



Saint Mary Orthodox Church

Antiochian Orthodox Christian Archdiocese of North 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 15th, 2020

Second Sunday of Great Lent

St. Gregory Palamas Bishop of Thessalonica

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 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.

إن القوات الملائكية ظهوروا على قبرك الموقر. والحراس صاروا كالأموات. ومريم وقفت عند القبر طالبةً جسدك الطاهر. فسبيت الجحيم ولم تجرب منها وصادفت البتول يا مانحاً الحياة. فيامن قمت من بين الأموات يارب المجدلك.

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.

لصورتك الطاهرة نسجد أيها الصالح، مستمدين مغفرة الخطايا أيها المسيح الهنا. لأن بمشيئتك سررت أن تصعد بالجسد على الصليب، لتتجى الذين خلقت من عبودية العدو. فلذلك نهتف اليك بشكر: قد امألت 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 حفزت البتولية وصنيتها 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 لي رايات الغلبة يا جنديّة 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 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, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent 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 .

أنت يا رب تحفظنا وتسنننا

خلصني يا رب فإن البار قد فني

*فصل من رسالة القديس بولس الرسول إلى
العبرانيين (١:١٠-٢:٣)*

أنت يا رب في البدء أسست الأرض والسموات هي
صنع يديك * وهي تزول وأنت تبقى وكلها تبلى
كالثوب * وتطويها كالرداء فتتغير وأنت أنت وسنوك
لن تفنى * ولمن من الملائكة قال قط اجلس عن
يميني حتى اجعل أعداءك موطئاً لقدميك * أليسوا
جميعهم أرواحاً خادمة ترسل للخدمة من أجل الذين
سيرثون الخلاص * فلذلك يجب علينا أن نصغي إلى
ما سمعناه إصغاءً أشد لئلا يسرب من أذهاننا * فإنها
إن كانت الكلمة التي نطق بها على السنة ملائكة قد
ثبتت وكل تعدي ومعصية نال جزاء عدلاً * فكيف نفلت
نحن إن أهملنا خلاصاً عظيماً كهذا قد ابتدأ النطق به
على لسان الرب ثم ثبتته لنا الذين سمعوه.

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!"

*فصل شريف من بشارة القديس مرقس الإنجيلي
البشير، التلميذ الطاهر (١٢-١:٢)*

في ذلك الزمان دخل يسوع كفرناحوم وسمع أنه في بيت * فللوقت اجتمع كثيرون حتى أنه لم يعد موضع ولا ما حول الباب يسع وكان يخاطبهم بالكلمة * فأتوا إليه بمخلع يحمله أربعة * وإذ لم يقدرُوا أن يقتربوا إليه لسبب الجمع كشفوا السقف حيث كان. وبعد ما نهبوه دلو السرير الذي كان المخلع مضطجعا عليه * فلما رأى يسوع إيمانهم قال للمخلع يا بني مغفورة لك خطاياك * وكان قوم من الكتبة جالسين هناك يفكرون في قلوبهم ما بال هذا يتكلم هكذا بالتجديف. من يقدر أن يغفر الخطايا إلا الله وحده * فللوقت علم يسوع بروحه أنهم يفكرون هكذا في أنفسهم فقال لهم لماذا تفكرون بهذا في قلوبكم * ما الأيسر أن يقال مغفورة لك خطاياك أم أن يقال قم واحمل سريرك وامش * ولكن لكي تعلموا أن ابن البشر له سلطان على الأرض أن يغفر الخطايا (قال للمخلع) لك أقول قم واحمل سريرك واذهب إلى بيتك * فقام للوقت وحمل سريرته وخرج أمام الجميع حتى دهش كلهم ومجدوا الله قائلين ما رأينا مثل هذا قط.

