



Saint Mary Orthodox Church

Antiochian Orthodox Christian Archdiocese of America

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

Sunday, March 8th, 2020

First Sunday of Great Lent and Sunday of Orthodoxy
Theophylact the Confessor, bishop of Nicomedia; Apostle Hermas of the Seventy

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!

هلم لنسجد ونركع للمسيح ملكنا والهنا، خلصنا يا ابن الله يا من قام من بين الاموات، لنرتل لك هلوليا!

Troparion of the Resurrection (Tone Five)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

لنُسبِّحُ نحن المؤمنين ونسجدُ للكلمة. المساوي للأب والروح في الازليّة وعدم الابتداء. المولود من العذراء لخلصنا. لأنه سرّ وارتضى بالجسد أن يعلو على الصليب. ويحتلم الموت وينهض الموتى بقيامته المجيدة.

Troparion of the First Sunday of Lent (Tone Two)

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by thine own will thou didst ascend the Cross in thy body, to save thy creatures from the bondage of the enemy. Thou hast verily filled all with joy, since thou didst come, O our Savior, to save the world.

لصورتك الطاهرة نسجد أيها الصالح، مستمدين مغفرة الخطايا أيها المسيح ألها. لأن بمشيئتك سررت أن تصعد بالجسد على الصليب، لتنجي الذين خلقت من عبودية العدو. فلذلك نهتف اليك بشكر: قد املأت الكل فرحا يا مخلصنا إذ أتيت لتخلص العالم.

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.

في ميلادك حفظت البتولية وصننتها وفي رقادك ما أهملت العالم وتركته يا والدة الإله. لأنك انتقلت إلى الحياة بما أنك أم الحياة. فبشفاعاتك أنقذي من الموت نفوسنا.

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.”

إني أنا عبدك يا والدة الإله، اكتب لك رايات الغلبة يا جندية مُحامية. وأقدم لك الشكر كمنقذة من الشدائد.
لكن بما أن لك العزة التي لا تُحارب، أعتقنا من صنوف الشدائد. حتى أصرخ إليك: إفرحي يا عروساً لا
عروس لها!

Epistle for the First Sunday of Lent

*Blessed are thou, O Lord, the God of our Fathers!
For thou art just in all that thou hast done to us!*

The Reading is from St. Paul's Letter to the Hebrews (11:24-26, 32-40).

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets; who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

مبارك أنت يارب الله آبائنا!

لأنك عادل في كل ما صنعت بنا!

فصل من رسالة القديس بولس الرسول إلى العبرانيين
(٤٠-٣٢، ٢٦-٢٤: ١١).

يا إخوة بالإيمان موسى لما كبر أبى أن يدعى ابناً لابنة فرعون * مختاراً الشقاء مع شعب الله على التمتع الوقتي بالخطيئة * وماذا أقول أيضاً. إنه يضيق بي الوقت إن أخبرت عن جدعون وباراق وشمشون ويفتاح وداود وصموئيل والأنبياء * الذين بالإيمان قهروا الممالك وعملوا البر ونالوا المواعد وسدوا أفواه الأسود * وأطفأوا جده النار ونجوا من حد السيف وتوقوا من ضعف وصاروا أشداء في الحرب وكسروا معسكرات الأجانب * وأخذت نساء أمواتهن بالقيامة وعذب آخرون بتوتير الأعضاء والضرب ولم يقبلوا بالنجاة ليحصلوا على قيامة أفضل * وآخرون ذاقوا الهزة والجلد والقيود أيضاً والسجن * ورجموا ونشروا وامتحنوا وماتوا بحد السيف. وسأخوا في جلود غنم ومعز وهم معوزون مضايئون مجهودون * (ولم يكن العالم مستحقاً لهم) وكانوا تائبين في البراري والجبال والمغاور وكهوف الأرض * فهؤلاء كلهم مشهوداً لهم بالإيمان لم ينالوا الموعد * لأن الله سبق فنظر لنا شيئاً أفضل أن لا يكملوا بدوننا.

Gospel for the First Sunday of Lent

The Reading is from the Holy Gospel according to St. John (1:43-51).

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

فصل شريف من بشارة القديس يوحنا الإنجيلي البشير،
التلميذ الطاهر (٥١-٤٣:١).

