



# 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 29<sup>th</sup>, 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!

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

### Troparion of the Resurrection (Tone Eight)

From the heights Thou didst descend, O Compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion. Thou art our life and our resurrection, O Lord, glory to Thee.

انحدرت من العلى أيها المتحنن. وقبّلت الدفنَ ذا الثلاثة الأيام، لكي تعتقنا من الآلام. فيا حياتنا وقيامتنا ياربُّ المجد لك.

### Troparion of St. John of the Ladder (Tone Eight)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundred-fold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John, intercede with Christ God to save our souls.

للبرية غير المثمرة بمجاري دموعك أمرعت، وبالتنهّذات التي من الأعماق أثمرت بأتعابك إلى مئة ضعف. فصرت كوكباً للمسكونة متلألئاً بالعجائب، يا أبانا البار يوحنا. فتشفع إلى المسيح الإله أن يخلص نفوسنا.

### 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 جنديةً مُحامية. وأقدم لك الشكر كمنقذة من الشدائد. لكن بما أن لك العزة التي لا تُحارب، أعتقيني من صنوف الشدائد. حتى أصرخ إليك: إفرحي يا عروساً لا عروس لها!

### Epistle of the Fourth Sunday of Lent

*The Lord will give strength to his people!*  
*The Lord will bless His people with peace!*  
**The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)**

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

الرَّبُّ يُعْطِي قُوَّةً لَشَعْبِهِ!  
الرَّبُّ يُبَارِكُ شَعْبَهُ بِالسَّلَامِ!  
فصلٌ من رسالة القديس بولس الرسول إلى  
العبرانيين (٦: ١٣-٢٠).  
يا إخوة، إن الله لما وعد إبراهيم، إذ لم يمكن أن يُقسِمَ  
بما هو أعظم منه، أقسم بنفسه \* قائلاً: لأبارككنك  
بركةً وأكثرتك كثيراً. \* وذلك إذ تأنى، نال الموعد \*  
وإنما الناس يُقسِمون بما هو أعظم منهم، وتنفضي  
كلُّ مشاجرة بينهم بالقسم للتثبيت \* فلذلك، لما شاء  
الله أن يزيد ورثة الموعد بياناً لعدم تحوّل عزمه،  
توسّط بالقسم \* حتى نحصل بأمرين لا يتحوّلان ولا  
يمكن أن يخلف الله فيهما على تعزية قويّة، نحن  
الذين التجأنا إلى التمسك بالرجاء الموضوع أمامنا. \*  
الذي هو لنا كمِرْساةٍ للنفسِ أمنيّةٍ راسخةٍ تدخل إلى  
داخل الحجاب، \* حيث دخل يسوع كسابق لنا وقد  
صار على رتبة ملكيصادق، رئيس كهنة إلى الأبد.

## Gospel of the Fourth Sunday of Lent

### The Reading is from the Holy Gospel according to St. Mark (9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

فصل شريف من بشارة القديس مرقس الإنجيلي  
البشير، التلميذ الطاهر (٣١-١٧ : ٩).

في ذلك الزمان، دنا إلى يسوع إنسان وسجد له قائلاً "يا معلم، قد أتيتك بابني، به روح أباكم. \* وحيثما أخذه يصرعه، فيزيد ويصرف بأسنانه ويبيس، وقد سألت تلاميذك أن يخرجوه فلم يقدروا." فأجابته قائلاً: "أيها الجيل الغير المؤمن، إلى متى أكون عندكم؟ حتى متى أحتلمكم؟ هلّم به إليّ." \* فاتوه به. فلما رآه للوقت صرعه الروح، فسقط على الأرض يتمرغ ويذب \* فسأل أباه: "منذ كم من الزمان أصابه هذا؟" \* فقال: "منذ صباه. \* وكثيراً ما ألقاه في النار وفي المياه ليهلكه. لكن إن استطعت شيئاً، فتحنن علينا وأغثنا" \* فقال له يسوع: "إن استطعت أن تؤمن، فكل شيء مستطاع للمؤمن." \* فصاح أبو الصبي من ساعته بدموع وقال: "إني أؤمن يا سيد، فأغث عدم إيماني." \* فلما رأى يسوع أن الجمع يتبادرون إليه، انتهر الروح النجس قائلاً له: "أيها الروح الأبكّم الأصم، أنا أمرك أن اخرج منه ولا تعدّ تدخل فيه." \* فصرخ وخبطه كثيراً وخرج منه، فصار كالميت، حتى قال كثيرون إنه قد مات. \* فأخذ يسوع بيده وأنهضه، فقام \* ولما دخل بيتاً، سأله تلاميذه على انفراد: "لماذا لم نستطع نحن أن نخرجه؟" \* فقال لهم: "إن هذا الجنس لا يمكن أن يخرج بشيء إلا بالصلاة والصوم." \* ولما خرجوا من هناك، اجتازوا في الجليل، ولم يرد أن يدري أحد. فإنه كان يعلم تلاميذه ويقول لهم "إن ابن البشر يسلم إلى أيدي الناس، فيقتلونه، وبعد أن يقتل، يقوم في اليوم الثالث."

### 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 وتمجذك.



3rd & 9th Day Memorial

Nemer Alnaser

Memory Eternal

## Upcoming Services (Livestreamed)

Date	Time	Event
3/27/2020	7:00pm	Akathist to the Theotokos (Madayeh)
3/29/2020	8:45am	Orthros
	10:00am	Divine Liturgy
4/3/2020	7:00pm	Akathist to the Theotokos (Madayeh)
4/5/2020	8:45am	Orthros
	10:00am	Divine Liturgy

## Upcoming Events (Virtual)

Date	Time	Event
3/26/2020	7:00pm	Antiochian Women Prayer Group
		YAM: OCF at Home
3/27/2020	4:00pm	SOYO Night
3/28/2020	5:00pm	Prayer followed by Adult Catechism
	All Day	Arabic School
3/29/2020	All Day	Sunday School
3/30/2020	7:00pm	Antiochian Women: Coffee with Abouna
3/31/2020	8:00pm	YAM: Chai Chat
4/1/2020	10:00am	Morning Prayer
	10:30am	Arabic Bible Study
	6:30pm	SOYO Night

*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.

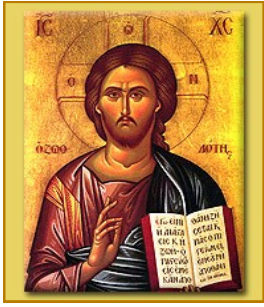
**Let's make this 46th year the best ever!!!**

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 29 in the Holy Orthodox Church, we commemorate the Martyr Mark, bishop of Arethusa, Martyr Cyril the deacon of Heliopolis and those with them; Martyrs Jonah and Barachisios of Persia and those with them; and Eustathios the Confessor, bishop of Bithynia. On this same day, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John, the author of *The Ladder of Divine Ascent* (or *Climacus*). The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606. Through his intercessions, O Christ God, have mercy upon us. Amen.