهرِ الدهرين.

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!

قدوسُ الله، قدوسُ القوي، قدوسُ الذي لا يموتُ، ارحمنا. (ثلاثاً)

المجدُ للأبِ والابنِ والروحِ القدسِ، الآن وكل أوانٍ وإلى دهرِ الدهرين. آمين.

أيها الثالثُ القدوسُ، ارحمنا. ياربُّ اغفرِ خطايانا. يا سيِّد تجاوزُ عن سيئاتنا. يا قدوسُ، اشفِ أمراضنا، من أجلِ اسمِكَ، ياربُّ ارحم، ياربُّ ارحم، ياربُّ ارحم.

المجدُ للأبِ والابنِ والروحِ القدسِ، الآن وكل أوانٍ وإلى دهرِ الدهرين. آمين.

أبانا الذي في السماواتِ لِيَتَقَدَّسَ إِسْمُكَ. لِيَأْتِ مَلَكُوتُكَ، لَتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الأَرْضِ. خُبْرْنَا الجوهري أعطنا اليومَ، وانثُرْ لنا ما عَلَيْنَا، كما ننتُرُ نحنُ لِمَنْ لَنَا عَلَيْهِ. ولا تُدْخِلْنَا فِي تجربةٍ، لكن نجنا من الشرير.

PRIEST: 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.	الكاهن: لأن لك الملك والقوة والمجد، أيها الآب والإبن والروح القدس، الآن وكل أوانٍ، وإلى دهرِ الدهرين.
ALL: Amen!	الكل: آمين!
TROPARIA	طروباريات
Tone Two	باللحن الثاني
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.	لِنَبْتَدِيَنَّ فِي آوَانِ الصِّيَامِ بِحُبُورٍ بِأَذْلِينَ ذَوَاتِنَا لِلْجِهَادَاتِ الرُّوحَانِيَّةِ وَنُنَقِّ النَّفْسَ وَنُطَهِّرُ الْجَسَدَ صَائِمِينَ عَنِ الشَّهَوَاتِ كَصَوْمِنَا عَنِ الْأَغْذِيَّةِ مُتَنَعِّمِينَ بِفَضَائِلِ الرُّوحِ الَّتِي إِذَا تَمَمْنَا بِشَوْقٍ، نَسْتَحِقُّ مُشَاهَدَةَ آلامِ الْمَسِيحِ الْإِلَهِيِّ الْكَلِيَّةِ الْوَقَارِ وَنُعَايِنُ الْفِصْحَ الْمُقَدَّسَ مُبْتَهَجِينَ ابْتِهَاجاً رُوحِيّاً.
Tone Two	باللحن الثاني
Glory to the Father and to the Son and to the Holy Spirit.	المجدُ للآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ.
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."	هَلُمَّ نُبَادِرْ إِلَى تَذْلِيلِ الْبَشَرَةِ بِالْإِمْسَاكِ إِذْ نَحْنُ مُقْبِلُونَ نَحْوَ مَشْهَدِ الصِّيَامِ الْإِلَهِيِّ الْغَيْرِ الْمُعَابِ، وَنَسْأَلُ الرَّبَّ مُخْلِصَنَا بِالْذُمُوعِ وَالصَّلَاوَاتِ مُعْرِضِينَ بِالْكَلِيَّةِ عَنِ الشُّرُورِ وَهَاتِفِينَ قَدْ أَخْطَأْنَا إِلَيْكَ أَيُّهَا الْمَسِيحُ الْمَلِكُ، فَخَلِّصْنَا كَمَا خَلِّصْتَ أَهْلَ نَيْنَوَى قَدِيماً وَاجْعَلْنَا مُسَاهِمِينَ مَلَكُوتِكَ السَّمَاوِيِّ أَيُّهَا الْمُتَحَنِّنُ.
Tone Four	باللحن الرابع
Both now and ever, and unto ages of ages. Amen.	الآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ. آمِينَ.