في ذلك الزمان أراد يسوع الخروج إلى الجليل فوجد فيلبس فقال له اتبعني * وكان فيلبس من بيت صيدا من مدينة اندراوس وبطرس * فوجد فيلبس نثنائيل فقال له إن الذي كتبت عنه موسى في الناموس والأنبياء قد وجدناه وهو يسوع بن يوسف الذي من الناصرة * فقال له نثنائيل من الناصرة يمكن أن يكون شيء صالح * فقال له فيلبس تعال وانظر * فرأى يسوع نثنائيل مقبلاً إليه فقال عنه هوذا إسرائيلي حقاً لا غش فيه * فقال له نثنائيل من أين تعرفني. أجاب يسوع وقال له قبل أن يدعوك فيلبس وأنت تحت التينة رأيتك * أجاب نثنائيل وقال له يا معلم أنت ابن الله أنت ملك إسرائيل * أجاب يسوع وقال له لأنني قلت لك إني رأيتك تحت التينة آمنت. إنك ستعابن أعظم من هذا * وقال له الحق الحق أقول لكم إنكم من الآن ترون السماء مفتوحة، وملائكة الله يصعدون وينزلون على ابن البشر.

Megalynarion for the Theotokos from the Liturgy of St. Basil the Great (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.

إن البرايا بأسرها تفرح بك يا ممتلئة نعمة، محافل الملائكة وأجناس البشر، أيتها الهيكل المتقدس والفردوس الناطق، فخر البتولية مريم التي منها تجسد الإله وصار طفلاً وهو الإله الذي قبل الدهور، لأنه صنع مستودعك عرشاً وجعل بطنك أرحب من السماوات، لذلك يا ممتلئة نعمة تفرح بك كل البرايا وتمجدك.

SOYO

40 Day Memorial

Jamileh Shaheen

Removal of Crowns

David & Indira Castronova

Newborn

Celine

Parents: Ronnie & Lurice

Tadros

YAM

Epistle Readers

3/8/20- Nancy Cannon &

Lily Sweiss

3/15/20- Kh. Delia Haddad &

Isberans Hadwah

Teen SOYO Night every Wednesday at 6:30pm

Adult Sunday School every Sunday after Liturgy

Catechism Class every Saturday from 6:00pm to 7:00pm. Everyone is welcome to attend.

Antiochian Women

Coffee Hour

3/8/20- Khaled and Samira

Tadros & Family

3/15/20- Karim and Isberans

Hadwah & Family

3/22/20- Antiochian Women

Spinach Pie Sale -Sunday, March 15th

Antiochian Women Meeting

Tuesday, March 31st at 7pm

Sunday School

** Please visit*

*www.stmaryoc.org to view
the complete online bulletin
which includes all of the
events and details.*