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

Teen SOYO Night every Tuesday at 6:30pm
during Great Lent

YAM

Adult Sunday School every Sunday after Liturgy

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

Antiochian Women

Spinach Pie Sale -Sunday, March 15th

Antiochian Women Meeting
Tuesday, March 31st at 7pm

Sunday School

Every Sunday starting at 10:00am with Divine
Liturgy

Epistle Readers

3/15/20- Kh. Delia Haddad &
Isberans Hadwah

3/22/20- Marram Salman &
Muna Salman

Coffee Hour

3/15/20- Karim and Isberans
Hadwah & Family

3/22/20- Ayed and Nour Al-
Farah & Family

3/29/20- Antiochian Women

** Please visit*

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

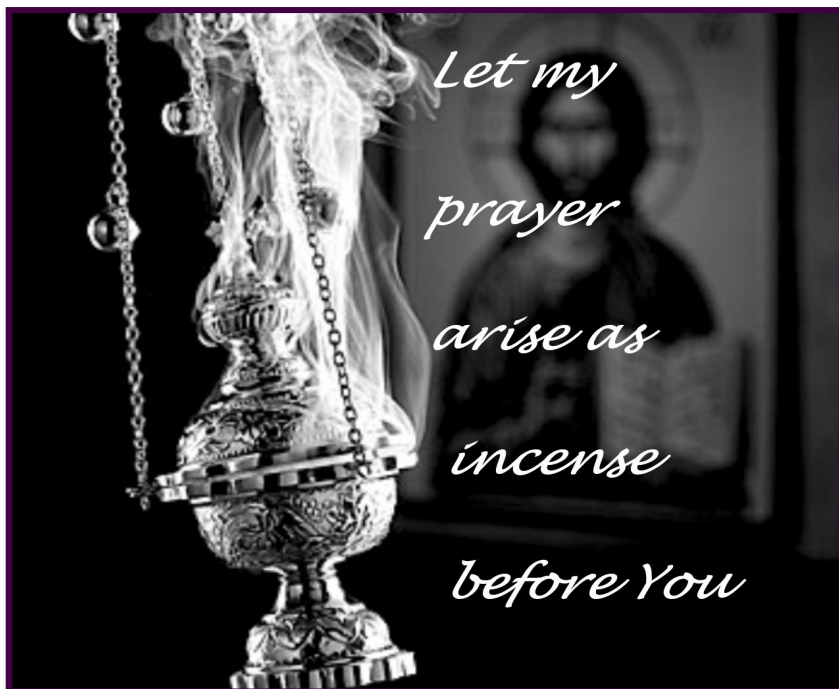
Upcoming Events

Date	Time	Event
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
3/17/2020	6:30pm	Teen SOYO Night
3/18/2020	10:00am	Morning Prayers
	10:30am	Arabic Bible Study
	6:30pm	Presanctified Liturgy - Sts. Peter & Paul OCA, 6980 S. County Line
3/20/2020	10:00am	Presanctified Liturgy
	7:00pm	3rd Akathist (Madayeh) w/potluck
3/21/2020	10:45am	Arabic School
	5:00pm	Great Vespers
	6:00pm	Adult Catechism
3/22/2020	8:45am	Orthros
	10:00am	Divine Liturgy
		Sunday School
	11:30am	Lenten Bake Sale - Antiochian Women
3/23/2020	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

