



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, September 19th, 2021

Sunday after the Elevation of the Holy Cross

Martyrs Trophimos, Dorymedon and Savvatios ; Hieromartyr Januarios of Benevento and his companions

First Antiphon

O God, my God, attend to me; why hast Thou forsaken me? Far from my salvation are the words of my transgressions.

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

My God, I will cry by day, and wilt Thou not hearken? And by night, and it shall not be unto folly for me. But as for Thee, Thou dwellest in the sanctuary, O Praise of Israel.

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

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

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

إِلَهِي إِلَهِي أَنْظُرْ إِلَيَّ لِمَاذَا تَرَكْتَنِي؟ لِمَاذَا ابْتَعَدْتَ عَن نَصْرَتِي وَعَن كَلِمَاتِ أُنِينِي.

بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِي، يَا مُخَلِّصُ خَلِّصْنَا.

إِلَهِي أَنَا فِي النَّهَارِ أَصْرُخُ إِلَيْكَ فَلَا تَسْتَجِيبُ، أَمَا أَنْتَ يَا مِدْحَةَ إِسْرَائِيلَ فَتَسْكُنُ فِي الْأَقْدَاسِ.

بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِي، يَا مُخَلِّصُ خَلِّصْنَا.

المجد للآب والابن والروح القدس، الآن وكل أوان وإلى دهر الداهرين. آمين.

بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِي، يَا مُخَلِّصُ خَلِّصْنَا.

Second Antiphon

O God, why hast Thou cast us off unto the end? Remember Thy congregation which Thou hast purchased from the beginning.

Save us, O Son of God, Who wast crucified in the flesh; who sing to Thee. Alleluia!

This is Mount Zion wherein Thou hast dwelt .

Save us, O Son of God, Who wast crucified in the flesh; 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 wast crucified in the flesh; 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...

أَللَّهُمَّ لِمَاذَا أَفْصَيْنَتَنَا إِلَى الْأَبَدِ؟ أُنْكَرُ جَمَاعَتَكَ الَّتِي افْتَنَيْتَ مِنْذُ الْقَدَمِ.

خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ صُلِبَ عَنَّا بِالْجَسَدِ، إِذْ نُرْتَلُّ لَكَ. هَلُّوِيَا!

جَبَلٌ صِهْيُونَ هَذَا الَّذِي فِيهِ سَكَنْتَ.

خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ صُلِبَ عَنَّا بِالْجَسَدِ، إِذْ نُرْتَلُّ لَكَ. هَلُّوِيَا!

أَللَّهُ هُوَ مَلِكُنَا مِنْذُ الْقَدَمِ، صَنَعَ الْخَلَاصَ فِي وَسْطِ الْأَرْضِ.

خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ صُلِبَ عَنَّا بِالْجَسَدِ، إِذْ نُرْتَلُّ لَكَ. هَلُّوِيَا!

المجد للآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.

يا كلمة الله الابن الوحيد...

Third Antiphon

The Lord reigneth, let the people rage; He sitteth upon the cherubim, let the earth be shaken. The Lord is great in Zion; and He is high above all peoples. Let them confess Thy great Name, for it is terrible and holy.

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.

الرَّبُّ قَدْ مَلَكَ فَلْتَرْتَعِدِ الشُّعُوبُ، وَاسْتَوَى عَلَى الشُّرُوبِيمِ فَلْتَتَرْتَزَلِ الْأَرْضُ. الرَّبُّ عَظِيمٌ فِي صِهْيُونَ وَمُتَعَالٍ عَلَى جَمِيعِ الشُّعُوبِ. فَلْيَحْمَدُوا اسْمَكَ الْعَظِيمِ لِأَنَّهُ رَهيبٌ وَقُدُوسٌ.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاتِكَ، وَأَمْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلِيبِكَ جَمِيعَ الْمُخْتَصِّينَ 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 لِنَسْجُدْ وَنَرْكَعْ لِلْمَسِيحِ مَلَكْنَا وَالْهَنَا، خَلِّصْنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِّ لَكَ هَلُّوِيَا!