<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.</p>	<p>إِنَّ مَرَاتِبَ الْمَلَائِكَةِ يُمَجِّدُونَكَ يَا وَالِدَةَ إِلَهِ الْكُلِّ فُدُسُهَا لِأَنَّكَ وَلَدَتِ إِلَهَ الَّذِي هُوَ دَائِمًا مَوْجُودٌ مَعَ الْآبِ وَالرُّوحِ وَالَّذِي بِمَشِيئَتِهِ أَقَامَ أَجْنَادَ الْمَلَائِكَةِ مِنْ الْعَدَمِ. فَالْيَهْ تَوَسَّلِي أَنْ يُخَلِّصَ وَيُنِيرَ نَفُوسَ الْمُسَبِّحِينَ لَكَ بِرَأْيِ مُسْتَقِيمٍ يَا كَلِيَّةَ الطَّهَارَةِ.</p>
<p>PRAYER FOR GREAT LENT</p>	<p>صلاة الصوم الكبير</p>
<p>DEACON: Again and again let us pray to the Lord.</p>	<p>الشماس: أيضاً وأيضاً إلى الرب نطلب!</p>
<p>ALL: Lord, have mercy!</p>	<p>الكل: يارب ارحم!</p>
<p>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.</p> <p>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.</p>	<p>الكاهن: أَيُّهَا السَّيِّدُ الضَّابِطُ الْكُلِّ، يَا مَنْ أَبَدَعَ الْبَرَايَا كُلَّهَا بِحِكْمَتِهِ، وَبِعِنَايَتِهِ الَّتِي لَا تُوصَفُ وَبِكَثْرَةِ خَيْرِيَّتِهِ أَوْصَلْنَا إِلَى هَذِهِ الْأَيَّامِ الْكَلِيَّةِ الْوَقَارِ، لِتَطْهِيرِ النَّفُوسِ وَالْأَجْسَادِ، وَلِلْإِمْسَاكِ عَنِ الْأَهْوَاءِ، وَلِرَجَاءِ الْقِيَامَةِ. يَا مَنْ سَلَّمْتَ خَادِمَكَ مُوسَى بِوَأَسِطَةِ صَوْمِهِ الْأَرْبَعِينَ يَوْمًا لِلْوَحْيِ الْمَكْتُوبِينَ بِإِصْبَعِكَ. ائْتِنَا نَحْنُ أَيْضاً أَيُّهَا الصَّالِحُ أَنْ نُجَاهِدَ الْجِهَادَ الْحَسَنَ، وَنَبْنِي شَوْطَ الصَّوْمِ، وَنَحْفَظَ الْإِيمَانَ سَالِمًا غَيْرَ مُنْتَلَمٍ، وَنَرُضَّ رُؤُوسَ التَّنَائِينِ غَيْرِ الْمَنْظُورَةِ، وَنَظْهَرَ غَالِبِينَ الْخَطِيئَةِ، وَنَبْلُغَ بِلَا دَيْئُونَةٍ إِلَى السُّجُودِ لِلْقِيَامَةِ الْمُقَدَّسَةِ.</p> <p>لَأَنَّ قَدْ تَبَارَكَ وَتَمَجَّدَ اسْمُكَ الْكَلِيُّ الْإِكْرَامِ وَالْعَظِيمِ الْجَلَالِ، أَيُّهَا الْآبُ وَالْإِبْنُ وَالرُّوحُ الْقُدُسُ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَاهِرِينَ.</p>

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

02/22: Abdullah and Dena Tadros & Family

03/01: Awan and Hana Sweis & Family

03/08: Hasan and Saeda Sweis & Family

Epistle Reading

02/22: Subdn. Matthew & Rima Sleiman

03/01: Rana Nino & Lily Sweis

“Bible Verse of the Week”

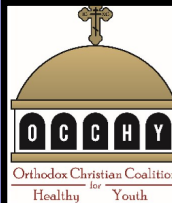
For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.
Romans 8:38-39



40 Day Memorial
Abdullah Shaheen
May his memory be eternal!



New Born
Sophia
Parents: Sam and Reem Sweis
Congratulations!