Sunday of Orthodoxy ~ bring your icons

Every Sunday starting at 10:00am with Divine Liturgy

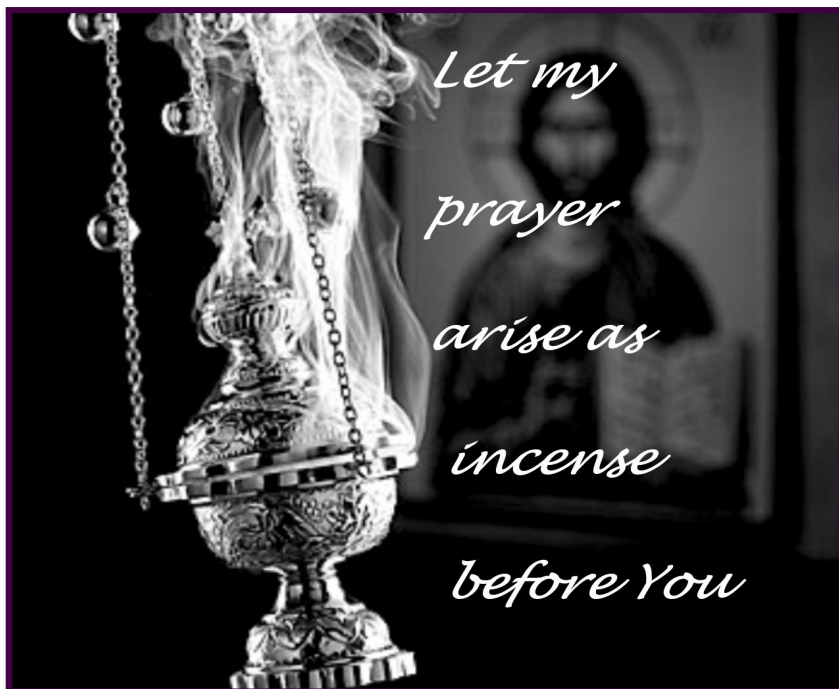
Upcoming Events

Date	Time	Event
3/5/2020	7:00pm	Great Compline w/ Canon of St. Andrew
3/6/2020	10:00am	Presanctified Liturgy
	7:00pm	1st Akathist (Madayeh) w/potluck
3/7/2020	10:45am	Arabic School
	5:00pm	Great Vespers
	6:00pm	Adult Catechism
3/8/2020	8:45am	Orthros
	10:00am	Divine Liturgy
		Sunday School
	6:30pm	Sunday of Orthodoxy Vespers - St. George Orthodox Church
3/9/2020	7:00pm	Great Compline
3/11/2020	10:00am	Morning Prayers
	10:30am	Arabic Bible Study
	6:30pm	SOYO Night
		Presanctified Liturgy - St. Luke OCA, 10700 Kean Ave., Palos Hills
3/13/2020	10:00am	Presanctified Liturgy
	7:00pm	2nd Akathist (Madayeh) w/potluck
3/14/2020	10:45am	Arabic School
	5:00pm	Great Vespers
	6:00pm	Adult Catechism
3/15/2020	8:45am	Orthros
	10:00am	Divine Liturgy
		Sunday School
	11:30am	Spinach Pie Sale - Antiochian Women
3/16/2020	7:00pm	Great Compline

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.

Pan-Orthodox Presanctified Liturgies of the Southwest Churches 2020



St. Luke Orthodox Church (OCA)
10700 S. Kean Ave
Palos Hills, IL 60465

Sts. Peter & Paul Orthodox Church (OCA)
6980 S. County Line Rd.
Burr Ridge, IL 60527

Sts. Peter & Paul Ukrainian Orthodox Church
8410 W. 131st St.
Palos Park, IL 60464

St. Mary Antiochian Orthodox Church
6330 W. 127th St.
Palos Heights, IL 60463

The Orthodox churches of the Southwest will come together to celebrate the Presanctified Liturgies on the Wednesdays listed below at 6:30pm. Each parish will take turns to welcome local Orthodox clergy and laity and provide a Lenten Potluck dinner following the Liturgy. Also, a brief Lenten reflection will be offered by one of our priests. Please mark your calendars with the schedule below.

“Behold, how good and how pleasant it is for brethren to dwell together in unity.” Psalm 133:1

Date (at 6:30pm)	Host Parish	Reflection
Wednesday, March 11th	St. Luke OCA	Fr. Herman Kincaid
Wednesday, March 18th	Sts. Peter & Paul OCA	Fr. Jacob Andoun
Wednesday, April 1st	Sts. Peter & Paul Ukrainian	Fr. Paul Jannakos
Wednesday, April 8th	St. Mary Antiochian	Fr. Vasyl Sendeha

Lent & Holy Week Services 2020 خدمات الصيام والاسبوع العظيم

March 5 آذار	Thursday: Great Compline w/ Canon to St. Andrew الخميس: صلاة النوم الكبرى	7:00pm مساء
March 6 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Akathist w/ Potluck Dinner خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 7 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 8 آذار	Divine Liturgy for the 1st Sunday of Lent القداس الإلهي للأحد الأول من الصوم	10:00am صباحا
March 9 آذار	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
March 11 آذار	Wednesday: Pan-Orthodox Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه St. Luke Orthodox Church (OCA) 10700 S Kean Ave. Palos Hills, IL 60465	6:30pm مساء
March 13 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Akathist w/ Potluck Dinner خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 14 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 15 آذار	Divine Liturgy for the 2nd Sunday of Lent القداس الإلهي للأحد الثاني من الصوم	10:00am صباحا
March 16 آذار	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
March 18 آذار	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه Sts. Peter & Paul Orthodox Church (OCA) 6980 S. County Line Rd. Burr Ridge, IL 60527	6:30pm مساء
March 20 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Akathist w/ Potluck Dinner خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 21 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 22 آذار	Divine Liturgy for the 3rd Sunday of Lent القداس الإلهي للأحد الثالث من الصوم	10:00am صباحا