Troparion of the Resurrection (Tone Four)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَّرَ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِيَّ، وَخَاطَبْنَ الرُّسُلَ مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّي الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنْحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

Troparion of the Elevation of 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، وَأَمْنَحْ عبيدَكَ الْمُؤْمِنِينَ الغَلْبَةَ عَلَى الشَّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلَيبِكَ 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.

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

Kontakion of the Elevation of the Holy Cross (Tone Four)

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

يا مَنْ عَلَى الصَّليبِ أَرْتَفَعَ طَوْعًا، إِمْنَحْ رَأْفَاتِكَ شَعْبَكَ الجَدِيدَ، أَلْمَسَمَى بِكَ أَيُّهَا المَسِيحُ الإله. وَفَرِّحْ بِقُوَّتِكَ عبيدَكَ الْمُؤْمِنِينَ، فَتَمْنَحْهُمْ الفُوزَ عَلَى مُحَارِبِيهِمْ، وَلِتَكُنْ مَعُونَتُكَ لَهُمْ سِلَاحَ سَلامٍ، وَظَفَرًا لا يُعْهَر.

Epistle for the Sunday after the Elevation of the Holy Cross

*How magnified are Thy works, O Lord.
In wisdom hast Thou made them all.*

Bless the Lord, O my soul.

The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)

Brethren, knowing that a person is not justified by the works of the Law, but through faith in Jesus Christ, even we have believed in Jesus Christ, that we might be justified by faith in Christ, and not by the works of the Law; for by the works of the Law shall no flesh be justified. But if, while we sought to be justified in Christ, we ourselves also were found sinners, is Christ then a minister of sin? God forbid! For if I build up again those things which I destroyed, I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ, nevertheless I live, yet not I, but Christ lives in me; and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and

ما أَعْظَمَ أَعْمالِكَ، يا رَبُّ. كُلُّها بِحِكْمَةٍ صَنَعْتَ.

بارِكِي يا نَفْسي الرَّبِّ.

فَصَلِّ مِنْ رِسالَةِ القَدِيسِ بولُسَ الرِّسولِ إلى أَهْلِ غَلاطية.

يا إِخوهُ، إِذْ نَعَلِمُ أَنَّ الإِنسانَ لا يُبَرَّرُ بِأَعْمالِ الناموسِ، بَلْ إِنَّمَا بِالإيمانِ بِيسوعَ المَسِيحِ. آمَنَّا نَحْنُ أَيضًا بِيسوعَ المَسِيحِ لِكَي نُبَرَّرَ بِالإيمانِ بِالمَسِيحِ لا بِأَعْمالِ الناموسِ، إِذْ لا يُبَرَّرُ بِأَعْمالِ الناموسِ أَحَدٌ مِنْ ذَوِي الجَسَدِ. فَإِنْ كُنَّا وَنَحْنُ طالِبُونَ التَّبَرِيرَ بِالمَسِيحِ وَجِدْنَا نَحْنُ أَيضًا خُطاهَ، أَفَيَكُونُ المَسِيحُ إِذَنْ خادِمًا لِلخَطِيئَةِ؟ حاشى. فَإِنِّي إِنْ عُدْتُ أَبنِي ما قَدْ هَدَمْتُ، أَجْعَلُ نَفْسي مُتَعَدِّيًا. لِأَنِّي بِالنَّاموسِ مُتَّ

gave Himself up for me.

لِلنَّامُوسِ لِكَيْ أَحْيَا لِلَّهِ. مَعَ الْمَسِيحِ صُلبْتُ، فَأَحْيَا، لَا
أَنَا، بَلِ الْمَسِيحُ يَحْيَا فِيَّ. وَمَا لِي مِنَ الْحَيَاةِ فِي
الْجَسَدِ، أَنَا أَحْيَاهُ فِي إِيمَانِ ابْنِ اللَّهِ الَّذِي أَحَبَّنِي،
وَبَدَلَ نَفْسِهِ عَنِّي.