TEEN VOLUNTEERS NEEDED FOR HOOKAH SCAN

Orthodox Christian Coalition
Healthy Youth

In collaboration with the Chicago Department of Public Health, OCCHY is



conducting a community scan of Hookah Tobacco Merchants & Smoke Shops within Chicago city limits. Teens 16 & over, and especially College Students, are asked to contact:

gordana@healthyyouth.com or call (708) 298-9770.

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

Coat Drive

St. Mary's Antiochian Women are sponsoring a coat drive.

They are looking for

- Gently used and clean
- Brand new coats

Donation carts are in front of the Sunday School doors.

Contact Shireen Salman at 708-717-9640 with any questions

His Eminence
Most Reverend
Metropolitan JOSEPH



Archbishop of New York and The
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Pastoral Message for the Great Fast 2015

“O Lord and Master of my life, take from me the spirit of sloth, faintheartedness, lust of power and idle talk. But give rather the spirit of chastity, humility, patience and love to Thy servant. Yea O Lord and King, grant me to see my own sins and not to judge my brother, for blessed art Thou unto ages of ages, Amen”.

(Prayer of St. Ephraim The Syrian)

We greet you with anticipation as we draw near to the beginning of the Great Fast in preparation for the Glorious Resurrection of our Lord and God and Savior Jesus Christ.

The beautiful prayer above embodies the true spirit of the Lenten Season as we struggle to draw nearer to God. The message of repentance is a powerful one which can transform every life from one of confusion and sadness to a life of peace and joy in Christ. The message of repentance calls us to put aside all of those things in this earthly life which drive us away from God, and to concentrate on strengthening our relationship with God, and allowing His Holy Spirit to fill a heart which had been previously consumed by passions. Of course it is important that we abstain from certain food and drink as prescribed by the Church’s fasting discipline, but it is equally important that we abstain from sinful thoughts, words, and deeds. In addition, the true spirit of the Fast will include almsgiving and performing acts of mercy for those who are in need.

The Church, in Her wisdom, gives us the additional tools and support that we need during this season: Special worship services, specific Gospel messages, and the opportunity to receive the Body and Blood of our Lord more frequently than in other seasons, to mention a few. I urge every person in this God-protected Archdiocese to take full advantage of these opportunities to be spiritually strengthened and renewed. We should be mindful also that our repentance is not intended to occur only for this season, but rather that this season should be the beginning of a new life which will continue for all of our days on this earth.

We convey our most heartfelt love to you as we stand on the threshold of this most solemn season and we ask our loving God to bless you and grant to you a most spiritually rewarding journey of repentance.

Yours in Christ,

+JOSEPH

Archbishop of New York and Metropolitan of All North America
Antiochian Orthodox Christian Archdiocese of North America

“The disciples were first called Christians in Antioch” (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
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His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

TO BE READ FROM THE PULPIT AND PRINTED IN THE BULLETIN — GREAT FAST 2015

Beloved in the Lord:

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

During this time of the Great Fast, we once again turn our attention to the Food for Hungry People Program of the Fellowship of St. John the Divine. For more than 40 years, this campaign has had a tremendous impact throughout the world to help alleviate hunger and the numberless tragedies caused by poverty. With the many tragic events in our own country and throughout the world that happen each day, we continue to have a great need for almsgiving every day. As such, this special program of our Archdiocese helps with both large catastrophes or when smaller needs arise in any given year.

St. John Chrysostom, perhaps the greatest preacher in the history of the Church, once said: “Although fasting is more difficult than this, nothing is so strong and powerful to extinguish the fire of our sins as almsgiving. It is greater than all other virtues. It places its lovers by the side of the King Himself, and justly. For the effect of fasting is confined to those who fast, and no other is saved thereby. But almsgiving extends to all, embracing the members of Christ, and actions that extend their effects to many are far greater than those which are confined to one.” Through your generosity to the Food for Hungry People campaign, you embrace the world with the love of Christ, saving yourself as you literally save others.

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 the “greatest of the virtues.” As important as prayer and fasting are, they are of no avail to us if we fail to give to those in need.

Praying that the Holy Spirit will strengthen us as we embark on our journey to Pascha we remain,

Your Father in Christ,

A handwritten signature in black ink, appearing to read 'Joseph'.

+Metropolitan JOSEPH
Archbishop of New York and Metropolitan of all North America

“The disciples were first called Christians in Antioch” (Acts 11: 26)

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FOOD FOR HUNGRY PEOPLE 2015

41ST ANNIVERSARY



This year we celebrate **41 years of raising funds for our FOOD FOR HUNGRY PEOPLE program.** Through your generosity, over \$5 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.

The 41st Anniversary FFHP packet... will be sent to every family on "THE WORD" mailing list. The packet will include a brochure and a return envelope.

The FFHP Collection Boxes... Have been sent directly to every Parish. Please distribute one to every family.

We want to include all of your wonderful work!

Last year's collections will be printed in the April issue of "THE WORD." If you have not submitted your money or pounds of food collected please contact me immediately. (robinFFHP@aol.com)

Let's make this 41st year the best ever!!! Last year we collected **\$198,000.** With just a little extra effort from every parish we can reach our new goal of \$225,000. *His Eminence Metropolitan JOSEPH determines where the money is sent.*

Following the *Feast of the Resurrection*, please send one check for the total amount collected, payable to:

Food For Hungry People
c/o Robin Lynn Nicholas
4237 Dundee Drive
Los Angeles, CA 90027

Please read Sayidna's letter (attached) from the pulpit and print in your bulletin.

The Most Reverend
Metropolitan JOSEPH

Archbishop of New York &
Metropolitan of All North America

The Right Reverend
ANTHONY



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

Great Lent 2015

TO BE READ FROM THE PULPIT & PRINTED IN THE BULLETIN

Reverend Clergy and faithful of the Diocese of Toledo and the Midwest,

Christ is in our midst!

Lent is the road; the Resurrection is the destination. Lent is revival; Pascha is our arrival.

Lent is demanding and rewarding. It is hard to change, to leave the comfort zones of daily routines. And yet, there is also a freshness and happiness when we leave old habits and strike out into the mystery of what waits for us, and of whom we might become through our journey to the empty tomb. There may be strength in us that we discover has always been a part of us. For if we can reverse course, and use our spiritual energy to gain virtue instead of satisfying desire, a youthfulness comes to us. Those many desires that we have waste our energy and exhaust God's grace in us, and as the eighth prayer in our morning prayers addressed to the Mother of God says, "I am aged by senseless sins."

Let us do three things this year: Love God; Walk in the way of Jesus Christ, Living like he did on earth; and follow what He taught in the Gospels. Then we will "flourish like the palm tree, and grow like a Cedar in Lebanon." Being "planted in the house of the Lord," we will "flourish in the courts of our God," and "still bring forth fruit in old age," being "full of sap and green, to show that the Lord is upright; he is my rock, and there is no unrighteousness in Him (Ps. 92. 12-15)."

May the Lord continue to guide and strengthen us as we travel the road to the Resurrection,

+ Bishop Anthony

+Bishop ANTHONY

Bishop of Toledo
Antiochian Orthodox Christian Archdiocese of North America



MISSION SUNDAY

FEBRUARY 22nd, 2015

As the official missions agency of the Assembly of Canonical Orthodox Bishops of the United States, it is OCMC's mission to make disciples of all nations by bringing people to Christ and His Church with the vision that all people may come to know the saving love of our Lord: Father, Son, and Holy Spirit.

Please pray for...

Orthodox Missionaries serving in Alaska, Albania, Guatemala, Kenya, Mongolia, and Romania.

Discernment in answering your call to make disciples of all nations.