Lent & Holy Week Services 2020 خدمات الصيام والاسبوع العظيم

March 23 آذار	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	7:00pm مساء
March 24 آذار	Great Vespers for the Annunciation w/Artoklasia صلاة الغروب لعيد البشارة	7:00pm مساء
March 25 آذار	Orthros for the Annunciation صلاة السحر لعيد البشارة Liturgy for the Annunciation خدمة القديس لعيد البشارة	9:00am صباحا 10:00am صباحا
March 27 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القديس السابق تقديسه Akathist w/ Potluck Dinner خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 28 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 29 آذار	Divine Liturgy for the 4th Sunday of Lent القديس الإلهي للأحد الرابع من الصوم	10:00am صباحا
March 30 آذار	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	7:00pm مساء
April 1 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القديس السابق تقديسه Sts. Peter & Paul Ukrainian 8410 W 131st St, Palos Park, IL 60464	6:30pm مساء
April 2 نيسان	Thursday: Little Compline w/ Canon of St. Andrew and life of St. Mary of Egypt الخميس: صلاة النوم الصغرى مع قانون القديس اندراوس وسيرة القديسة مريم المصرية	7:00pm مساء
April 3 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القديس السابق تقديسه Akathist w/ Potluck Dinner خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
April 4 نيسان	Great Vespers صلاة الغروب	5:00pm مساء
April 5 نيسان	Divine Liturgy for the 5th Sunday of Lent القديس الإلهي للأحد الرابع من الصوم	10:00am صباحا
April 6 نيسان	Monday: Great Compline الإثنتين: صلاة النوم الكبرى	7:00pm مساء
April 8 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القديس السابق تقديسه Hosted by: St. Mary Orthodox Church	6:30pm مساء
April 10 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القديس السابق تقديسه Little Compline w/ Canon to Lazarus قانون سبت اليعازر	10:00am صباحا 7:00pm مساء

Lent & Holy Week Services 2020 خدمات الصيام والاسبوع العظيم

April 11 نيسان	<p>Saturday: Lazarus Saturday Orthros السبت: صلاة السحر لسبت اليعازر</p> <p>Lazarus Saturday Liturgy القداس لسبت اليعازر</p> <p>Great Vespers for Palm Sunday w/ Artoklasia صلاة الغروب لعيد الشعانين</p>	<p>9:00am صباحا</p> <p>10:00am صباحا</p> <p>5:00pm مساء</p>
April 12 نيسان	<p>Sunday: Palm Sunday Liturgy الأحد: خدمة القداس لعيد الشعانين</p> <p>1st Bridegroom Service الختن الأولى</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 13 نيسان	<p>Monday: Pre-Sanctified Liturgy الإثنين: القداس السابق تقديسه</p> <p>2nd Bridegroom Service الختن الثانية</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 14 نيسان	<p>Tuesday: Pre-Sanctified Liturgy الثلاثاء: القداس السابق تقديسه الثالثة</p> <p>3rd Bridegroom Service الختن الثالثة</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 15 نيسان	<p>Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه</p> <p>4th Bridegroom Service الختن الرابعة</p> <p>Holy Unction Service صلاة الزيت المقدس</p>	<p>10:00am صباحا</p> <p>5:00pm مساء</p> <p>7:00pm مساء</p>
April 16 نيسان	<p>Thursday: Vespereal Liturgy of St. Basil الخميس: قداس باسيليوس الكبير</p> <p>Twelve Passion Gospels خدمة أناجيل الآلام الإثني عشر</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
April 17 نيسان	<p>Friday: Royal Hours الجمعة: خدمة الساعات</p> <p>Taking Down From the Cross خدمة انزال المصلوب</p> <p>Lamentations جناز المسيح</p> <p>(HOLY FRIDAY All-Night VIGIL to follow سهرانية الجمعة العظيمة)</p>	<p>10:00am صباحا</p> <p>3:00pm مساء</p> <p>7:00pm مساء</p>
April 18 نيسان	<p>Saturday: Vespereal Liturgy of St. Basil السبت: قداس سبت النور</p> <p>Rush Procession & Matins followed by Paschal Liturgy</p> <p>سحرية العيد، الهجمة و قداس القيامة</p>	<p>10:00am صباحا</p> <p>10:00pm مساء</p>
April 19 نيسان	<p>Sunday: Agape Vespers الأحد: صلاة الباعوث</p>	<p>1:30pm ظهرا</p>

His Eminence
The Most Reverend
Metropolitan JOSEPH



Archbishop of New York and
Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

March 8, 2020

To Be Read from the Pulpit and Printed in the Bulletin

Reverend Fathers, Esteemed Members of the Parish Council, and Beloved Faithful:

Greetings and blessings to you in the Name of Our Lord, God, and Savior, Jesus Christ!