Gospel for the Sunday after the Elevation of the Holy Cross

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 of 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 He 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."

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَرْقَسِ 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
عَنْ نَفْسِهِ؟ لِأَنَّ مَنْ يَسْتَحْيِي بِي وَبِكَلَامِي فِي هَذَا
الْجِيلِ الْفَاسِقِ الْخَاطِي، يَسْتَحْيِي بِهِ ابْنُ الْبَشَرِ مَتَى
أَتَى فِي مَجْدِ أَبِيهِ مَعَ الْمَلَائِكَةِ الْقَدِيسِينَ." وَقَالَ لَهُمْ:
"الْحَقُّ أَقُولُ لَكُمْ، إِنَّ قَوْمًا مِنْ الْقَائِمِينَ هَهُنَا لَا
يَذُوقُونَ الْمَوْتَ، حَتَّى يَرَوْا مَلَكُوتَ اللَّهِ قَدْ أَتَى بِقُوَّةٍ."



3rd & 9th Day Memorial
Miriam Sweis
Memory Eternal!



Churching
Emmanuelle
Parents: Melad & Nadine Qodsi
Congratulations!

Upcoming Services & Events

Date	Time	Event
9/17/2021	6:00pm	Antiochian Women Meeting
9/18/2021	10:00am	Arabic School
	12:00pm	SOYO Hollywood Park & Portillos
	5:00pm	Great Vespers
	5:45pm	Canon before Holy Communion
9/19/2021	8:30am	Orthros
	10:00am	Liturgy
	10:00am	Sunday School (starts with Divine Liturgy)
9/20/2021	7:00pm	YAM Feed My Starving Children followed by Andy's Frozen Custard
9/22/2021	10:00am	Morning Prayers
	10:30am	Arabic Bible Study
	6:00pm	Liturgy for the Conception of St. John the Baptist
	6:00pm	SOYO Night
9/25/2021	8:00am	Annual IOCC Walk
	10:00am	Arabic School
	5:00pm	Great Vespers
	5:45pm	Canon before Holy Communion
9/26/2021	8:30am	Orthros
	10:00am	Liturgy
	10:00am	Sunday School (starts with Divine Liturgy)



**SAINT MARY
ORTHODOX CHURCH**
PALOS HEIGHTS, ILLINOIS

Young Adult Ministry

Growing closer to Christ by growing together

Thursday, August 26th at 6:00pm

Walk at Lake Katherine followed by Portillo's

Tuesday, September 7th at 6:00pm

Vespers followed by YAM Gathering
with Fr. Mousa

Monday, September 20th at 7:00-8:30pm

Feed My Starving Children followed by
Andy's Frozen Custard in Naperville

St. Mary's YAM hopes to see you!



15TH ANNUAL

Walk The Walk *for* IOCC

Saturday, September 25, 2021

Join us for our 5K Walk/Run and make a difference for those in need around the world! Participate individually or create your own fundraising team with your parish, youth group, or even friends!

St. Andrew Greek Orthodox Church

5649 N. Sheridan Rd. • Chicago, IL 60660

Registration: 8:00 AM • Walk/Run Begins: 9:00 AM

Breakfast following the race

\$20 Registration before 9/10

\$30 Registration after 9/10

\$10 Children under 12

Register or sponsor online at ioccc.org/chicago

For more information, email iocccchicago5k@gmail.com

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



Diocese of Toledo and the Midwest

Fall Gathering 2021

Hosted by St. James Antiochian Orthodox Church

6577 Branch Hill Miamiville Rd, Loveland, Ohio 45140

October 21-22: Clergy Retreat

October 22-24: Fall Gathering YAM, SOYO & Antiochian Women



PLC June 2019

Hotel Information

\$109/nt

DoubleTree Suites by Hilton Hotel,
Cincinnati - Blue Ash

Address: 6300 E Kemper Rd, Sharonville, OH 45241

Phone: [\(513\) 489-3636](tel:5134893636)

All of rooms are two room suites. Every suite has a double sized sleeper sofa in the living room area, a microwave, a small refrigerator and an in-room safe. **Group Code: JAO**



Copy or Click on the link below for reservation:

https://doubletree.hilton.com/en/dt/groups/personalized/C/CVVKRDT-JAO-20211021/index.ihtml?WT.mc_id=POG

Registration Information

Registration fee is **\$50**. For clergy retreat and fall gathering -this includes dinner on Friday, breakfast, lunch and dinner on Saturday and a farewell lunch on Sunday!