خدمات الصيام والاسبوع العظيم 2020 Lent & Holy Week Services

آذار 13 March	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy خدمة مديح والدة الإله Akathist w/ Potluck Dinner	صباحا 10:00am مساء 7:00pm
آذار 14 March	صلاة الغروب Great Vespers	مساء 5:00pm
آذار 15 March	القداس الإلهي للأحد الثاني من الصوم Divine Liturgy for the 2nd Sunday of Lent	صباحا 10:00am
آذار 16 March	الإثنين: صلاة النوم الكبرى Monday: Great Compline	مساء 7:00pm
آذار 18 March	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy Sts. Peter & Paul Orthodox Church (OCA) 6980 S. County Line Rd. Burr Ridge, IL 60527	مساء 6:30pm
آذار 20 March	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy خدمة مديح والدة الإله Akathist w/ Potluck Dinner	صباحا 10:00am مساء 7:00pm
آذار 21 March	صلاة الغروب Great Vespers	مساء 5:00pm
آذار 22 March	القداس الإلهي للأحد الثالث من الصوم Divine Liturgy for the 3rd Sunday of Lent	صباحا 10:00am
آذار 23 March	الإثنين: صلاة النوم الكبرى Monday: Great Compline	مساء 7:00pm
آذار 24 March	صلاة الغروب لعيد البشارة Great Vespers for the Annunciation w/Artoklasia	مساء 7:00pm
آذار 25 March	صلاة السحر لعيد البشارة Orthros for the Annunciation خدمة القداس لعيد البشارة Liturgy for the Annunciation	صباحا 9:00am صباحا 10:00am
آذار 27 March	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy خدمة مديح والدة الإله Akathist w/ Potluck Dinner	صباحا 10:00am مساء 7:00pm
آذار 28 March	صلاة الغروب Great Vespers	مساء 5:00pm
آذار 29 March	القداس الإلهي للأحد الرابع من الصوم Divine Liturgy for the 4th Sunday of Lent	صباحا 10:00am

Lent & Holy Week Services 2020 خدمات الصيام والاسبوع العظيم

March 30 آذار	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
April 1 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس 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: القداس 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 القداس الإلهي للأحد الرابع من الصوم	10:00am صباحا
April 6 نيسان	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
April 8 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه Hosted by: St. Mary Orthodox Church	6:30pm مساء
April 10 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Little Compline w/ Canon to Lazarus قانون سبت اليعازر	10:00am صباحا 7:00pm مساء
April 11 نيسان	Saturday: Lazarus Saturday Orthros السبت: صلاة السحر لسبت اليعازر Lazarus Saturday Liturgy القداس لسبت اليعازر Great Vespers for Palm Sunday w/ Artoklasia صلاة الغروب لعيد الشعانين	9:00am صباحا 10:00am صباحا 5:00pm مساء
April 12 نيسان	Sunday: Palm Sunday Liturgy الأحد: خدمة القداس لعيد الشعانين 1st Bridegroom Service الختن الأولى	10:00am صباحا 7:00pm مساء
April 13 نيسان	Monday: Pre-Sanctified Liturgy الإثنين: القداس السابق تقديسه 2nd Bridegroom Service الختن الثانية	10:00am صباحا 7:00pm مساء
April 14 نيسان	Tuesday: Pre-Sanctified Liturgy الثلاثاء: القداس السابق تقديسه الثالثة 3rd Bridegroom Service الختن الثالثة	10:00am صباحا 7:00pm مساء

Lent & Holy Week Services 2020 خدمات الصيام والاسبوع العظيم

نيسان 15 April	<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>
نيسان 16 April	<p>Thursday: Vespertal 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>
نيسان 17 April	<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>
نيسان 18 April	<p>Saturday: Vespertal Liturgy of St. Basil السبت: قداس سبت النور</p> <p>Rush Procession & Matins followed by Paschal Liturgy</p> <p>سحرية العيد، الهجمة وقداس القيامة</p>	<p>10:00am صباحا</p> <p>10:00pm مساء</p>
نيسان 19 April	<p>Sunday: Agape Vespers الأحد: صلاة الباعوث</p>	<p>1:30pm ظهرا</p>

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!!!

