



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, April 4th, 2021

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

VENERABLE GEORGE OF MT. MALEON; MARTYRS THEODOULOS THE READER AND AGATHOPODOS THE DEACON OF THESSALONICA; VENERABLE THEONAS, ARCHBISHOP OF THESSALONICA; ISIDORE, BISHOP OF SEVILLE

First Antiphon

The light of Thy countenance is marked upon us. Thou hast given a sign unto them that fear Thee, so that they may flee from the bow.

Through the intercessions of the Theotokos, Savior, save us!

Thou hast ascended on high, Thou hast led captivity captive. Thou hast given an inheritance to those that fear Thy Name, O Lord.

Through the intercessions of the Theotokos, Savior, save us!

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

Through the intercessions of the Theotokos, O Savior, save us!

قَدْ ارْتَسَمَ عَلَيْنَا نُورٌ وَجْهَكَ يَا رَبُّ. أُعْطِيتَ الَّذِينَ يَرْهَبُونَ اسْمَكَ مِيرَاثًا، لِيَهْرُبُوا مِنَ الْقَوْسِ.

بشفاعاتِ والدَةِ الإلهِ يا مخلصُ خلصنا!

صَعَدْتَ إِلَى الْعَلَاءِ وَسَبَيْتَ سَبِيًّا وَأَعْطَيْتَ مَوَاهِبَ.

بشفاعاتِ والدَةِ الإلهِ يا مخلصُ خلصنا!

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

بشفاعاتِ والدَةِ الإلهِ يا مخلصُ خلصنا!

Second Antiphon

All the ends of the earth have seen the salvation of our God. Let us worship at the place where His feet have stood.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

God is our King before the ages, He hath wrought salvation in the midst of the earth.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

I will be exalted among the heathen; I will be exalted in the earth.

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. Amen.

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

في كُلِّ الأَرْضِ رَأَيْنَا خَلاصَ إِلهِنَا، اسجُدُوا عِنْدَ مَوْطِي قَدَمِيهِ.

خَاصِنَا يَا ابْنَ اللهُ، يَا مَنْ قَامَ مِنْ بَيْنِ الأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلُوبِيَا!

اللهُ هُوَ مَلِكُنَا مُنْذُ القَدَمِ. صَنَعَ الخَلاصَ فِي وَسْطِ الأَرْضِ.

خَاصِنَا يَا ابْنَ اللهُ، يَا مَنْ قَامَ مِنْ بَيْنِ الأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلُوبِيَا!

وَاعْلَمُوا أَنِّي أَنَا هُوَ اللهُ. أَرْتَفِعُ فِي الأُمَّمِ وَأَتَعَالَى فِي الأَرْضِ.

خَاصِنَا يَا ابْنَ اللهُ، يَا مَنْ قَامَ مِنْ بَيْنِ الأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلُوبِيَا!

المجدُ للآبِ وَالإِبْنِ وَالرُوحِ القُدسِ، الآنَ وَكُلَّ أوانٍ وَإِلَى دَهْرِ الدَاهِرِينَ، آمين.

يا كَلِمَةَ اللهُ الابنِ الوَحيدِ...

Third Antiphon

Exalt ye the Lord our God, and worship at His footstool. O Lord, save Thy people and bless Thine inheritance. Feed them, and lift them up forever.

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!

إِرْفَعُوا الرَّبَّ إِلهِنَا وَاسجُدُوا عِنْدَ مَوْطِي قَدَمِيهِ. يَا رَبُّ، خَلِّصْ شَعْبَكَ وَبَارِكْ مِيراثَكَ، وَارْعَهُمْ وَارْفَعُهُمْ إِلَى الأَبَدِ.

خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيراثَكَ، وَامْنَحْ عبيدَكَ المُؤْمِنِينَ العَلْبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ المُخْتَصِّينَ بِكَ!

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 لِنَسجُدْ وَنرْكَعْ لِلْمَسِيحِ مَلِكُنَا وَالهِنَا، خَلَصِنَا يَا ابْنَ اللهُ يَا مَنْ قَامَ مِنْ بَيْنِ الأَمْوَاتِ، لِنُرْتَلَّ لَكَ هَلُوبِيَا!

Troparion of the Resurrection (Tone Two)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee .

عِنْدَمَا انْحَدَرْتَ إِلَى المَوْتِ أَيُّهَا الحَيَاةُ الَّذِي لَا يَمُوتُ، حِينَئِذٍ أَمَتَّ الجَحِيمَ بِبَرَقِ لاهوتِكَ. وَعِنْدَمَا أَقَمْتَ الأَمْوَاتَ مِنْ تَحْتِ الثَّرَى، صَرَخَ نَحْوِكَ جَمِيعُ القُوَّاتِ السَّمَاوِيَّةِ: أَيُّهَا المَسِيحُ الإِلهُ، مُعْطِي الحَيَاةِ، المَجْدُ لَكَ.