I pray that, having completed the first week of the fast, you have been strengthened by the beautiful services and fasting discipline in order to complete the rest of this holy journey.

The Sunday of Orthodoxy is a day of triumph of correct doctrine over error and of truth over falsehood, of right over wrong. Sadly, in our current world, error too often trumps truth, falsehood overshadows correct doctrine and right and wrong are mixed up in the name of “love” of “political correctness” of “inclusiveness” and other well-intentioned, but misguided theology and secular laws. Therefore, each year on this day, it is meet and right that we ask the faithful to contribute towards the education and formation of our young men studying for the holy priesthood so that they may both teach defend the faith “once and for all delivered to the saints” to our faithful and as witnesses to the world.

It is been a long-standing tradition in our archdiocese to give scholarships to our seminarians studying for the priesthood. They are answering a high-calling and giving of themselves to serve others. This often entails leaving family and friends behind along with their secular employment. As such, this is the least we can do to thank them for giving of themselves and to make sure that they enter this sacred ministry as debt-free as possible so that they may serve all of you without this additional distraction and burden. As you are undoubtedly aware, the cost of education continues to rise. We therefore ask that you give generously to keep our seminarian scholarship account well-funded so that we might, in turn, provide for those who will someday provide for and serve all of you.

Wishing you all a holy and spirit-building Fast, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style with a long horizontal stroke at the end.

+JOSEPH

Archbishop of New York and Metropolitan of all North America

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

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

TRIUMPH OF ORTHODOXY PAN ORTHODOX VESPERS

*Sponsored by
THE ORTHODOX CHRISTIAN CLERGY ASSOCIATION OF GREATER CHICAGO*



**6:30 p.m.
Sunday, March 08, 2020**

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

**Homilist:
V. Rev. Fr. Dr. Milos M. Vesin**

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

St. Mary's Orthodox Church
2020 Easter Flower Donation

For the Health of:

In Memory of:

From: _____

Amount: _____

Thank you for your support!



St. Mary's Antiochian Women Kaek and Mamoul Sale

Name: _____ Phone #: _____

Full Sheet - \$40
_____ Mix

صينية حجم كبير - \$٤٠
_____ مختلطة

Half Sheet -\$30

_____ Kaek

_____ Mix

صينية حجم متوسط - \$٣٠

_____ كعك

_____ مختلطة

Half Sheet -\$30

_____ Pistachio Mamoul

صينية حجم متوسط - \$٣٠

_____ معمول بالفستق الحلبي

Orders need to be submitted no later than April 5th

If you have any questions call Saeda at 708-307-9906 or Rita at 773-510-4303



*Volunteers needed to help bake
Kaek and Mamoul on April
6th & 7th starting at 10 am.*

Food For Hungry People 2020

This year we celebrate **46 years of raising funds for our FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH Program.** Through your generosity, over \$6.1 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.



We are asking each Sunday School family to take home a box and help the FFHP reach their goal for 2020. Lent is not only about fasting, it is about helping those in need.

Let's make this 46th year the best ever!!!

