



# 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 21<sup>st</sup>, 2021

## FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)

VENERABLE-CONFESSOR JAMES THE NEW, BISHOP OF CATANIA; THOMAS, PATRIARCH OF CONSTANTINOPLE; NEW-MARTYR MICHAEL

### First Antiphon

The Lord is King, and hath clothed Himself with majesty. The Lord is robed; He is girded with strength. For He has established the world so that it shall never be moved.

*Through the intercessions of the Theotokos, O Saviour, save us.*

Who can utter the mighty acts of the Lord? Who can cause all his praises to be heard? Let the redeemed of the Lord say so, whom He hath redeemed from the hand of the enemy.

*Through the intercessions of the Theotokos, O Saviour, save us.*

Glory to the Father, and to the Son, and to the Holy Spirit. Now and ever, and unto ages of ages.

*Through the intercessions of the Theotokos, O Saviour, save us.*

الرب قد ملك والجمال لبس، لبس الرب القوة وتمنطق بها، لأنه تثبت المسكونة فلن تتزعزع.  
بشفاعاتِ والدَةِ الإلهِ يا مخلصُ خلصنا.

من ذا الذي يحدث عن عظام الرب؟ من ذا الذي يخبر بجميع مدائحه؟ ليقل هذا مَقْدِيو الرَّبِّ، الَّذِينَ أَنْقَذَهُمْ  
من أيدي الأعداء.

بشفاعاتِ والدَةِ الإلهِ يا مخلصُ خلصنا.

المجدُ للأبِ والإبنِ والروحِ القدس، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرينَ، آمين.  
بشفاعاتِ والدَةِ الإلهِ يا مخلصُ خلصنا.

### Second Antiphon

Let them praise the Lord for His mercies, and for His wonderful works to the children of men.

*Save us, O Son of God, who art risen from the dead; who sing to Thee. Alleluia.*

Let them exalt Him in the congregation of the people, and praise Him in the seat of the elders.

*Save us, O Son of God, who art risen from the dead; who sing to Thee. Alleluia.*

The eyes of the Lord are upon them that fear Him, upon them that hope in His mercy; to hear the groaning of the prisoners, to loose the sons of the slain.

*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.

*O only-begotten son and word of God...*

فليَقْرُوا للرب بمراحمه وبعجائبه لبني البشر .

خلصنا يا ابن الله، يا من قام من بين الأموات، لنرتل لك هلوليا!

وليعظموه في مجمع الشعوب، وليسبحوه في مجلس الشيوخ.

خلصنا يا ابن الله، يا من قام من بين الأموات، لنرتل لك هلوليا!

عَيْنُ الرَّبِّ عَلَى خَائِفِيهِ، الْمُتَكَلِّمِينَ عَلَى رَحْمَتِهِ، لِيَسْمَعَ أَنْيُنَ الْمُعْتَقَلِينَ وَيَحْفَظَ أَبْنَاءَ الْمَائِتِينَ .

خلصنا يا ابن الله، يا من قام من بين الأموات، لنرتل لك هلوليا!

المجدُّ للآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ .

يا كَلِمَةَ اللَّهِ الْإِبْنِ الْوَحِيدِ ...

### Third Antiphon

Let the heavens and the earth praise Him. This is the day which the Lord hath made; let us rejoice and be glad in it. O Lord my God, I will give thanks unto Thee forever.

*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.*

لتسبِّحه السموات والأرض. هذا هو اليوم الذي صنعه الرب فلنفرح وننتهلاً به. أيها الرب إلهي، إياك أحمد إلى الأبد.

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

### 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 والهمنا، خالصنا 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.

انْحَدَرْتَ مِنَ الْعُلُوِّ يَا مُتَحَنِّنٌ، وَقَبِلْتَ الدَّفْنَ ذَا الثَّلَاثَةِ الْأَيَّامِ، لِكَيْ تُعْتَقِنَا مِنَ الْآلَامِ، فَيَا حَيَاتِنَا وَقِيَامَتَنَا، يَا رَبُّ الْمَجْدُ لَكَ.