Click here to register <https://tithe.ly/event-registration/#/3957214>



23rd Annual Midwest Basketball Tournament



We've moved!
Goodbye January,
Hello November!



**Special
Presentation:
Getting Ready for
Advent!
The Nativity Fast**

Division I: Ages 12-15 / Division II: Ages 15-18 / Division III: Ages 19+

Friday, November 12

- 7 pm: Registration begins (*Hotel Lobby*)
- 8 pm: Pizza (*Registration area*)
- 8:30 pm: Discussion: Getting Ready for Advent! The Nativity Fast (*Meeting Room*)

Saturday, November 13

- 7 am -10 am: Breakfast available at Hotel
- 8 am: Basketball Tournament begins (*at Basketball locations*)
- 12 pm: Lunch (*at Basketball locations*)
- 6 pm: Great Vespers (*St. George Antiochian*)
- 7 pm: Banquet/Awards Presentation/Hafli (*St. George Antiochian*)



Sunday, November 14 (*St. George Antiochian*)

- 8:45 am: Matins
- 10 am: Divine Liturgy
Brunch and Farewell

St. George Antiochian Orthodox Church
1118 Cherry Ave. NE Canton, OH 44704
330-455-8482 stgeorgecanton@sbcglobal.net

Early Registration: \$50 (by November 5)
Registration: \$60
(Includes all meals and events)

Hotel Information: Hyatt Place
5421 Whipple Ave. NW Canton, OH 44720 330-244-1700
Group Rate: \$99/night (mention St. George Basketball)
Our block of rooms will be reserved for us until Oct. 12
[Click here to reserve your room online](#)
Group code: G-SGCH

Annual General Assembly Meeting and Parish Council Nominations

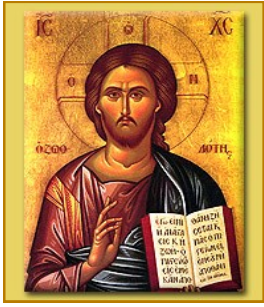


If you are interested in nominating yourself or another person for St. Mary's Parish Council, please see Jason Haddad the chair of the nomination committee by Friday, October 15th. Nominations will not be considered after that date.

Our Annual General Assembly Meeting will take place Sunday, November 14th immediately following the Divine Liturgy. Mark your calendars and make every effort to attend.

Please make sure your up to date on your 2021 pledge, so that you can participate in the General Assembly.

Thanks and God bless!



Weekly Synaxarion



On September 19 in the Holy Orthodox Church, we continue the celebration of the Elevation of the Precious and Life-giving Cross, and we commemorate the holy Martyrs Trophimos, Dorymedon and Savvatos. In 278, during the reign of Probus, Trophimos and Savvatos came to Antioch, and seeing the city celebrating the festival of Apollo at Daphne lamented the blindness of the people. They presented themselves as Christians to Atticus the Governor and refused to take part in the revelry. Atticus subjected each man to cruel tortures: Savvatos gave up his spirit during sufferings, but Trophimos was imprisoned in various places and beaten at each stop. At Synnada, Dorymedon, a counselor and a pagan, came to the prison and cared for Trophimos. When another pagan feast came, Dorymedon also refused to sacrifice to the idols, proclaimed himself a Christian, and was also imprisoned. The torturer ordered Trophimos and Dorymedon to be thrown to the wild beasts, but the animals would not touch them. They were eventually beheaded and all three martyrs now reign in Heaven. On this day, we also commemorate the Hieromartyr Januarios of Benevento and his companions. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.