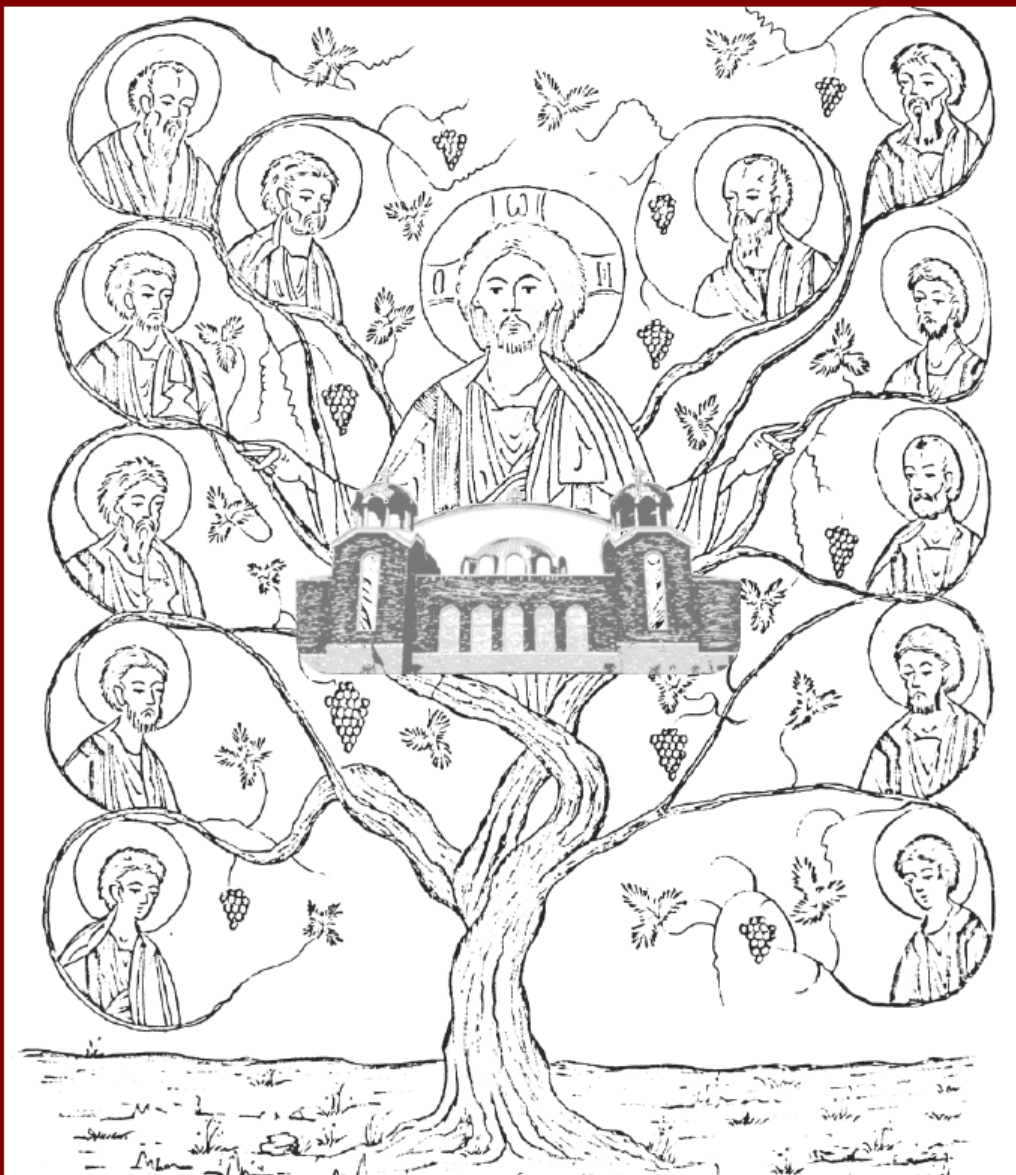
Last year we collected over \$200,000. With just a little extra effort from every parish we can reach our new goal of \$225,000.

His Eminence Metropolitan JOSEPH determines where the money is sent.

“When you see a poor person, remember the words of our Lord Jesus Christ by which He declared that it is He, Himself who is fed. For though that which appears be not Christ, yet in that person’s form, it is Christ Himself who receives and begs.”

St. John Chrysostom

St. Mary Orthodox Church of Palos Heights Adult Catechism Class with Fr. Jacob



Know Your Church

*15 talks about the
Orthodox Faith*

*Lectures adapted from
Fr. Josiah Trenham*

Every Saturday
6:00-7:00pm

January 4th–
April 18th 2020

This class is open to all adults who are desiring to learn and grow in the Orthodox Faith. The schedule is listed below. Please contact Fr. Jacob with any questions.

1/4/20	Starting Down the Royal Path: How to become an O. C.	3/7/20	The Church and the Mother of God
1/11/20	The True God	3/14/20	The Mystery of Holy Baptism & Chrismation
1/18/20	The Human Being	3/21/20	The Mystery of Holy Confession
1/25/20	Sin	3/28/20	The Mystery of the Holy Eucharist
2/1/20	Jesus Christ the Son of God	4/4/20	The Mystery of Holy Unction, Death and the Funeral
2/8/20	Jesus Christ the Savior of the World	4/11/20	The Mystery of Holy Priesthood & Marriage
2/15/20	Repentance and Faith	4/18/20	(Baptism/Chrismation) Holy Saturday
2/29/20	The Holy Spirit		

" For GOD did not send His Son into the world to condemn the world, but that the world through Him might be saved" John 3:17

Due By March 8th, 2020

Creative Arts

Art, Poetry, Writing, Photo and more
art & creativity

For More INFO Contact:

Manar Janinah: 708-248-0078

Marram Salman: 708-307-7473





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 First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor. This restoration was accomplished in the year 842. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches. O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen.