



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

administrator@stmaryoc.org

Church Hall Rental

Call the church office or email our

Office Administrator

March 8th, 2015

Second Sunday of Great Lent

St. Gregory Palamas Bishop of Thessalonica



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 Six)

When Mary stood at Thy grave looking for Thy sacred body, angelic powers shone above Thy revered tomb, and the soldiers who were to keep guard became as dead men. Thou led hades captive and wast not tempted thereby, Thou didst meet the virgin and didst give life to the world, O Thou who art risen from the dead, O Lord, glory to Thee.

Troparion of St. Gregory Palamas (Tone Eight)

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

Troparion of the Dormition (Tone One)

In thy birth giving O Theotokos, thou didst keep and preserve virginity; and in thy falling asleep thou hast not forsaken the world; for thou wast translated into life, being the Mother of Life. Wherefore by thine intercessions, deliver our souls from death.

Kontakion of the Theotokos for the Sundays of Lent (Tone Eight)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: "Hail, O Bride without Bridegroom."

Epistle for the Second Sunday of Lent

*O Lord, thou wilt preserve us and keep us from this generation!
Save me, O Lord, for the godly man hath disappeared!*

The Reading is from St. Paul's Letter to the Hebrews (1:10-2:3).

“In the beginning, Thou O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, till I make Thine enemies a stool for Thy feet?” Are they not all ministering spirits set forth to serve, for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

Gospel for the Second Sunday of Lent

The Reading is from the Holy Gospel according to St. Mark (2:1-12).

At that time, when Jesus returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “Son, your sins are forgiven.” Now some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts. Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of man has authority on earth to forgive sins”—he said to the paralytic—“I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

Megalynarion for the Theotokos from the Liturgy of St. Basil (Tone Eight)

In thee all creation rejoices, O Full of Grace; the assembly of angels and the race of men; O sanctified temple and spiritual paradise; the glory of virgins, from whom God was incarnate and became a child; our God before the ages, He made thy womb a throne, and thy body He made more spacious than the heavens. In thee all creation rejoices, O Full of Grace, glory to thee .

Spinach Pie Sale

Today, March 8th
after Liturgy
Sponsored by our Antiochian Women.



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

03/08: Hasan and Saeda Sweis & Family

03/15: Jamal and Raeda Khouri & Family

03/22: Ghaleb and Rita Sweis & Family

Epistle Reading

03/08: Norma Tadros & Angela Haddad

03/15: Nour Swaiss & Salena Ibrahim

"Bible Verse of the Week"

"For My thoughts are not your thoughts, Nor are your ways My ways," says the LORD. "For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.

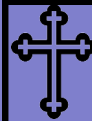
Isaiah 55:8-9



40 Day Memorial

Tawfiq Sweiss

Memory Eternal!



Memory Eternal

Yaqub Hamid

Coat Drive

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

They are looking for

- Gently used and clean coats
- Brand new coats

Donation carts are in front of the Sunday School doors.

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

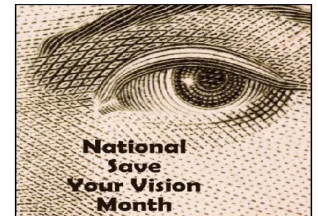


OCCHY QUIZ

ALCOHOL & Vision

Drinking alcohol causes which of the following long-term eye problems?

- Increased cataract formation
- Increased risk of AMD (Age-related Macular Degeneration).
- Decreased vision due to vitamin deficiency
- Optic neuropathy, a painless loss of vision
- All of the above



Answer: E. Not only does alcohol cause all of the above listed damaging ailments to your eyes, it also causes short-term problems. A couple of those are slower pupil reaction (making it harder to drive with lights coming at you), decreased contrast sensitivity (making it harder to see the difference between shades of colors), eye-twitching, and increased dryness in the eye. Alcohol is not worth potentially living your life in darkness!

Sources: <http://coopervision.com/blog/what-effect-alcohol-eye>

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

ST. MARY ORTHODOX CHURCH OF PALOS HEIGHTS

HELP US BUILD A CHILD'S LIBRARY!

On SATURDAY, MARCH 14TH from 1:00-3:00pm, the Fellowship of St. John the Divine will be hosting a book drive for children ages 5-12! The kids will participate in story time, crafts, and activities!

ADMISSION IS ONE BOOK PER CHILD upon entry. All books will be donated to benefit nonprofit organizations.

Books will be collected until March 15, 2015

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



KIDNEY DONOR NEEDED

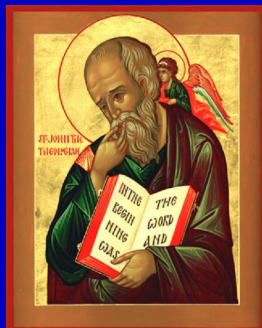
- Someone in the St. Mary community is in great need of a kidney.
- They have been on the donor list for a year, and the estimated wait time is 5-7 years.
- Both kidneys are functioning at 13%. If they drop to 10% they will need to begin dialysis.
- They have a blood type of O positive.
- If you find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



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

خدمات الصيام والاسبوع العظيم 2015 Lent & Holy Week Services

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

خدمات الصيام والاسبوع العظيم 2015 Lent & Holy Week Services

| | | |
|----------------|--|---|
| نيسان 5 April | الأحد: خدمة القديس لعيد الشعانين Sunday: Palm Sunday Liturgy الأحد: 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: Vesperal 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 | الأحد: صلاة الباعوث Sunday: AGAPE VESPERS | ظهرا 1:00pm |