People around the world who have yet to hear the Gospel!

www.ocmc.org 1-877-GO-FORTH (463-6784)

خدمات الصيام والاسبوع العظيم 2015 Lent & Holy Week Services

شباط 23 February	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	مساء 7:00pm
شباط 25 February	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	مساء 7:00pm
شباط 27 February	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	مساء 7:00pm
آذار 2 March	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	مساء 7:00pm
آذار 4 March	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	مساء 7:00pm
آذار 6 March	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	مساء 7:00pm
آذار 9 March	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	مساء 7:00pm
آذار 11 March	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	مساء 7:00pm
آذار 13 March	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	مساء 7:00pm
آذار 16 March	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	مساء 7:00pm
آذار 18 March	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	مساء 7:00pm
آذار 20 March	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	مساء 7:00pm
آذار 23 March	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	مساء 7:00pm
آذار 25 March	Wednesday: Annunciation Liturgy الأربعاء: خدمة القداس لعيد البشارة	مساء 7:00pm
آذار 27 March	Friday: Akathist w/ Potluck Dinner الجمعة: خدمة مديح والدة الإله	مساء 7:00pm
آذار 30 March	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	مساء 7:00pm
نيسان 1 April	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	مساء 7:00pm
نيسان 3 April	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه	مساء 7:00pm
نيسان 4 April	Saturday: Lazarus Saturday Liturgy السبت: القداس لسبت اليعازر	صباحا 10:00am

خدمات الصيام والاسبوع العظيم 2015 Lent & Holy Week Services

نيسان 5 April	الاحد: خدمة القديس لعيد الشعانين Sunday: Palm Sunday Liturgy الاحد: الختن الأولى Sunday: 1st Bridegroom Service	صباحا 10:00am مساء 7:00pm
نيسان 6 April	الاثنين: الختن الثانية Monday: 2nd Bridegroom Service	مساء 7:00pm
نيسان 7 April	الثلاثاء: الختن الثالثة Tuesday: 3rd Bridegroom Service	مساء 7:00pm
نيسان 8 April	الأربعاء: صلاة الزيت المقدس Wednesday: Holy Unction Service	مساء 7:00pm
نيسان 9 April	الخميس: قداس باسيليوس العظيم Thursday: Divine Liturgy of St. Basil الخميس: خدمة ١٢ انجيل والصلب Thursday: 12 Passion Gospels	صباحا 10:00am مساء 7:00pm
نيسان 10 April	الجمعة: خدمة الساعات Friday: Royal Hours الجمعة: خدمة انزال المصلوب Friday: Taking Down From the Cross الجمعة: جناز المسيح Friday: Lamentations (سهرانية العيد (GOOD FRIDAY All-Night VIGIL to follow	صباحا 10:00am مساء 3:00pm مساء 7:00pm
نيسان 11 April	السبت: قداس سبت النور Saturday: Vespereal Liturgy of St. Basil السبت: سحرية العيد، الهجمة وقداس القيامة Saturday: Rush Procession & Matins followed by Paschal Liturgy	صباحا 10:00am مساء 10:00pm
نيسان 12 April	الاحد: صلاة الباعوث Sunday: AGAPE VESPERS	ظهرا 1:00pm

CHEESEFARE SUNDAY

Today, February 22nd is Cheesefare Sunday, the last day you can have cheese and dairy products. Tomorrow, February 23rd, is the first day of the Lenten Fast and it will continue until Pascha (Easter), April 12th. 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 one of our clergy and they will offer 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?”

KIDNEY DONOR NEEDED

- Someone in the St. Mary community is in great need of a kidney.
- They have been on the donor list for a year, and the estimated wait time is 5-7 years.
- Both kidneys are functioning at 13%. If they drop to 10% they will need to begin dialysis.
- They have a blood type of O positive.
- If you find it in your heart to donate, please contact Fr. Mousa



OCMC Mission Sunday

Today, February 22nd, 2015, 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

St. Mary Orthodox Church of Palos Heights

Fifty Shades of Abuse *ONE* real Christian Love

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

We will be discussing the influence of such movies as Fifty Shades of Grey and how social media are a force to be reckoned with; and how we can use them to advance God's agenda.

We respectfully ask that you NOT see the movie prior to our discussion.