Troparion for the Holy Cross (Tone One)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

خَلِّصْ يَا رَبُّ شَعْبَكَ، وَبَارِكْ مِيراثَكَ، وَامْنَحْ عبيدَكَ المُؤْمِنِينَ العَلْبَةَ عَلَى الشَّرِيرِ، وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ المُخْتَصِّينَ 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.

في ميلادِكِ حَفِظْتِ البتوليةَ وصننتها وفي رقادِكِ ما أهملتِ العالمَ وتركتِه يا والدةَ الإله. لأنك انتقلتِ إلى الحياة بما أنك أم الحياة. فبشفاعاتِكِ أنقذي من الموتِ 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 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.

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.

لصليبك يا سيدنا نسجد، ولقيامتك المقدسة نمجد.

Epistle for Third Sunday of Lent

O Lord, save Thy people and bless Thine inheritance.

Unto Thee, O Lord, will I cry, O my God!

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a great High Priest, Who has passed through the heavens, Jesus the Son of God, let us hold fast the confession. For we do not have a High Priest Who is unable to sympathize with our infirmities, but one Who has been in all points tempted like as we are, yet without sin. Let us therefore draw near with boldness to the throne of grace, that we may receive mercy, and may find grace to help in time of need. For every high priest, being taken from among the people, is appointed on behalf of the people in things pertaining to God, that he may offer up both gifts and sacrifices for sins; who can have compassion on the ignorant and on those who are erring, since he himself also is encompassed with infirmity. Because of this he is bound, as for the people so also for

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ.

إليكَ يا رَبُّ أَصْرُخُ إِلَهِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بولُسِ الرَّسُولِ إِلَى الْعِبْرَانِيِّينَ.

يا إِحْوَهُ، إِذْ لَنَا رَبِّيسُ كَهَنَةٍ عَظِيمٍ قَدْ اجْتَازَ السَّمَاوَاتِ، يَسُوعُ ابْنُ اللَّهِ، فَلَنَتَمَسَّكَ بِالْإِعْتِرَافِ. لِأَنَّ لَيْسَ لَنَا رَبِّيسَ كَهَنَةٍ غَيْرَ قَادِرٍ أَنْ يَرْتِي لِأَوْهَانِنَا، بَلْ مُجَرَّبٌ فِي كُلِّ شَيْءٍ مِثْلَنَا مَا خِلا الْخَطِيئَةِ. فَلنُقْبَلِ إِذْنَ بِثِقَةٍ إِلَى عَرْشِ التَّعَمَّةِ، لِننالَ رَحْمَةً وَنَجِدَ ثِقَةً لِلْإِغَاثَةِ فِي أَوَانِهَا. فَإِنَّ كُلَّ رَبِّيسِ كَهَنَةٍ مُتَّخِذٍ مِنَ النَّاسِ يُقَامُ لِأَجْلِ النَّاسِ فِيمَا هُوَ اللَّهُ، لِيُقَرَّبَ تَقَادِمَ وَذَبَائِحَ عَنِ الْخَطَايَا، فِي إِمكانِهِ أَنْ يُشْفِقَ عَلَى الَّذِينَ يَجْهَلُونَ وَيَضِلُّونَ، لِكونِهِ هُوَ أَيْضاً مُتَلَبِّساً بِالضُّعْفِ. وَلِهَذَا

himself, to offer up for sins. And no one takes the honor upon himself, but as being called by God, as was Aaron. So Christ also did not glorify Himself to become a High Priest, but it was by the One saying to Him, "Thou art My Son, today I have begotten Thee." As He says also in another place, "Thou art a Priest forever, according to the order of Melchizedek."

يَجِبُ عَلَيْهِ أَنْ يُقَرَّبَ عَنِ الْخَطَايَا لِأَجْلِ نَفْسِهِ كَمَا يُقَرَّبُ لِأَجْلِ الشَّعْبِ. وَلَيْسَ أَحَدٌ يَأْخُذُ لِنَفْسِهِ الْكِرَامَةَ، بَلْ مَنْ دَعَاهُ اللَّهُ كَمَا دَعَا هَارُونَ. كَذَلِكَ الْمَسِيحُ لَمْ يُمَجِّدْ نَفْسَهُ لِيَصِيرَ رَئِيسَ كَهَنَةٍ، بَلِ الَّذِي قَالَ لَهُ "أَنْتَ ابْنِي وَأَنَا الْيَوْمَ وَلَدْتُكَ". كَمَا يَقُولُ فِي مَوْضِعٍ آخَرَ "أَنْتَ كَاهِنٌ إِلَى الْأَبَدِ عَلَى رُتْبَةِ مَلَكِيصَادَقَ".