St. Mary's Fishers of Men Monthly Breakfast

March 7th, 2015 10:00am

St. Mary Fellowship Hall

One Holy Church – One Faithful Community
HIS KINGDOM

*“Why we must effectively lead to eliminate divisions,
barriers, and negative agendas”*

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

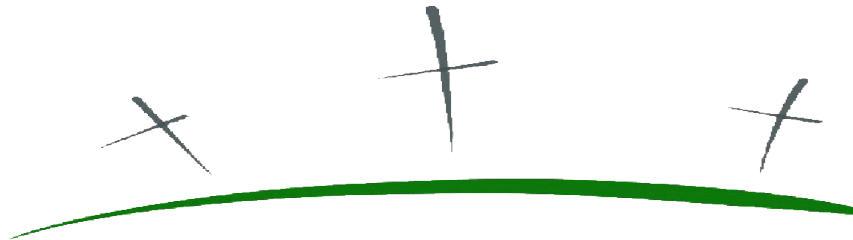
___ كوك

___ Mix

___ مختطة

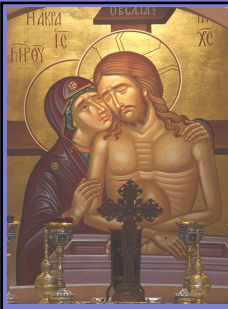
Please, write down the number of sheets you would like next to the type of Kaek or Mamoul you want to order. Last day to place your order is March 23, 2015. If you have any questions please call, Rita at 1-773-510-4303 or Saeda at 1-708-307-9906.

Save the Date

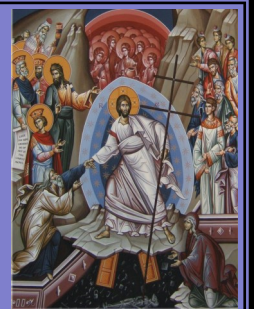


Good Friday Retreat (4/10)

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



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

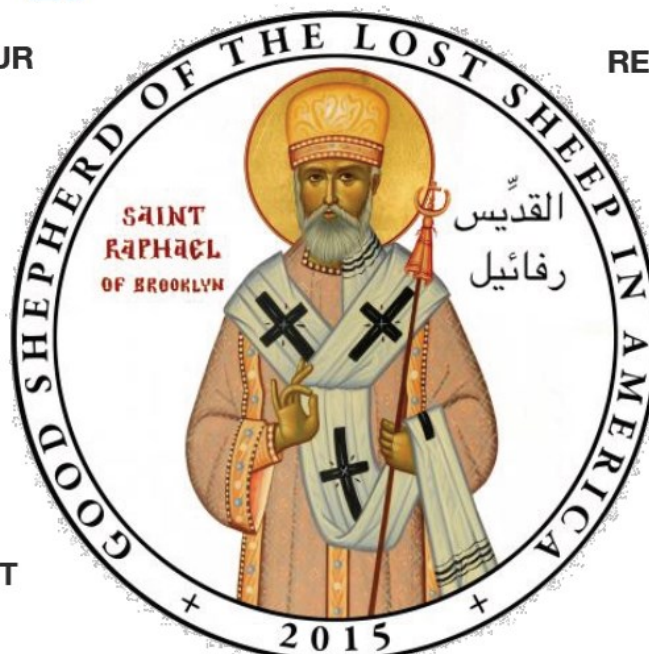
GOLF OUTING

PARISH SPORTS
COMPETITION

URBAN MARKET

PICNIC AT THE
ZOO

LITURGICAL SERVICES



100TH ANNIVERSARY of the
FALLING ASLEEP of SAINT RAPHAEL



IOCC ANNUAL PAN-ORTHODOX GRAND BANQUET AND SILENT AUCTION

Thursday, April 30, 2015

6:00pm Cocktails • 7:00pm Dinner

CAFÉ LA CAVE

2777 Mannheim Road • Des Plaines, IL 60018

Join us for a special IOCC presentation!

Tickets are \$125 per person
Please RSVP by April 17, 2015
Net proceeds from this event will benefit
IOCC's humanitarian relief work



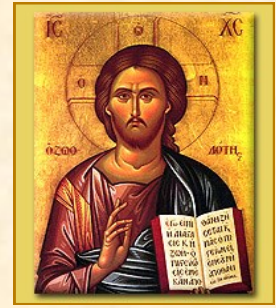
IOCC

Registration online at ioccc.org/chicago





Weekly Synaxarion



On March 8 in the Holy Orthodox Church, we commemorate our righteous father Theophylact the Confessor, bishop of Nicomedia; and the Apostle Hermas of the Seventy. On this same day, the Second Sunday of the Fast, we make remembrance of our father among the saints, Gregory Palamas, archbishop of Thessalonica. This divine father was born in Asia and was brought up from infancy in the royal palace of Constantinople. When he was of age, Gregory left the palace and gave himself to asceticism on Mount Athos. He eventually moved to Thessalonica to seek cure for the diseases he contracted because of his asceticism and piety. In 1349, he was elevated to the episcopacy, tending to his people in an Apostolic fashion for 13 years. He is glorified as an ascetic, a theologian, a hierarch and a miracle-worker, who forsook a prominent, secular lifestyle to take up his cross and follow Christ. The Most-Holy Theotokos, St. John the Theologian, St. Demetrius, St. Anthony the Great, St. John Chrysostom and angels of God appeared to him at different times. Through his intercessions, O Lord Jesus Christ our God, have mercy upon us. Amen.