### 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. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

لِصُورَتِكَ الطَّاهِرَةِ نَسْجُدُ أَيُّهَا الصَّالِحُ، طَالِبِينَ غُفْرَانَ الْخَطَايَا أَيُّهَا الْمَسِيحُ الْهُنَا. لِأَنَّكَ قَبَلْتَ أَنْ تَرْتَفِعَ  
بِالْجَسَدِ عَلَى الصَّلِيبِ طَوْعاً، لِتُنَجِّيَ الَّذِينَ خَلَقْتَ مِنْ عُبُودِيَّةِ الْعَدُوِّ. لِذَلِكَ نَهْتَفُ إِلَيْكَ بِشُكْرٍ: لَقَدْ مَلَأْتَ الْكُلَّ  
فَرِحاً يَا مُخَلِّصَنَا إِذْ أَتَيْتَ لِتُخَلِّصَ الْعَالَمَ.

### 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 فِي رِقَادِكَ مَا أَهْمَلْتَ الْعَالَمَ وَتَرَكْتَهُ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتَ إِلَى  
الْحَيَاةِ بِمَا أَنْكَ 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 الْإِلَهِ، اكْتُبْ لِي رَايَاتِ الْغَلْبَةِ يَا جَنْدِيَّةَ مُحَامِيَّةٍ. وَأَقْدِمْ لِي الشُّكْرَ كَمُنْقِذَةٍ مِنَ الشَّدَائِدِ.  
لَكِنْ بِمَا أَنَّ لَكَ الْعِزَّةَ الَّتِي لَا تُحَارَبُ، أَعْتَقِينِي مِنْ صُنُوفِ الشَّدَائِدِ. حَتَّى أَصْرُخَ إِلَيْكَ: إِفْرَحِي يَا عَرُوساً لَا  
عَرُوسَ لَهَا.

### Epistle for First Sunday of Lent

*Blessed art Thou, O Lord, the God of our fathers. For Thou art just in all that Thou hast done for us.*

#### The Reading from the Epistle of St. Paul 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 pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued

مَبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا!

لِأَنَّكَ عَادِلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا!

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى  
الْعِبْرَانِيِّينَ.

يَا إِخْوَةَ بِالْإِيمَانِ مُوسَى لَمَّا كَبُرَ أَبِي أَنْ يُدْعَى ابْناً  
لِابْنَةِ فِرْعَوْنَ \* مُخْتَاراً الشَّقَاءَ مَعَ شَعْبِ اللَّهِ عَلَى  
التَّمَنُّعِ الْوَقْتِيِّ بِالْخَطِيئَةِ \* وَمَاذَا أَقُولُ أَيْضاً. إِنَّهُ  
يَضِيقُ بِي الْوَقْتُ إِنْ أَخْبَرْتُ عَنْ جِدْعُونَ وَبَارَاقَ  
وَشَمْشُونَ وَيَفْتَاخَ وَدَاوَدَ وَصَمُوئِيلَ وَالْأَنْبِيَاءِ \* الَّذِينَ  
بِالْإِيمَانِ قَهَرُوا الْمَمَالِكَ وَعَمَلُوا الْبِرَّ وَنَالُوا الْمَوَاعِدَ

kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, since God had foreseen something better for us, that apart from us they should not be made perfect.

وَسَدُّوا أَفْوَاهَ الْأَسْوَدِ \* وَأَطْفَأُوا حِدَّةَ النَّارِ وَنَجَّوْا مِنْ حَدِّ السَّيْفِ وَتَقَوُّوا مِنْ ضَعْفٍ وَصَارُوا أَشِدَّاءَ فِي الْحَرْبِ وَكَسَرُوا مَعَسَكَرَاتِ الْأَجَانِبِ \* وَأَخَذَتْ نِسَاءٌ أَمْوَاتَهُنَّ بِالْقِيَامَةِ وَعَذَّبَ آخَرُونَ بِتَوْتِيرِ الْأَعْضَاءِ وَالضَّرْبِ وَلَمْ يَقْبَلُوا بِالنَّجَاةِ لِيَحْصَلُوا عَلَى قِيَامَةٍ أَفْضَلَ \* وَآخَرُونَ ذَاقُوا الْهَزْءَ وَالْجَلْدَ وَالْقَيْوَدَ أَيْضاً وَالسِّجْنَ \* وَرُجِمُوا وَنُشِرُوا وَامْتَحِنُوا وَمَاتُوا بِحَدِّ السَّيْفِ. وَسَاحُوا فِي جُلُودِ غَنَمٍ وَمَعَزٍ وَهُمْ مُعَوِّزُونَ مُضَايِقُونَ مَجْهُودُونَ \* (ولم يَكُنِ الْعَالَمُ مُسْتَحِقًّا لَهُمْ) وَكَانُوا تَائِهِينَ فِي الْبَرَارِيِّ وَالْجِبَالِ وَالْمَغَاوِرِ وَكُهُوفِ الْأَرْضِ \* فَهَؤُلَاءِ كُلُّهُمْ مَشْهُودًا لَهُمْ بِالْإِيمَانِ لَمْ يَنَالُوا الْمَوْعِدَ \* لِأَنَّ اللَّهَ سَبَقَ فَنَظَرَ لَنَا شَيْئًا أَفْضَلَ أَنْ لَا يَكْمَلُوا بِدُونِنَا.