Saturday, February 28th, 2015

6:00pm in the Nadi

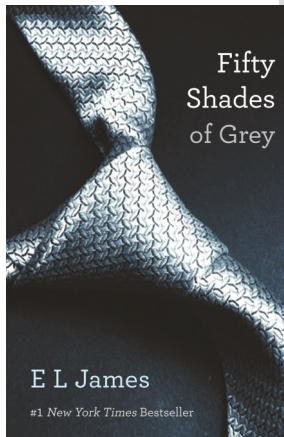
**Join the Fellowship of St. John the Divine
for a Bible Study and Lenten potluck!**

There will be a Fellowship meeting after the Bible Study. If you are interested in being a committee chair, please contact Fabiola Sweis.

Ages 19 and older.

Contact any officer with questions.

6330 W. 127th St. Palos Heights, IL



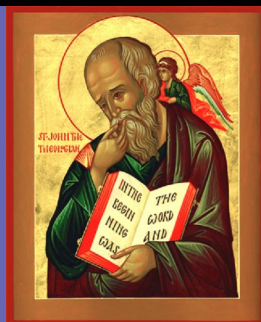
StMaryFSJD



Adult Bible Study

All adults are welcome to attend our weekly Adult Bible Study, where we will be studying the Gospel of John. The class will be given in Arabic and English by Fr. Danial Doss.

English Bible Study
Every Tuesday at
6:30pm



Arabic Bible Study
Every Wednesday at
10:00am

St. Mary Orthodox Church of Palos Heights

The Fellowship of St. John the Divine invites you to our

OPEN HOUSE!

When: March 1, 2015
(immediately following Liturgy)

Where: St. Mary's Nadi

The Fellowship of St. John the Divine welcomes you to our
Open House!

This is a great chance to meet the officers, new people, and
learn about Fellowship.

Refreshments will be served.

Ages 19 and older are welcomed.
Contact any officer with questions.

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



Kaek and Mamoul Sale

Order Sheet



Name: _____ Phone #: _____

Full Sheet - \$40

صينية حجم كبير - \$40

___ Walnut Mamoul

___ معمول بالجوز

___ Pistachio Mamoul

___ معمول بالفستق الحلبي

___ Kaek

___ كوك

___ Mix

___ مختطة

Half Sheet -\$25

صينية حجم متوسط - \$25

___ Walnut Mamoul

___ معمول بالجوز

___ Pistachio Mamoul

___ معمول بالفستق الحلبي

___ Kaek

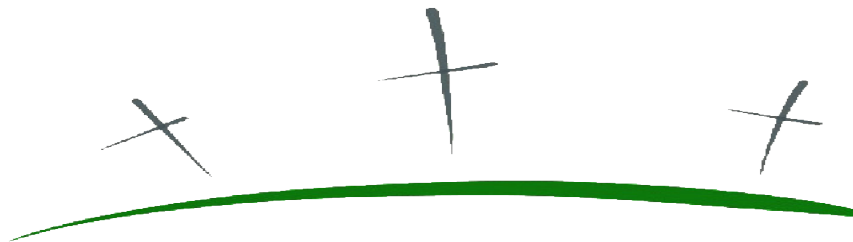
___ كوك

___ Mix

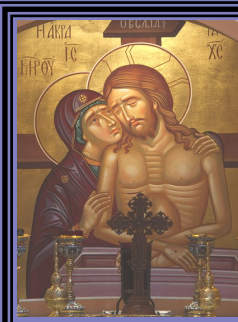
___ مختطة

Please, write down the number of sheets you would like next to the type of Kaek or Mamoul you want to order. If you have any questions please call, Rita at 1-773-510-4303 or Saeda at 1-708-307-9906.

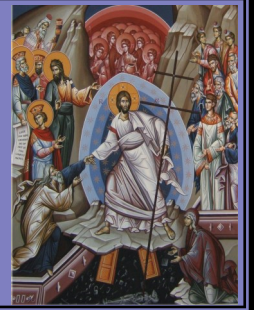
Save the Date



Good Friday Retreat (4/10)
for 1st-8th Grades * 10am-4pm



Chicago-area Antiochian Churches present
2015 Lenten Lecture Series
*Uniting our faithful; and together sharing in the
 Passion of our Lord, and celebrating
 His Glorious 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

