



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 Risko

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 15th, 2015

Third Sunday of Great Lent

Adoration of the Holy Cross



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.

Third Sunday of Great Lent The Adoration of the Holy Cross



Changes in the Liturgy

First Antiphon

The light of Thy countenance, O Lord, is marked upon us. Thou hast given a sign unto them that fear Thee that they may flee from before the face of the bow.

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

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord.

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

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.

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

God is our King before the ages, He hath wrought salvation in the midst of the earth.

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

I will be exalted among the heathen; I will be exalted in the earth.

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

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever.

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

Hymns of the Day

Entrance Hymn

O Come, let us worship and fall down before Christ.

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

Troparion of the Resurrection (Tone 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 to the world the Great Mercy .

Troparion of the Holy Cross (Tone One)

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow 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 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.”

In place of the Trisagion, the following is sung (Tone Two):

“Before thy Cross, we bow down in worship, O Master, and thy Holy Resurrection we glorify.”

Epistle for the Third Sunday of Lent

O Lord, save your people and bless your inheritance!

To you, O Lord, have I cried, O my God!

The Reading is from St. Paul's Letter to the Hebrews (4:14-5:6).

Brethren, since we have a High Priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; as he says also in another place, "Thou art a priest forever, after the order of Melchizedek."

Gospel for the Third Sunday of Lent

The Reading is from the Holy Gospel according to St. Mark (8:34-38; 9:1).

The Lord said, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

Changes in the Liturgy

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.

Koinonikon for the Third Sunday of Lent (Tone Eight)

The light of Thy countenance, O Lord, is marked upon us. Alleluia!

Instead of “We have seen the true light...”, sing:

Troparion of the Holy Cross (Tone One)

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee!

At the end of Liturgy, we will have a procession with the following hymns:

O Lord, save thy people and bless thine inheritance, and to thy faithful people grant victory over their enemies, and by the power of thy Cross protect all those who follow Thee.

Before thy Cross, we bow down in worship, O Master, and thy Holy Resurrection we glorify.



Zater Pie Sale

Today After Liturgy
Sponsored by the
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

03/15: Jamal and Raeda Khouri & Family

03/22: Ghaleb and Rita Sweis & Family

03/29: Elia and Lily Sweis & Family

Epistle Reading

03/15: Nour Swaiss & Abeer Khouri

03/22: Rima Sleiman & Salena Ibrahim

“Bible Verse of the Week”

God has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began.

2 Timothy 1:9



40 Day Memorial

Awwad Naber

Memory Eternal!



Holy Week Ushers Meeting

Sunday, March 22nd

Immediately following the Liturgy next Sunday, there will be a short meeting to discuss the ushering and processions for **Palm Sunday, Holy Friday, and Pascha.** We would appreciate any volunteers who can help. We will assign positions and responsibilities.

Thank you for your commitment!

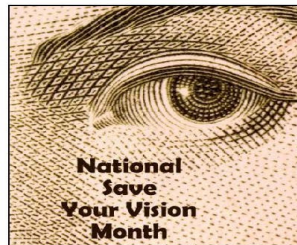


OCCHY QUIZ

SMOKING & Vision

TRUE or FALSE:

Smoking is the single largest preventable cause of disease and premature death in the United States. It harms nearly every organ in your body - INCLUDING YOUR EYES!



**National
Save
Your Vision
Month**

Answer: TRUE. As well as a host of other eye problems, smoking can also cause Uveitis (inflammation of the eye's middle layer), a serious eye disease that can cause complete vision loss. It harms vital structures of the eye, including the iris and retina, and can lead to complications such as cataract, glaucoma, and retinal detachment. Smoking is not worth potentially living your life in darkness!

Sources: <http://www.allaboutvision.com/smoking>

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

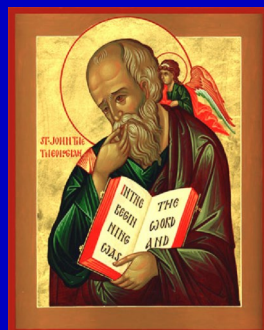
- Someone in the St. Mary community is in great need of a kidney.
- They have been on the donor list for a year, and the estimated wait time is 5-7 years.
- Both kidneys are functioning at 13%. If they drop to 10% they will need to begin dialysis.
- They have a blood type of O positive.
- If you find 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	Sunday: Palm Sunday Liturgy لعيد الشعانين الاحد: خدمة القديس لعيد الشعانين Sunday: 1st Bridegroom Service الاحد: الختن الأولى	10:00am صباحا 7:00pm مساء
نيسان 6 April	Monday: 2nd Bridegroom Service الإثنين: الختن الثانية	7:00pm مساء
نيسان 7 April	Tuesday: 3rd Bridegroom Service الثلاثاء: الختن الثالثة	7:00pm مساء
نيسان 8 April	Wednesday: Holy Unction Service الأربعاء: صلاة الزيت المقدس	7:00pm مساء
نيسان 9 April	Thursday: Divine Liturgy of St. Basil الخميس: قداس باسيليوس العظيم Thursday: 12 Passion Gospels الخميس: خدمة ١٢ انجيل والصلب	10:00am صباحا 7:00pm مساء
نيسان 10 April	Friday: Royal Hours الجمعة: خدمة الساعات Friday: Taking Down From the Cross الجمعة: خدمة انزال المصلوب Friday: Lamentations الجمعة: جناز المسيح (GOOD FRIDAY All-Night VIGIL to follow سهرانية العيد)	10:00am صباحا 3:00pm مساء 7:00pm مساء
نيسان 11 April	Saturday: Vesperal Liturgy of St. Basil السبت: قداس سبت النور Saturday: Rush Procession & Matins followed by Paschal Liturgy السبت: سحرية العيد، الهجمة وقداس القيامة	10:00am صباحا 10:00pm مساء
نيسان 12 April	Sunday: AGAPE VESPERS الأحد: صلاة الباعوث	1:00pm ظهرا