## Gospel for First Sunday of Lent

### The Reading 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,

فصل شريف من بشارة القديس يوحنا الإنجيلي  
البشير، التلميذ الطاهر.

فِي ذَلِكَ الزَّمَانِ أَرَادَ يَسُوعُ الْخُرُوجَ إِلَى الْجَلِيلِ فَوَجَدَ فِيلِبُّسَ فَقَالَ لَهُ اتَّبِعْنِي \* وَكَانَ فِيلِبُّسُ مِنْ بَيْتِ صَيْدَا مِنْ مَدِينَةِ أَنْدَرَاوَسَ وَبَطْرُسَ \* فَوَجَدَ فِيلِبُّسُ نَتْنَائِيلَ فَقَالَ لَهُ إِنَّ الَّذِي كَتَبَ عَنْهُ مُوسَى فِي النَّامُوسِ وَالْأَنْبِيَاءِ قَدْ وَجَدْنَاهُ وَهُوَ يَسُوعُ بْنُ يَوْسَفَ الَّذِي مِنَ النَّاصِرَةِ \* فَقَالَ لَهُ نَتْنَائِيلُ أَمِنْ النَّاصِرَةِ يُمْكِنُ أَنْ يَكُونَ شَيْءٌ صَالِحٌ \* فَقَالَ لَهُ فِيلِبُّسُ تَعَالَ وَانظُرْ \* فَرَأَى يَسُوعُ نَتْنَائِيلَ مُقْبِلًا إِلَيْهِ فَقَالَ عَنْهُ هُوَذَا إِسْرَائِيلِيُّ حَقًّا لَا غِشٍّ فِيهِ \* فَقَالَ لَهُ نَتْنَائِيلُ مِنْ أَيْنَ تَعْرِفْنِي. أَجَابَ يَسُوعُ وَقَالَ لَهُ قَبْلَ أَنْ يَدْعُوكَ فِيلِبُّسُ وَأَنْتَ تَحْتَ التَّيْنَةِ رَأَيْتَكَ \* أَجَابَ نَتْنَائِيلُ وَقَالَ لَهُ يَا مَعْلَمُ أَنْتَ ابْنُ اللَّهِ أَنْتَ مَلِكُ إِسْرَائِيلِ \* أَجَابَ يَسُوعُ وَقَالَ لَهُ

truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man.”

لَأَنِّي قُلْتُ لَكَ إِنِّي رَأَيْتُكَ تَحْتَ التَّيْنَةِ آمَنْتَ. إِنَّكَ  
سَتُعَايِنُ أَعْظَمَ مِنْ هَذَا \* وَقَالَ لَهُ الْحَقُّ الْحَقُّ أَقُولُ  
لَكُمْ إِنَّكُمْ مِنَ الْآنَ تَرَوْنَ السَّمَاءَ مَفْتُوحَةً، وَمَلَائِكَةَ اللَّهِ  
يَصْعَدُونَ وَيَنْزِلُونَ عَلَى ابْنِ الْبَشَرِ.

