



Saint Mary Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

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Church Office Hours : Monday - Friday 10:00am-3:00pm

Sunday, March 28th, 2021

COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA

VENERABLE HILARION THE NEW; APOSTLE HERODION OF THE SEVENTY;

VENERABLE STEPHEN OF TRIGLIA

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 هلولويا!

Troparion of the Resurrection (Tone One)

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

إِنَّ الْحَجَرَ لَمَّا خُتِمَ مِنَ الْيَهُودِ، وَجَسَدَكَ الطَّاهِرَ حُفِظَ مِنَ الْجُنْدِ، فَمَتَّ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا الْمُخَلَّصُ، مَانِحاً الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قُوَّاتُ السَّمَاوَاتِ، هَتَّقُوا إِلَيْكَ يَا وَاهِبَ الْحَيَاةِ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ لِتَدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدَّكَ.

Troparion for 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 wonderworker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

يَا كَوْكَبَ الرَّأْيِ الْقَوِيمِ، وَثَبَاتِ الْكَنِيسَةِ وَمُعَلِّمَهَا، وَجَمَالَ الْمُتَوَحِّدِينَ، وَمُنَاضِلًا عَنِ الْمُتَكَلِّمِينَ بِاللَّاهُوتِ، الَّذِي لَا يُحَارَبُ، غَرِيغُورِيُوسَ الْفَاعِلِ الْمُعْجَزَاتِ، فَخْرُ تِسَالُونِيكِيَّةٍ وَكَارُوزِ النِّعْمَةِ. لَا تَنْفَكْ مُتَشَفِّعاً فِي خَلَاصِ نَفُوسِنَا.

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 حَفِظْتِ الْبَتُولِيَّةَ وَصَنَنْتَهَا وَفِي رِقَادِكَ مَا أَهْمَلْتِ الْعَالَمَ وَتَرَكْتِهِ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتِ إِلَى الْحَيَاةِ بِمَا أَنْكَ أُمَّ الْحَيَاةِ. فَبِشَفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسِنَا.

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 ريات الغلبة يا جندية مُحامية. وأقدم لك الشكر كمنقذة من الشدائد. لكن بما أن لك العزة التي لا تُحارب، أعطيني من صنوف الشدائد. حتى أصرخ إليك: إفرحي يا عروساً لا عروس لها.

Epistle for Second Sunday of Lent

Thou, O Lord, shalt keep us and shalt preserve us. Save me, O Lord, for the godly man is no more!

The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)

Thou, "O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail." But to which of the angels did He say at any time, "Sit on My right hand, until I make thine enemies a footstool for thy feet?" Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

أنت يا رب تحفظنا وتسنننا.
خلصني يا رب فإن البار قد فني.
فصل من رسالة القديس بولس الرسول إلى
العبرانيين.
"أنت يا رب في البدء أسست الأرض، والسموات هي
صنع يديك. هي تزول وأنت تبقى وكلها تبلى
كالثوب. وتطويها كالرداء فتتغير، وأنت أنت وسنوك
لن تفنى." ولمن من الملائكة قال قط "اجلس عن
يميني حتى أجعل أعداءك موطناً لقدميك؟" أليسوا
جميعهم أرواحاً خادمة ترسل للخدمة من أجل الذين
سيرثون الخلاص؟ لذلك يجب علينا أن نصغي إلى
ما سمعناه إصغاءً أشد لئلا يسرب من أذهاننا. فإنها
إن كانت الكلمة التي نطق بها على ألسنة 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 ثبتت لنا الذين سمعوه.

Gospel for Second Sunday of Lent

The Reading 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!"


فَصَلِّ شَرِيفًا مِنْ بَشَارَةِ الْقَدِيسِ مَرْقُسِ الْإِنْجِيلِيِّ
الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.


فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ كَفَرْنَاحُومَ وَسَمِعَ أَنَّهُ فِي
بَيْتٍ. فَلَوُفَّتِ اجْتَمَعَ كَثِيرُونَ، حَتَّى أَنَّهُ لَمْ يَعْذُ مَوْضِعٌ
وَلَا مَا حَوْلَ الْبَابِ يَسْعُ، وَكَانَ يُخَاطِبُهُمْ بِالْكَلِمَةِ. فَاتُوا
إِلَيْهِ بِمُخَلَّعٍ يَحْمِلُهُ أَرْبَعَةً. وَإِذْ لَمْ يَقْدِرُوا أَنْ يَقْتَرِبُوا إِلَيْهِ
لِسَبَبِ الْجَمْعِ، كَشَفُوا السَّقْفَ حَيْثُ كَانَ. وَبَعْدَ مَا
تَقَبَّوهُ، دَلُّوا السَّرِيرَ الَّذِي كَانَ الْمَخْلَعُ مُضْطَجِعًا عَلَيْهِ.
فَلَمَّا رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمَخْلَعِ: "يَا بُنَيَّ، مَغْفُورَةٌ
لَكَ خَطَايَاكَ." وَكَانَ قَوْمٌ مِنَ الْكُتَّابَةِ جَالِسِينَ هُنَاكَ
يُفَكِّرُونَ فِي قُلُوبِهِمْ "مَا بَالُ هَذَا يَتَكَلَّمُ هَكَذَا بِالتَّجْدِيفِ؟
مَنْ يَقْدِرُ أَنْ يَغْفِرَ الْخَطَايَا إِلَّا اللَّهُ وَحْدَهُ؟" فَلَوُفَّتِ عِلْمَ
يَسُوعَ بِرُوحِهِ أَنَّهُمْ يُفَكِّرُونَ هَكَذَا فِي أَنْفُسِهِمْ، فَقَالَ
لَهُمْ: "لِمَاذَا تُفَكِّرُونَ بِهَذَا فِي قُلُوبِكُمْ؟ مَا الْأَيْسَرُ أَنْ
يُقَالَ "مَغْفُورَةٌ لَكَ خَطَايَاكَ" أَمْ أَنْ يُقَالَ "قُمْ وَاحْمِلْ
سَرِيرَكَ وَامْشِ؟" وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ ابْنَ الْبَشَرِ لَهُ
سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا (قَالَ لِلْمَخْلَعِ)
"لَكَ أَقُولُ، قُمْ وَاحْمِلْ سَرِيرَكَ وَاهْبُ إِلَى بَيْتِكَ." فَاقَامَ
لِلْوَفْتِ وَحَمَلَ سَرِيرَهُ وَخَرَجَ أَمَامَ الْجَمِيعِ، حَتَّى دَهَشَ
كُلُّهُمْ وَمَجَّدُوا اللَّهَ قَائِلِينَ "مَا رَأَيْنَا مِثْلَ هَذَا قَطُّ."


St. Basil Liturgy Megalynarion

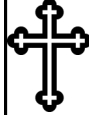
In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

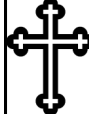
إِنَّ الْبَرَايَا بِأَسْرَهَا، تَفْرَحُ بِكَ يَا مُمْتَلِنَةٌ نِعْمَةً: مَحَافِلَ الْمَلَائِكَةِ، وَأَجْنَاسَ الْبَشَرِ. أَيُّهَا الْهَيْكَلُ الْمُتَقَدَّسُ،
وَالْفِرْدَوْسُ النَّاطِقُ، فَخْرُ الْبَتُولِيَّةِ مَرْيَمَ، الَّتِي مِنْهَا تَجَسَّدَ الْإِلَهُ، وَصَارَ طِفْلًا، وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ
صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِنَةٌ نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا
وَتُمَجِّدُكَ.

 **3rd & 9th Day Memorial**
Fouad Khalil Hattar
Memory Eternal!

 **3rd & 9th Day Memorial**
Georgette Rabadi
Memory Eternal!

 **3rd & 9th Day Memorial**
Hayman Fouad Hattar
Memory Eternal!

 **40 Day Memorial**
Atef Al-Farah
Memory Eternal!

 **Memory Eternal!**
Nathmieh Sweiss

Upcoming Services & Events

Date	Time	Event
3/25/2021	6:30pm	Adult Sunday School (Virtual)
3/26/2021	10:00am	Presanctified Liturgy
	7:00pm	2nd Akathist (Madayeh)
3/27/2021	5:00pm	Great Vespers
3/28/2021	8:45am	Orthros (Church)
	10:00am	Divine Liturgy (Church/Gym)
	11:30am	Asabe' Zainab & Hilbeh Sale (Carry Out Only)
	1:00pm	Sunday School (Virtual)
	5:00pm	Liturgy after the Liturgy
3/29/2021	11-2pm	Asabe' Zainab & Hilbeh Pick-up
	7:00pm	Great Compline
3/30/2021	11-2pm	Asabe' Zainab & Hilbeh Pick-up
	6:30pm	YAM Gathering (Young Adults)
3/31/2021	10:00am	Morning Prayer (Virtual)
	10:30am	Arabic Bible Study (Virtual)
	7:00pm	Presanctified Liturgy

Lent & Holy Week Services 2021 خدمات الصيام والاسبوع العظيم

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
April 9 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 10 نيسان	Great Vespers صلاة الغروب	5:00pm مساء
April 11 نيسان	Divine Liturgy for the 4th Sunday of Lent القداس الإلهي للأحد الرابع من الصوم	10:00am صباحا
April 12 نيسان	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
April 14 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
April 15 نيسان	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	7:00pm مساء
April 16 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه Friday: Great Akathist to the Theotokos الجمعة: خدمة المديح الكبير لوالدة الإله	10:00am صباحا 7:00pm مساء
April 17 نيسان	Great Vespers صلاة الغروب	5:00pm مساء
April 18 نيسان	Divine Liturgy for the 5th Sunday of Lent القداس الإلهي للأحد الخامس من الصوم	10:00am صباحا