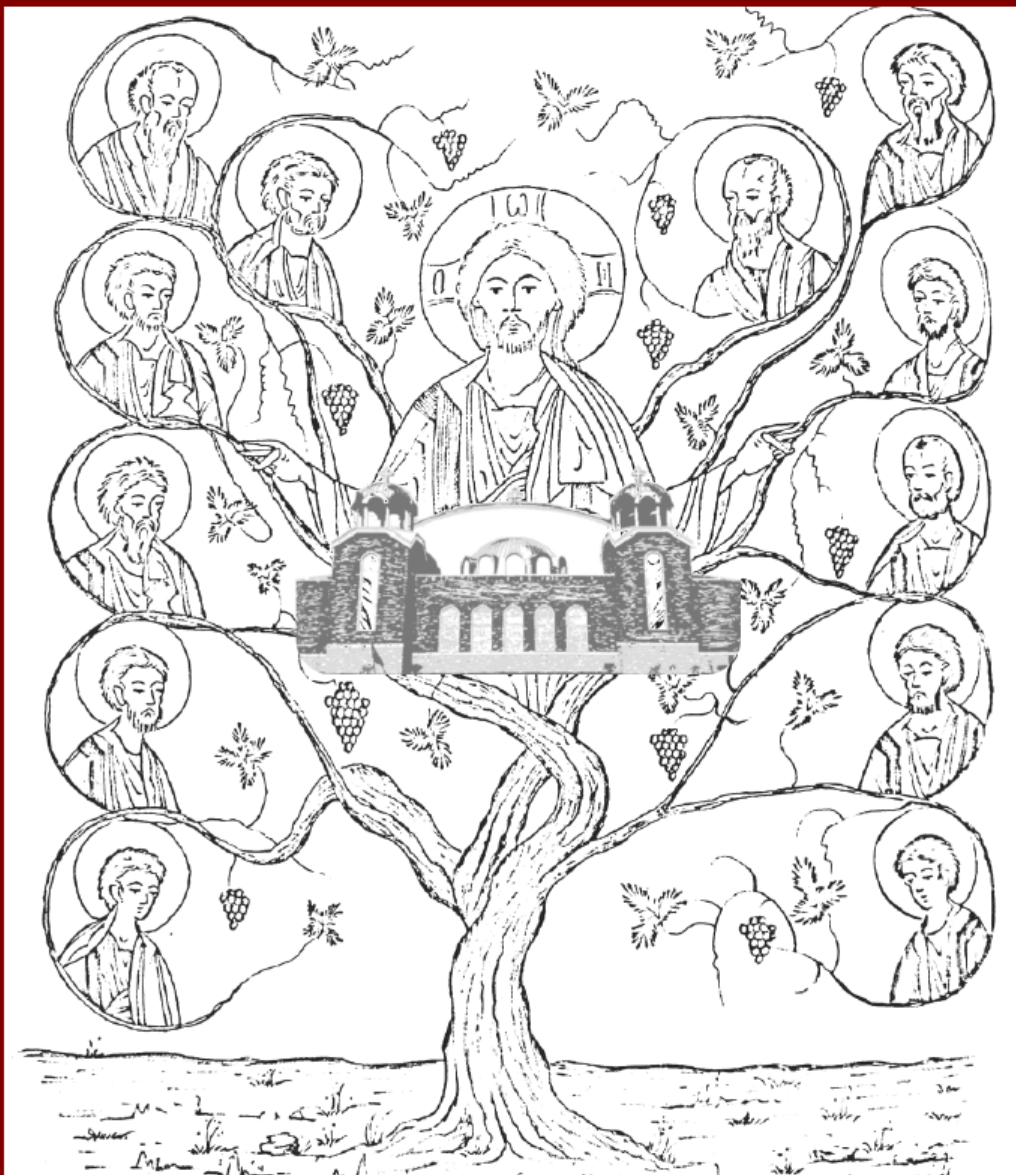
Last year we collected over \$200,000. With just a little extra effort from every parish we can reach our new goal of \$225,000.

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*

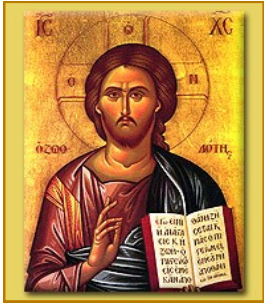
*Lectures adapted from
Fr. Josiah Trenham*

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		



Weekly Synaxarion



On March 15 in the Holy Orthodox Church, we commemorate the Martyr Agaprios 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 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.