### 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.

إِنَّ الْبِرَايَا بِأَسْرِهَا تَفْرَحُ بِكَ يَا مَمْتَلئةً نِعْمَةً، مُحَافِلَ الْمَلَائِكَةِ وَأَجْنَاسَ الْبَشَرِ، أَيَّتِهَا الْهَيْكَلُ الْمُتَقَدَّسُ وَالْفَرْدَوْسُ  
الْنَاطِقُ، فَخَرَ الْبَتُولِيَّةِ مَرْيَمَ الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ وَصَارَ طِفْلاً وَهُوَ الْإِلَهُ الَّذِي قَبْلَ الدَّهْوَرِ، لِأَنَّهُ صَنَعَ  
مُسْتَوْدَعَكَ عَرْشاً وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ، لِذَلِكَ يَا مَمْتَلئةً نِعْمَةً تَفْرَحُ بِكَ كُلُّ الْبِرَايَا وَتُمجِّدُكَ.



# Sunday of Orthodoxy

## THE SYNODIKON (CONFESSION OF FAITH) OF THE SUNDAY OF ORTHODOXY

As the Prophets beheld, as the Apostles have taught, as the Church has received, as the Teachers have dogmatized, as the Universe has agreed, as Grace has shown forth, as Truth has revealed, as falsehood has been dissolved, as Wisdom has presented, as Christ awarded, thus we declare, thus we assert, thus we preach Christ our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons; on the one hand worshipping and reverencing Christ as God and Lord; and on the other hand honoring as true servants of the same Lord of all and accordingly offering them veneration.

**(Louder)** This is the Faith of the Apostles, this is the Faith of the Fathers, this is the Faith of the Orthodox, this is the Faith which has established the Universe.

### Prokeimenon (3x)

Who is so great a God as our God? Thou art the God, who alone workest wonders!



## صلاة أحد الأرثوذكسية

إِنَّا كَمَا عَايَنَ الْأَنْبِيَاءَ، كَمَا عَلَّمَ الرَّسُلُ، كَمَا تَسَلَّمَتِ الْكَنِيسَةُ، كَمَا اعْتَقَدَ الْمُعَلِّمُونَ، كَمَا اتَّفَقَتْ آرَاءُ الْمَسْكُونَةِ  
مَعًا، كَمَا أَشْرَقَتِ النَّعْمَةُ، كَمَا انْضَحَ الْحَقُّ، كَمَا انْطَرَدَ الْكُذْبُ، كَمَا اسْتَعْلَنَتِ الْحِكْمَةُ، كَمَا جَادَ الْمَسِيحُ  
بِالْجَوَائِزِ، هَكَذَا نَعْتَقِدُ، هَكَذَا نَتَكَلَّمُ، هَكَذَا نَكْرِرُ، مُنْذِرِينَ بِالْمَسِيحِ إِلَيْنَا الْحَقِيقِيِّ. وَنُكْرِمُ قَدِيسِيهِ، بِالْأَقْوَالِ  
وَالْتَّالِيَّاتِ وَالْمَعَانِي وَالضَّحَايَا وَالْهَيَاكِلِ وَالْأَيْقُونَاتِ. فَأَمَّا الْمَسِيحُ فَنَسْجُدُ لَهُ كَسَيِّدٍ وَإِلَهٍ، وَنَعْبُدُهُ، وَأَمَّا الْقَدِيسُونَ  
فَنُكْرِمُهُمْ لِأَجْلِ سَيِّدِ الْكُلِّ، كَخُدَّامٍ لَهُ أَخِصَاءَ، وَنُقَدِّمُ لَهُمُ السُّجُودَ بِحَسَبِ النَّسَبَةِ.

(بصوت أعلى) هَذَا هُوَ إِيْمَانُ الرَّسُلِ، هَذَا هُوَ إِيْمَانُ الْآبَاءِ، هَذَا هُوَ إِيْمَانُ الْمُسْتَقِيمِي الرَّأْيِ، هَذَا هُوَ الْإِيْمَانُ  
قَدْ وَطَّدَ الْمَسْكُونَةَ.

بروكيمن (ثلاثاً)

أَيُّ إِلَهٍ عَظِيمٍ مِثْلُ إِلَيْنَا؟ أَنْتَ الْإِلَهُ الصَّانِعُ الْعَجَائِبِ وَخَدَاكَ!