Lent & Holy Week Services 2021 خدمات الصيام والاسبوع العظيم

April 19 نيسان	Monday: Great Compline الإثنين: صلاة النوم الكبرى	7:00pm مساء
April 21 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	7:00pm مساء
April 23 نيسان	Friday: Pre-Sanctified Liturgy الجمعة: القداس السابق تقديسه	10:00am صباحا
	Friday: Canon to Lazarus (w/ Little Compline) الجمعة: قانون سبت اليعازر	7:00pm مساء
April 24 نيسان	Saturday: Lazarus Saturday Orthros السبت: صلاة السحر لسبت اليعازر	9:00am صباحا
	Lazarus Saturday Liturgy القداس لسبت اليعازر	10:00am صباحا
	Great Vespers for Palm Sunday w/ Artoklasia صلاة الغروب لعيد الشعانين	5:00pm مساء
April 25 نيسان	Sunday: Palm Sunday Liturgy الأحد: خدمة القداس لعيد الشعانين	10:00am صباحا
	1st Bridegroom Service الختن الأولى	7:00pm مساء
April 26 نيسان	Monday: Pre-Sanctified Liturgy الإثنين: القداس السابق تقديسه	10:00am صباحا
	Monday: 2nd Bridegroom Service الإثنين: الختن الثانية	7:00pm مساء
April 27 نيسان	Tuesday: Pre-Sanctified Liturgy الثلاثاء: القداس السابق تقديسه	10:00am صباحا
	Tuesday: 3rd Bridegroom Service الثلاثاء: الختن الثالثة	7:00pm مساء
April 28 نيسان	Wednesday: Pre-Sanctified Liturgy الأربعاء: القداس السابق تقديسه	10:00am صباحا
	Wednesday: 4th Bridegroom Service الأربعاء: الختن الرابعة	5:00pm مساء
	Wednesday: Holy Unction Service الأربعاء: صلاة الزيت المقدس	7:00pm مساء
April 29 نيسان	Thursday: Divine Liturgy of St. Basil الخميس: قداس باسيليوس العظيم	10:00am صباحا
	12 Passion Gospels خدمة ١٢ انجيل والصلب	7:00pm مساء
April 30 نيسان	Friday: Royal Hours الجمعة: خدمة الساعات	10:00am صباحا
	Taking Down From the Cross خدمة انزال المصلوب	3:00pm مساء
	Lamentations جناز المسيح	7:00pm مساء
	(HOLY FRIDAY All-Night VIGIL to follow سهرانية الجمعة العظيمة)	
May 1 أيار	Saturday: Vespertal Liturgy of St. Basil السبت: قداس سبت النور	10:00am صباحا
	Rush Procession & Matins followed by Paschal Liturgy سحرية العيد، الهجمة و قداس القيامة	10:00pm مساء
May 2 أيار	Sunday: Agape Vespers الأحد: صلاة الباعوث	1:30pm ظهرا

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 Orthodox Church of Palos Heights

Antiochian Women

Asabe' Zainab & Hilbeh Sale

أصابع زينب وحلابة

Sunday, March 28th

The Antiochian Women will be making fresh homemade asabe' zainab & hilbeh for \$10 per box! You can order online and pick up your order at church after Divine Liturgy this Sunday March 28th. If you are unable to pick up your order after Liturgy, you can pick it up between the times of 11:00am-2:00pm on March 29th or 30th from the church office. Your order will be prepacked in containers and ready for you to take home and enjoy with your family.



[Click here
to order!](#)

All proper sanitation procedures are being followed to ensure the safety and health of our community.

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.

St. Mary Orthodox Church of Palos Heights

SOYO Lenten Retreat

"See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority. In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead." (Col. 2:8-12)

Saturday, April 3rd

10:00am - 3:30pm

Retreat Schedule

- 10:00am - Divine Liturgy in the church
- 11:30am - Lunch outdoors in north courtyard
- 12:00pm - Session 1 (Explaining Psalm 1)
- 1:00pm - Outdoor Games
- 1:45pm - Session 2 (Explaining Psalm 2)
- 2:30pm - Outdoor Games
- 3:00pm - Evening Prayers
- 3:30pm - Dismissal and pick-up

All teens and preteens ages 12-18 are invited to the SOYO Lenten Retreat held at church! Please be sure to register by [clicking here!](#)

Masks are required and social distancing will be observed.



Weekly Synaxarion



On March 28 in the Holy Orthodox Church, we commemorate the Venerable Hilarion the New; Apostle Herodion of the Seventy; and Venerable Stephen of Triglia. 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.