Date / Time	Presenter	Topic	Name and Location of Host Parish
Thursday, February 26th	Rev. Fr. Sharbel Bcheiry, Ph.D. St . Afrem Syriac Orthodox Church <i>(Lecture in Arabic with English summary)</i>	“The Mystical Experience and Enlightenment of Gregory Bar Hebraues: A Syriac Father from the 13th Century”	Our Lady of Lebanon Maronite Church 950 N Grace St., Lombard, IL 60148
Thursday, March 12th	V. Rev. Fr. Malek Rihani, M.Th., C.M.F.T. St. Mary Antiochian Orthodox Church <i>(Lecture in English)</i>	“Using Finances in our Pursuit of Holiness”	St. John Syriac Orthodox Church 250 S. Villa Ave. Villa Park, IL 60181
Thursday, March 26th	Rev. Dn. William Nijm, Ph.D., M.D. St. John the Baptist Melkite Church <i>(Lecture in English)</i>	“Pain, Suffering, and Heaven”	St. George Antiochian Orthodox Church 1220 S. 60th Ct. Cicero, IL 60804

“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



6:30 p.m.
Sunday, March 1, 2015

St. George Antiochian Orthodox Church
1220 South 60th Court
Cicero, Illinois 60804

Homilist:
His Grace Bishop ALEXANDER of Toledo
and the Bulgarian Diocese (OCA)

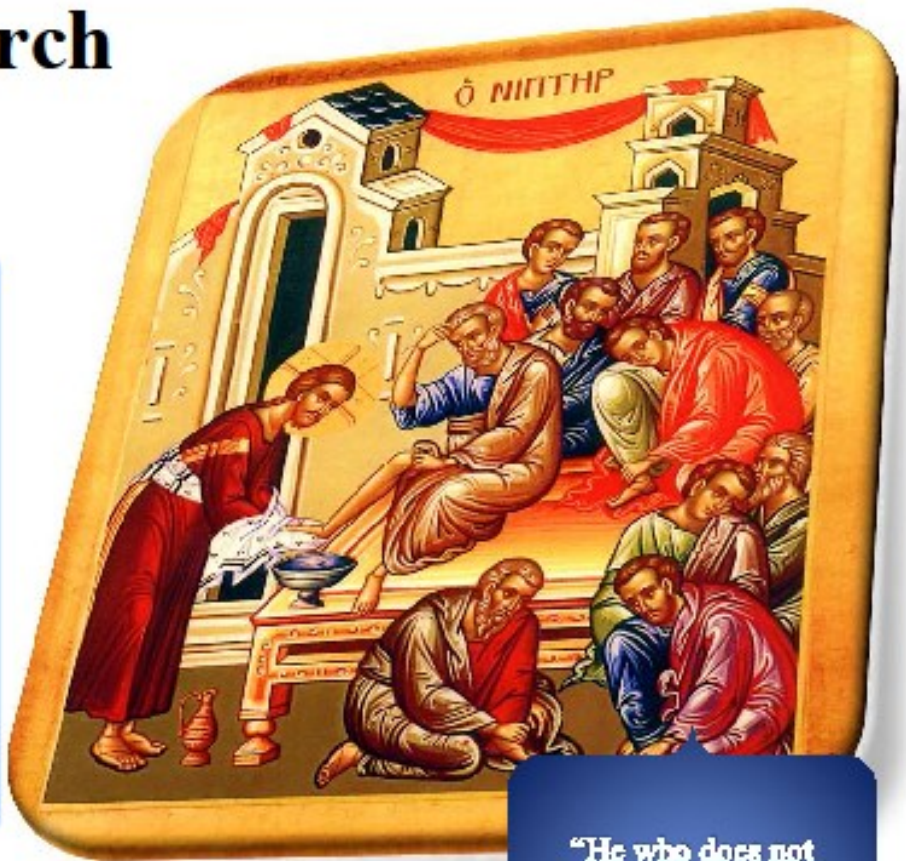
Responses offered by
Pan Orthodox Choir of Greater Chicago
Gordana Trbuhovich, Director

1st Annual NAC Teen SOYO Day of Service

**Saturday, March
21st 2015**

In reverence to the fundamental virtue of love, NAC Teen SOYO charges its chapters across the country to dedicate a common day to the service of their local communities.

