



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 22nd, 2020

Third Sunday of Great Lent and the Adoration of the Holy Cross

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!

هَلُمَّ لِنَسْجُدْ وَنَرْكَعْ لِلْمَسِيحِ مَلَكُنَا وَالْهَنَا، خَلَصْنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِ لَكَ هَلْلُويَا!

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.

حَطَمْتَ بِصَلِيبِكَ الْمَوْتَ وَفَتَحْتَ لِلصِّ الْفَرْدُوسَ. وَحَوَّلْتَ نَوْحَ حَامِلَاتِ الطَّيِّبِ إِلَى فَرْحٍ. وَأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزُوا مُنْذِرِينَ، بِأَنَّكَ قَدْ قُمْتَ أَيُّهَا الْمَسِيحُ الْإِلَهَ. مَا نَحْأَ الْعَالَمَ الرَّحْمَةَ الْعَظْمَى.

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!

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاتِكَ، وَامْنَحْ عِبِيدِكَ الْمُؤْمِنِينَ الْغَلْبَةَ عَلَى الْأَعْدَاءِ. وَاحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ!

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.

فِي مِيلَادِكَ حَفِظْتَ الْبَتُولِيَّةَ وَصَنَنْتَهَا وَفِي رَقَادِكَ مَا أَهْمَلْتِ الْعَالَمَ وَتَرَكْتِهِ يَا وَالِدَةَ الْإِلَهَ. لِأَنَّكَ انْتَقَلْتِ إِلَى الْحَيَاةِ بِمَا أَنَّكَ أُمُّ الْحَيَاةِ. فَبِشَفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

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."

إِنِّي أَنَا عَبْدُكَ يَا وَالِدَةَ الْإِلَهَ، اكْتُبْ لِي رَايَاتِ الْغَلْبَةِ يَا جَنْدِيَّةَ مُحَامِيَّةٍ. وَأُقَدِّمُ لَكَ الشُّكْرَ كَمُنْقِذَةٍ مِنَ الشَّدَائِدِ. لَكِنْ بِمَا أَنَّ لَكَ الْعِرَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِينِي مِنَ صُنُوفِ الشَّدَائِدِ. حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا عَرُوساً لَا عَرُوسَ

Third Sunday of Great Lent The Adoration of the Holy Cross



In place of the Trisagion, the following is sung for the Holy Cross (Tone Two):
Before thy Cross, we bow down in worship, O Master; and thy Holy Resurrection we glorify.
(3X)

لصليبك يا سيدنا نسجد، ولقيامتك المقدسة نمجد.

Epistle for the Third Sunday of Lent and the Adoration of the Holy Cross

O Lord, save thy people and bless thine inheritance!

To thee, 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."

خَلَّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ!

إِلَيْكَ يَا رَبُّ أَصْرُحُ، يَا إِلَهِي!

فصل من رسالة القديس بولس الرسول إلى
العبرانيين (٤:١٤-٥:٦).

يا إخوة إذ لنا رئيس كهنة عظيم قد اجتاز السماوات
يسوع ابن الله فلنتمسك بالاعتراف * لأن ليس لنا
رئيس كهنة غير قادر أن يرثي لأوهاننا بل مجرب
في كل شيء مثلنا ما خلا الخطيئة * فلنقبل إذن بثقة
إلى عرش النعمة لننال رحمة ونجد ثقة للإغاثة في
أوانها * فإن كل رئيس كهنة متخذ من الناس يُقام
لأجل الناس فيما هو لله ليُقرب تقادم وذبايح عن
الخطايا في إمكانه أن يُشفق على الذين يجهلون
ويضلون لكونه هو أيضاً متلبساً بالضعف * ولهذا
يجب عليه أن يُقرب عن الخطايا لأجل نفسه كما
يُقرب لأجل الشعب * وليس أحد يأخذ لنفسه الكرامة
بل من دعاه الله كما دعا هارون * كذلك المسيح لم
يُجد نفسه ليصير رئيس كهنة بل الذي قال له أنت
ابني وأنا اليوم ولدتك. كما يقول في موضع آخر أنت
كاهن إلى الأبد على رتبة ملكيصادق .

Gospel for the Third Sunday of Lent and the Adoration of the Holy Cross

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

The Lord said, "If any man 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 the 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."

فصل شريف من بشارة القديس مرقس الإنجيلي
البشير، التلميذ الطاهر (٨:٣٤؛ ٩:١).

قال الرب من أراد أن يتبعني فليكفر بنفسه ويحمل صليبه ويتبعني لأن من أراد أن يخلص نفسه يهلكها ومن أهلك نفسه من أجلي ومن أجل الإنجيل يخلصها * فإنه ماذا ينتفع الإنسان لو ربح العالم كله وخسر نفسه * أم ماذا يعطي الإنسان فداء عن نفسه * لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء * يستحي بي ابن البشر متى أتى في مجد أبيه مع الملائكة القديسين * وقال لهم الحق أقول لكم إن قوماً من القائمين ههنا لا يذوقون الموت حتى يروا ملكوت الله قد أتى بقوة.

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 وتُمددك.

Koinonikon for the Third Sunday of Lent (Tone Eight)

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

لقد رسمت علينا نور وجهك يا رب. هليلويا!

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!

خلص يارب شعبك وبارك ميراثك، وامنح عبديك المؤمنين الغلبة على الأعداء. واحفظ بقوة صليبك جميع

المختصين بك!

After the Liturgy, we will have the procession of the Holy Cross 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.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاتَكَ، وَاْمِنْحْ عِبِيدِكَ الْمُؤْمِنِينَ الْغَلْبَةَ عَلَى الْأَعْدَاءِ. وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ

الْمَخْتَصِّينَ بِكَ!

لصليبك يا سيدنا نسجد، ولقيامتك المقدسة نمجد.

1 Year Memorial

Wardieh Jiries Smeirat

Memory Eternal!

Upcoming Services (Livestreamed)

Date	Time	Event
3/20/2020	7:00pm	3rd Akathist (Madayeh)
3/22/2020	8:45am	Orthros
	10:00am	Divine Liturgy
3/25/2020	9:00am	Orthros for the Annunciation
	10:00am	Liturgy for the Annunciation
3/27/2020	7:00pm	4th Akathist (Madayeh)
3/29/2020	8:45am	Orthros
	10:00am	Divine Liturgy
4/03/2020	7:00pm	5th Akathist (Madayeh)

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.

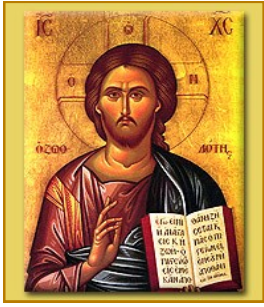
Let's make this 46th year the best ever!!!

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



Weekly Synaxarion



On March 22 in the Holy Orthodox Church, we commemorate the Hieromartyr Basil of Ancyra; Martyr Kalinika of Rome; and Venerable-martyr Euthymios of Prodromou Skete on Athos. 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.