Gospel for Third Sunday of Lent

The Reading 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."

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْفُوسِ الْإِنْجِيلِيِّ الْبَشِيرِ، وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ: مَنْ أَرَادَ أَنْ يَتَّبِعَنِي فَلْيَكْفُرْ بِنَفْسِهِ وَيَحْمِلْ صَلِيبَهُ وَيَتَّبِعَنِي، لِأَنَّ مَنْ أَرَادَ أَنْ يُخَلِّصَ نَفْسَهُ يُهْلِكُهَا، وَمَنْ أَهْلَكَ نَفْسَهُ مِنْ أَجْلِي وَمِنْ أَجْلِ الْإِنْجِيلِ يُخَلِّصُهَا. فَإِنَّهُ مَاذَا يَنْتَفِعُ الْإِنْسَانُ لَوْ رَجَحَ الْعَالَمَ كُلَّهُ وَخَسِرَ نَفْسَهُ؟ أَمْ مَاذَا يُعْطِي الْإِنْسَانُ فِدَاءً عَنِ نَفْسِهِ؟ * لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا الْجِيلِ الْفَاسِقِ الْخَاطِئِ. يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ مَتَى آتَى فِي مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ. وَقَالَ لَهُمْ: الْحَقُّ أَقُولُ لَكُمْ، إِنَّ قَوْمًا مِنْ الْقَائِمِينَ هَهُنَا لَا يَذُوقُونَ الْمَوْتَ حَتَّى يَرَوْا مَلَكَوَتَ اللَّهِ قَدْ آتَى بِقُوَّةٍ.

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 طِفْلاً، وَهُوَ إِلَهُنَا الَّذِي قَبْلَ الدُّهُورِ. لِأَنَّهُ صَنَعَ مُسْتَوْدَعَكَ عَرْشًا، وَجَعَلَ بَطْنَكَ أَرْحَبَ مِنَ السَّمَاوَاتِ. لِذَلِكَ يَا مُمْتَلِنَةٌ نِعْمَةً، تَفْرَحُ بِكَ كُلُّ الْبَرَايَا وَتَمَجِّدُكَ.

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!

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

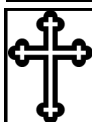
After the Liturgy, we will have the procession of the Holy Cross with the following hymns:

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 مِيرَاتِكَ، وَاْمِنْخْ عِبِيدِكَ الْمُؤْمِنِينَ الْغَلْبَةَ عَلَى الْأَعْدَاءِ. وَاحْفَظْ بِقُوَّةِ صَلَيبِكَ جَمِيعَ الْمُخْتَصِّينَ بِكَ!

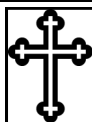
لصليبك يا سيدنا نسجد، ولقيامتك المقدسة نمجد.



3rd & 9th Day Memorial

Mazin Karadsheh

Memory Eternal!



6 Month Memorial

Azzam K Sweis

Memory Eternal!



Churching

Kathrin

Parents: Saed & Rasha Khoury

Congratulations!

Upcoming Services & Events

Date	Time	Event
4/1/2021	6:30pm	Adult Sunday School (Virtual)
4/2/2021	10:00am	Presanctified Liturgy
	7:00pm	3rd Akathist (Madayeh)
4/3/2021	10:00am	SOYO: All Day Retreat
	5:00pm	Great Vespers
4/4/2021	8:45am	Orthros (Church)
	10:00am	Divine Liturgy (Church/Gym)

	11:30am	Spinach Pie Sale (Carry Out Only)
	1:00pm	Sunday School (Virtual)
4/5/2021	11-2pm	Spinach Pie Pick-up
	7:00pm	Great Compline
4/6/2021	11-2pm	Spinach Pie Pick-up
	6:30pm	YAM Gathering (Young Adults)
4/7/2021	10:00am	Morning Prayer (Virtual)
	10:30am	Arabic Bible Study (Virtual)
	7:00pm	Presanctified Liturgy

خدمات الصيام والاسبوع العظيم 2021 Lent & Holy Week Services

نيسان 2 April	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy الجمعة: خدمة مديح والدة الإله Friday: Akathist to the Theotokos	صباحا 10:00am مساء 7:00pm
نيسان 3 April	صلاة الغروب Great Vespers	مساء 5:00pm
نيسان 4 April	القداس الإلهي للأحد الثالث من الصوم Divine Liturgy for the 3rd Sunday of Lent	صباحا 10:00am
نيسان 5 April	الإثنين: صلاة النوم الكبرى Monday: Great Compline	مساء 7:00pm
نيسان 7 April	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy	مساء 7:00pm
نيسان 9 April	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy الجمعة: خدمة مديح والدة الإله Friday: Akathist to the Theotokos	صباحا 10:00am مساء 7:00pm
نيسان 10 April	صلاة الغروب Great Vespers	مساء 5:00pm
نيسان 11 April	القداس الإلهي للأحد الرابع من الصوم Divine Liturgy for the 4th Sunday of Lent	صباحا 10:00am
نيسان 12 April	الإثنين: صلاة النوم الكبرى Monday: Great Compline	مساء 7:00pm
نيسان 14 April	الأربعاء: القداس السابق تقديسه Wednesday: Pre-Sanctified Liturgy	مساء 7:00pm
نيسان 15 April	الخميس: صلاة النوم الصغرى مع قانون القديس أندراوس وسيرة القديسة مريم المصرية Thursday: Little Compline w/ Canon to St Andrew and life of St Mary of Egypt	مساء 7:00pm
نيسان 16 April	الجمعة: القداس السابق تقديسه Friday: Pre-Sanctified Liturgy الجمعة: خدمة المديح الكبير لوالدة الإله Friday: Great Akathist to the Theotokos	صباحا 10:00am مساء 7:00pm
نيسان 17 April	صلاة الغروب Great Vespers	مساء 5:00pm
نيسان 18 April	القداس الإلهي للأحد الخامس من الصوم Divine Liturgy for the 5th Sunday of Lent	صباحا 10:00am

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

Spinach Pie Sale Sunday, April 4th

The Antiochian Women will be making fresh homemade spinach pies. You can order online and pick up your order at church after Divine Liturgy this Sunday April 4th. 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 April 5th or 6th from the church office. Your order will be prepacked in containers and ready for you to take home and enjoy with your family.



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

[Click here to pre-order before Friday, April 2nd at 4:00pm!](#)

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 are being followed to ensure the safety and health of our community.

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.



St. Mary Orthodox Church of Palos Heights

Sunday School Teachers Retreat

FRIDAY, APRIL 9th 2021

“Acquire the Holy Spirit & thousands around you will be saved.”

- St. Seraphim of Sarov

All Sunday School teachers and those interested in teaching Sunday School are invited to attend a Lenten Retreat with Fr. Alexander Koranda from Holy Trinity OCA Cathedral.

Schedule

5:30pm - Session 1

7:00pm - Akathist to
the Theotokos

8:30pm - Session 2



St. Mary Orthodox Church of Palos Heights

Lenten Retreat with Bishop Anthony

April 16-18

Join us for an edifying weekend with His Grace Bishop ANTHONY! He will be giving talks to different organizations. Please see the schedule below for all the details.



Friday 4/16

*5pm - 7pm: "The Role of Women in the Church"
(open to all ladies)*

7pm: Akathist to the Theotokos with Reflection from Sayidna

Saturday 4/17

12pm-2:30pm: Teen SOYO Outdoor Luncheon - "Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity." 1 Tim 4:12

5pm: Hierarchical Great Vespers

5pm-9pm: Young Adults - "Becoming Holy in an Unholy World"

Sunday 4/18

8:45am: Orthros

10:00am: Hierarchical Divine Liturgy

All events will take place at church.

Masks are required and social distancing will be observed.

St. Mary Orthodox Church of Palos Heights

Growing Together in Marriage: A Lenten Retreat

St Mary's invites everyone to a retreat with guest speaker Dr. Philip Mamalakis, author of *"The Journey of Marriage"* and *"Parenting Toward the Kingdom."*



Saturday, April 24th, 2021

9:00am Orthros

10:00am Divine Liturgy

11:30am Refreshments

12:00pm Session 1

1:00pm Lunch

2:00pm Session 2

3:00pm Break

3:30pm Session 3

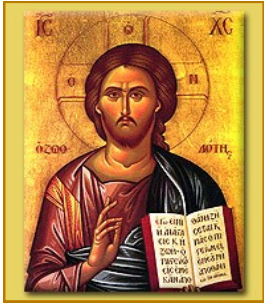
5:00pm Great Vespers
for Palm Sunday

Registration fee: \$20 per person

Babysitting available | Registration coming soon

All events will take place at church and meals will be outdoors.

Masks are required and social distancing will be observed.



Weekly Synaxarion



On April 4 in the Holy Orthodox Church, we commemorate the Venerable George of Mount Maleon; Martyrs Theodoulos the reader and Agathopodos the deacon of Thessalonica; Venerable Theonas, archbishop of Thessalonica; and Isidore, bishop of Seville. 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.