Work with your local SOYO to organize an event on this date that will enable you to show Christ-like charity to your neighbors.



**“He who does not love does not know God, for God is love”
(1 Jn 4:8).**

- Capture and post pictures of your day
- Tag @NACSOYO in your posts on Twitter and Instagram and use the hashtag #SDS2015
- Include your parish's name in one of your posts to enter your chapter in a contest for a beautiful icon



2015 SPRING DELEGATES' MEETING

Diocese of Toledo and the Midwest

His Grace Bishop Anthony Presiding



March 27-29



GOT SOCKS?

Bring a pair of socks for our sock drive to benefit the Fraternite Notre Dame in Chicago!



Hosted by St. George Cicero, IL

*Fellowship of St. John the Divine, Teen SOYO,
Antiochian Orthodox Women of North America*

Go to <http://dotamregistration.wordpress.com> to register.



Chicago Marriott Oak Brook

Room rate: \$102/night; Make reservations by March 13 by calling 630-573-8555.

Registration: \$40 (includes meals/activities) + one pair of socks.

All events held at St. George Cicero.

Midwest Parish Life Conference 2015

Host: St. Nicholas Antiochian Orthodox Church

June 24-28 Amway Grand Plaza: \$118/night

Buy a ticket book by April 1st for a chance to win a Free Night Stay
www.midwestplc2015.com



Grand Rapids, PURE MICHIGAN[®]

 facebook.com/midwestPLC

DANCING WITH OUR
STARS HAFLI

BIBLE BOWL

CELEBRATION ON
THE GRAND

GAME SHOW

TEEN
ORATORICAL

SERVICE PROJECT

REUNION ON THE
GRAND

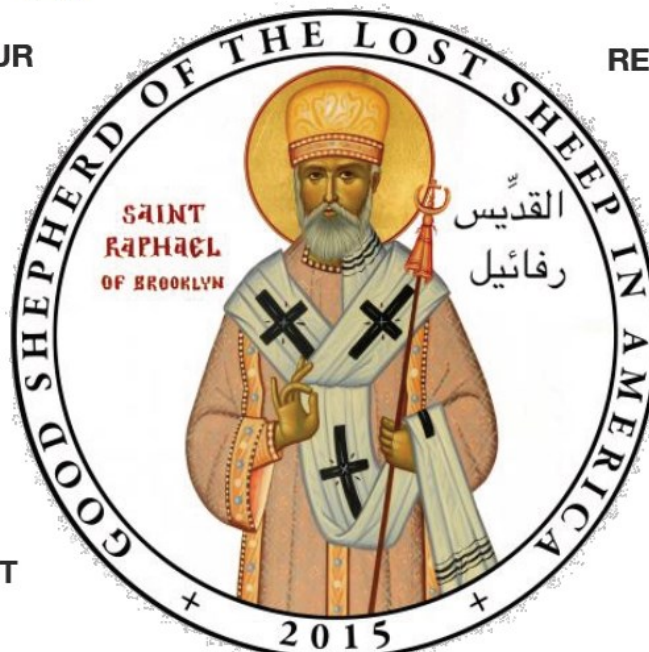
GOLF OUTING

PARISH SPORTS
COMPETITION

URBAN MARKET

PICNIC AT THE
ZOO

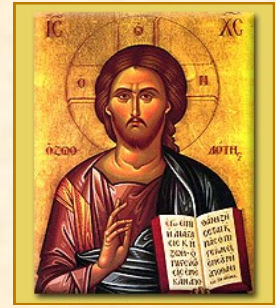
LITURGICAL SERVICES



100TH ANNIVERSARY of the
FALLING ASLEEP of SAINT RAPHAEL



Weekly Synaxarion



On February 22 in the Holy Orthodox Church, we commemorate the Seven Martyrs uncovered at the Gate of Eugenios in Constantinople; and Martyr Anthusa and her twelve servants. 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.