Coming Soon!



Youth Choir for children in
grades 1st through 8th.

More details to follow.

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

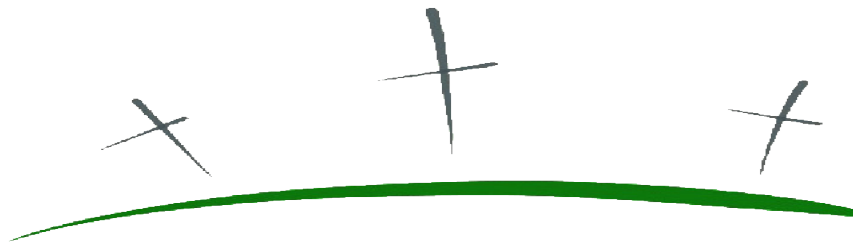
___ كوك

___ Mix

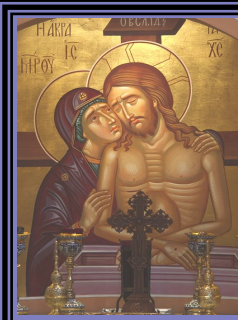
___ مختطة

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.

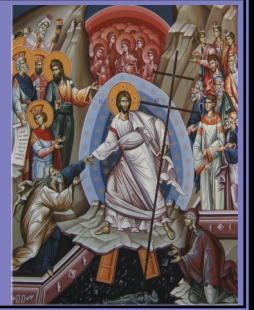
Save the Date



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

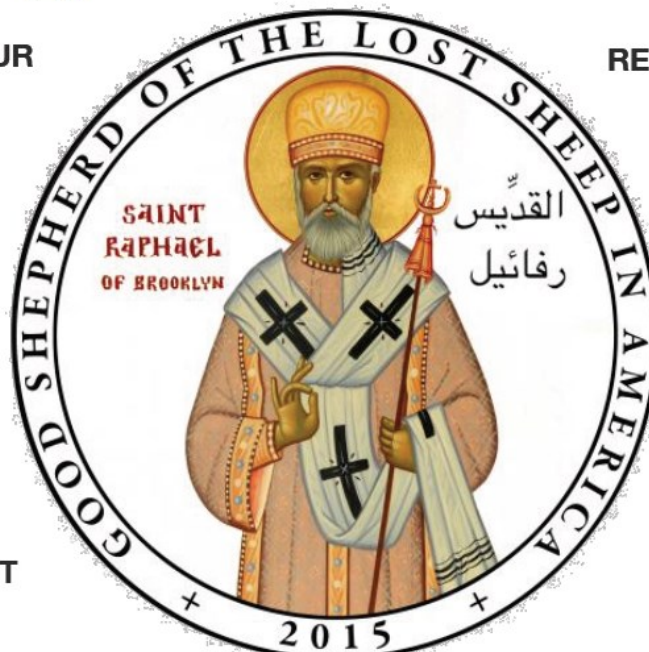
GOLF OUTING

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*



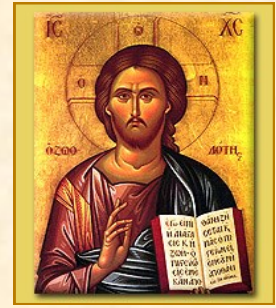
IOCC

Registration online at ioccc.org/chicago





Weekly Synaxarion



On March 15 in the Holy Orthodox Church, we commemorate the Martyr Agapios of Palestine and those with him; Apostle Aristoboulos of the Seventy, first bishop of Britain; New-martyrs Manuel of Crete and Parthenios. On this same day, the Third Sunday of the Fast, we keep the feast of the Veneration of the honorable and life-creating Cross. Every hard and strenuous work is accomplished with great difficulty, which appears especially in the middle of such work; for the effort in this performance brings with it fatigue which makes the accomplishment of the rest difficult. Having arrived with God's grace at the middle of the Fast, our compassionate Mother—the Holy Orthodox Church—thought fit to reveal to us the Holy Cross as the joy of the world and power of the faithful to help us carry on the struggles of the divine Fast. By its power, O Christ God, preserve us from the crafty designs of the evil one and account us worthy to worship Thy divine Passion and life-giving Resurrection, as we achieve the course of the Forty Days with ease, and have mercy on us, as Thou alone art good and the Lover of mankind. Amen.