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 21, 2021

**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.

When we wrote this appeal to you last year and celebrated the Sunday of Orthodoxy, who knew that just over one week later our world as we know it would change and, for the first time in a century we would have to endure the consequences of a world-wide pandemic and restrict access to our churches during this most holy season. What we hoped would be a short period of suffering has lasted for an entire year. While there are many signs of hope we remain vigilant, but nevertheless are thankful that we can participate liturgically in the Fast this year *in person*. I encourage you therefore, to come back to the Church if you have been missing, being mindful and careful, but also realizing that it is time to return home to the cradle of the Church.

Having said that, we remind you that it is been a long-standing tradition in our archdiocese to give scholarships to our seminarians studying for the priesthood. We are blessed this year to have 19 seminarians studying in three seminaries (St. Vladimir's, St. Tikhon's and Holy Cross). More than ever, these young men (and their families in many cases), have had to endure so much this past year including being locked down on campuses, unable to travel to our parishes for training, attending classes virtually, and missing out on the full liturgical life of the Church that is so necessary to their priestly formation while at seminary. Let us show our love and appreciation for this sacrifice by at least making sure they can start their ministry to you and your families without the added burden of great debt from seminary. Please give generously so we, in turn, can continue to be generous with them. Believe me when I tell you that they are deeply grateful for this expression of love.

Wishing you all a blessed journey that will help lead us to the heavenly kingdom, I remain,

Your Father in Christ,

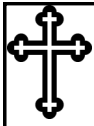
A handwritten signature in blue ink that reads "Metropolitan Joseph". The signature is written in a cursive style and is preceded by a large, stylized cross symbol.

**+JOSEPH**

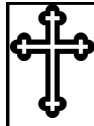
Archbishop of New York and Metropolitan of all North America

*"The disciples were first called Christians in Antioch" (Acts 11: 26)*

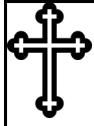
358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238  
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F

**3rd & 9th Day Memorial**

Mary Sweis

**Memory Eternal!****40 Day Memorial**

Fayez Sweis

**Memory Eternal!****8 Year Memorial**

Kamal Kawar

**Memory Eternal!****Newborn**

Novaya

Parents: Issa &amp; Nermin Sweis

**Congratulations!****Upcoming Services & Events**

Date	Time	Event
3/18/2021	7:00pm	Great Compline w/Canon to St. Andrew
3/19/2021	10:00am	Presanctified Liturgy
	7:00pm	1st Akathist (Madayeh)
3/20/2021	5:00pm	Great Vespers
3/21/2021	8:45am	Orthros (Church)
	10:00am	Divine Liturgy (Church/Gym)
	1:00pm	Sunday School (Virtual)
3/22/2021	7:00pm	Great Compline
3/24/2021	10:00am	Morning Prayer (Virtual)
	10:30am	Arabic Bible Study (Virtual)
	5:30pm	Antiochian Women Bible Study w/Fr. Jacob
	7:00pm	Great Vespers for the Annunciation w/ Artoklasia

## Lent & Holy Week Services 2021 خدمات الصيام والاسبوع العظيم

March 18 آذار	Thursday: Great Compline w/ Canon to St. Andrew الخميس: صلاة النوم الكبرى	7:00pm مساء
March 19 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 20 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 21 آذار	Divine Liturgy for the 1st Sunday of Lent القداس الإلهي للأحد الأول من الصوم	10:00am صباحا
March 22 آذار	Monday: Great Compline الإثنين: 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	Thursday: Orthros for the Annunciation الأحد: صلاة السحر لعيد البشارة Liturgy for the Feast of the Annunciation القداس لعيد البشارة	9:00am صباحا 10:00am صباحا
March 26 آذار	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
March 27 آذار	Great Vespers صلاة الغروب	5:00pm مساء
March 28 آذار	Divine Liturgy for the 2nd Sunday of Lent القداس الإلهي للأحد الثاني من الصوم	10:00am صباحا
March 29 آذار	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
March 31 آذار	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
April 2 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Akathist to the Theotokos الجمعة: خدمة مديح والدة الإله	10:00am صباحا 7:00pm مساء
April 3 نيسان	Great Vespers صلاة الغروب	5:00pm مساء
April 4 نيسان	Divine Liturgy for the 3rd Sunday of Lent القداس الإلهي للأحد الثالث من الصوم	10:00am صباحا
April 5 نيسان	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
April 7 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء

## خدمات الصيام والاسبوع العظيم 2021 Lent & Holy Week Services

نيسان 9 April	<p>الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy</p> <p>الجمعة: خدمة مديح والدة الإله Friday: Akathist to the Theotokos</p>	<p>صباحا 10:00am</p> <p>مساء 7:00pm</p>
نيسان 10 April	Great Vespers صلاة الغروب	مساء 5:00pm
نيسان 11 April	Divine Liturgy for the 4th Sunday of Lent القداس الإلهي للأحد الرابع من الصوم	صباحا 10:00am
نيسان 12 April	Monday: Great Compline الإثنين: صلاة النوم الكبرى	مساء 7:00pm
نيسان 14 April	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	مساء 7:00pm
نيسان 15 April	Thursday: Little Compline w/ Canon to St Andrew and life of St Mary of Egypt الخميس: صلاة النوم الصغرى مع قانون القديس أندراوس وسيرة القديسة مريم المصرية	مساء 7:00pm
نيسان 16 April	<p>الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy</p> <p>الجمعة: خدمة المديح الكبير لوالدة الإله Friday: Great Akathist to the Theotokos</p>	<p>صباحا 10:00am</p> <p>مساء 7:00pm</p>
نيسان 17 April	Great Vespers صلاة الغروب	مساء 5:00pm
نيسان 18 April	Divine Liturgy for the 5th Sunday of Lent القداس الإلهي للأحد الخامس من الصوم	صباحا 10:00am
نيسان 19 April	Monday: Great Compline الإثنين: صلاة النوم الكبرى	مساء 7:00pm
نيسان 21 April	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	مساء 7:00pm
نيسان 23 April	<p>الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy</p> <p>الجمعة: قانون سبت اليعازر Friday: Canon to Lazarus (w/ Little Compline)</p>	<p>صباحا 10:00am</p> <p>مساء 7:00pm</p>
نيسان 24 April	<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>صباحا 9:00am</p> <p>صباحا 10:00am</p> <p>مساء 5:00pm</p>
نيسان 25 April	<p>Sunday: Palm Sunday Liturgy الأحد: خدمة القداس لعيد الشعانين</p> <p>1st Bridegroom Service الختن الأولى</p>	<p>صباحا 10:00am</p> <p>مساء 7:00pm</p>

## خدمات الصيام والاسبوع العظيم 2021 Lent & Holy Week Services

نيسان 26 April	<p>Monday: Pre-Sanctified Liturgy الإثنين: القداس السابق تقديسه</p> <p>Monday: 2nd Bridegroom Service الإثنين: الختن الثانية</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
نيسان 27 April	<p>Tuesday: Pre-Sanctified Liturgy الثلاثاء: القداس السابق تقديسه</p> <p>Tuesday: 3rd Bridegroom Service الثلاثاء: الختن الثالثة</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
نيسان 28 April	<p>Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه</p> <p>Wednesday: 4th Bridegroom Service الأربعاء: الختن الرابعة</p> <p>Wednesday: Holy Unction Service الأربعاء: صلاة الزيت المقدس</p>	<p>10:00am صباحا</p> <p>5:00pm مساء</p> <p>7:00pm مساء</p>
نيسان 29 April	<p>Thursday: Divine Liturgy of St. Basil الخميس: قداس باسيليوس العظيم</p> <p>12 Passion Gospels خدمة ١٢ انجيل والصلب</p>	<p>10:00am صباحا</p> <p>7:00pm مساء</p>
نيسان 30 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>
أيار 1 May	<p>Saturday: Vesperal Liturgy of St. Basil السبت: قداس سبت النور</p> <p>Rush Procession &amp; Matins followed by Paschal Liturgy</p> <p>سحرية العيد، الهجمة وقداس القيامة</p>	<p>10:00am صباحا</p> <p>10:00pm مساء</p>
أيار 2 May	<p>Sunday: Agape Vespers الأحد: صلاة الباعوث</p>	<p>1:30pm ظهرا</p>

# Food For Hungry People 2021

This year we celebrate 47 years of raising funds for our FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH Program. Through your generosity, over \$6.2 million has been distributed to the hungry poor in the United States and around the World. During this past year, we made every effort to reach out to those in need in our own Parishes and in our local communities.



We are asking each Sunday School family to take home a box and help the FFHP reach their goal for 2021. Lent is not only about fasting, it is about helping those in need.

**Let's make this 47th year the best ever!!!**

Even during the Pandemic our Parishioners, collected over \$160,000 last year. With just a little extra effort from every parish we can try to collect and distribute more this year to those in need.

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's Antiochian Women

## Spinach Pie Sale

on Sunday, March 21<sup>st</sup>

Pre-order our fresh homemade Spinach Pies



**7 for \$10**  
**15 for \$20**  
**23 for \$30**  
**30 for \$40**  
**37 for \$50**  
**45 for \$60**  
**52 for \$70**  
**60 for \$80**  
**70 for \$90**  
**80 for \$100**

[Click here to place your order online](#)

Pick up your Spinach Pies at church after Divine Liturgy  
on Sunday, March 21st.

If you are unable to pick up your order after Liturgy, you can  
pick it up on March 22nd or 23rd between 11:00am and 2:00pm  
from the church office.

If you have any questions or would like to place your order by  
phone please call Rita Sweis at 773-510-4303 or Muna Salman  
708-769-5105.

*All proper sanitation procedures have been followed to ensure the safety and health of  
our community. Pies will come prepacked in take home containers to minimize  
physical handling of baked products.*

# Women's Arabic Bible Study

on the Theotokos & the  
Feast of the Annunciation



**Wednesday, March 24th | 5:30pm**

All ladies are invited to an in-person Women's Bible Study that will be offered in Arabic by Fr. Jacob in the church. He will be discussing the Theotokos and the Feast of the Annunciation. Following the Bible Study there will be Great Vespers for the Feast of the Annunciation with Artoklasia (blessing of the 5 loaves).

ندعو جميع السيدات لحضور دراسة الكتاب المقدس للنساء في الكنيسة والتي سيتم تقديمها باللغة العربية من قبل الأب يعقوب. موضوعنا سيكون حياة والدة الإله وعيد البشارة. بعد الدرس نصلي صلاة الغروب لعيد البشارة مع

*St. Mary Orthodox Church of Palos Heights*

# Liturgy After the Liturgy

## *“Love Your Neighbor”*

*Matthew 22:39*

**Sunday, March 28th 2021 | 5:00pm**

All adults and youth ages 13 and older are invited to a Liturgy After the Liturgy Retreat! We will be packing sandwiches for the hungry and the clergy will be making and serving the participants dinner!

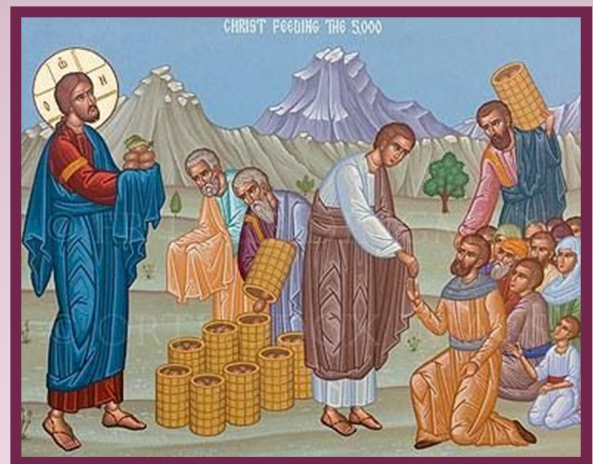
**5:00pm** - Lenten Vespers in church

**5:30pm** - Dinner in the courtyard served by clergy

**6:00pm** - Session with Abouna in the church

**6:30pm** - Sandwich packing for the hungry in the gym

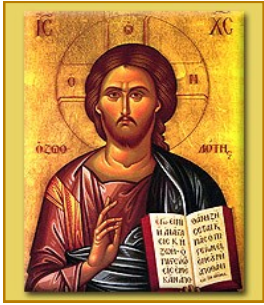
**7:30pm** - Blessing of food for the hungry & closing prayer



[Click here to register](#)

Contact the church office with any questions.

*Masks are required and social distancing will be observed.*



## Weekly Synaxarion



On March 21 in the Holy Orthodox Church, we commemorate the Venerable-confessor James the New, bishop of Catania; Thomas, patriarch of Constantinople; and New-martyr Michael. 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.