



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, October 16th, 2022

Sunday of Holy Fathers of Seventh Ecumenical Council

& Fourth Sunday of Luke

Martyr Longinos the Centurion Who Stood at the Cross of the Lord;
Gall, Enlightener of Switzerland

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، خَلَصَنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِّ لَكَ هَلْلُويَا!

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، قُمْتَ فِي الْيَوْمِ الثَّالِثِ أَيُّهَا الْمُخَلِّصُ، مَانِحاً الْعَالَمَ الْحَيَاةَ. لِذَلِكَ قُوَّتُ السَّمَاوَاتِ، هَتَفُوا إِلَيْكَ يَا وَاهِبَ الْحَيَاةِ: الْمَجْدُ لِقِيَامَتِكَ أَيُّهَا الْمَسِيحُ، الْمَجْدُ لِمُلْكِكَ، الْمَجْدُ لِتَدْبِيرِكَ، يَا مُحِبَّ الْبَشَرِ وَحَدَّكَ.

Troparion of the Holy Fathers (Tone Eight)

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

أَنْتَ أَيُّهَا الْمَسِيحُ إِلَهُنَا الْفَائِقُ التَّسْبِيحِ، يَا مَنْ أَسَّسْتَ آبَاءَنَا الْقِدِّيسِينَ عَلَى الْأَرْضِ كَوَاكِبَ لَامِعَةً، وَبِهِمْ هَدَيْتَنَا جَمِيعاً إِلَى الْإِيمَانِ الْحَقِيقِيِّ، يَا جَزِيلَ الرَّحْمَةِ الْمَجْدُ لَكَ.

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 وَصَنَّتْهَا وَفِي رِقَادِكَ مَا أَهْمَلْتِ الْعَالَمَ وَتَرَكْتِهِ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتِ إِلَى الْحَيَاةِ بِمَا أَنْكَ أُمُّ الْحَيَاةِ. فَبِشَفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

Kontakion of the Theotokos (Tone Two)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

يا شَفِيعَةَ الْمَسِيحِيِّينَ غَيْرِ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرِ الْمَرْذُودَةِ، لَا تُعْرِضِي عَنِ أَصْوَاتِ طَلِبَاتِنَا نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَنْتِ صَالِحَةٌ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ وَأَسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةَ الْإِلَهِ، الْمُتَشَفِّعَةَ دَائِمًا بِمُكْرَمِيكَ.

Epistle for the Holy Fathers

Blessed are Thou, O Lord, the God of our Fathers. For Thou art just in all that Thou hast done to us.

The Reading from the Epistle of St. Paul to St. Titus. (3:8-15)

Titus, my son, faithful is the saying, and concerning these things I desire you to affirm confidently, that those who have believed in God may be thoughtful of how to preside in honorable occupations. These things are good and profitable to men. But avoid foolish disputes, and genealogies, and contentions, and controversies about the Law; for they are unprofitable and vain. A man who is a heretic after the first and second admonition reject, knowing that such a one is subverted, and sins, being self-condemned. When I send Artemas to you, or Tychicós, give diligence to come to me to Nicopolis; for I have determined to winter there. Set forward Zenas the lawyer and Apollos on their journey diligently, that they may be lacking in nothing. And let our people also learn how to preside in honorable occupations, so as to help in cases of urgent need, that they should not be unfruitful. All who are with me salute you. Salute those who love us in the faith. Grace be with you all. Amen.

مُبَارَكٌ أَنْتَ يَا رَبُّ إِلَهَ آبَائِنَا.

لَأَنَّكَ عَدْلٌ فِي كُلِّ مَا صَنَعْتَ بِنَا.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرَّسُولِ إِلَى تَيْطُسَ.
يَا وَلَدِي تَيْطُسَ، صَادِقَةٌ هِيَ الْكَلِمَةُ وَإِيَّاهَا أُرِيدُ أَنْ نُقَرَّرَ حَتَّى يَهْتَمَّ الَّذِينَ آمَنُوا بِاللَّهِ فِي الْقِيَامِ بِالْأَعْمَالِ الْحَسَنَةِ، فَهَذِهِ هِيَ الْأَعْمَالُ الْحَسَنَةُ وَالنَّافِعَةُ. أَمَّا الْمُبَاحَثَاتُ الْهَدْيَانِيَّةُ وَالْأَنْسَابُ وَالْخُصُومَاتُ وَالْمُمَاحَاكَاتُ النَّامُوسِيَّةُ فَاجْتَنِبْهَا، فَإِنَّهَا غَيْرُ نَافِعَةٍ وَبَاطِلَةٌ. وَرَجُلٌ الْبِدْعَةَ بَعْدَ الْإِنْذَارِ مَرَّةً وَأُخْرَى أَعْرِضْ عَنْهُ. عَالِمًا أَنَّ مَنْ هُوَ كَذَلِكَ قَدْ اعْتَسَفَ، وَهُوَ فِي الْخَطِيئَةِ يَقْضِي بِنَفْسِهِ عَلَى نَفْسِهِ. وَمَتَى أُرْسَلْتُ إِلَيْكَ أَرْتِيمَاسَ أَوْ تِيخِيكُسَ، فَبَادِرْ أَنْ تَأْتِيَنِي إِلَى نِيكُوبُولِسَ لِأَنِّي قَدْ عَزَمْتُ أَنْ أَشْتِيَ هُنَاكَ. أَمَّا زِينَاَسُ مُعَلِّمُ النَّامُوسِ وَأَبْلُوسُ، فَاجْتَهِدْ أَنْ تُشَيِّعَهُمَا مُتَأَهِّبِينَ لِئَلَّا يُعْوِزَهُمَا شَيْءٌ. وَلِيَتَعَلَّمْ دُونَا أَنْ يَقُومُوا بِالْأَعْمَالِ الصَّالِحَةِ لِلْحَاجَاتِ الضَّرُورِيَّةِ حَتَّى لَا يَكُونُوا غَيْرَ مُثْمَرِينَ. يُسَلِّمُ عَلَيْكَ جَمِيعُ الَّذِينَ مَعِي، سَلِّمُ عَلَى الَّذِينَ يُحِبُّونَنَا فِي الْإِيمَانِ، النِّعْمَةُ مَعَكُمْ أَجْمَعِينَ.
أَمِينَ.

Gospel for the Fourth Sunday of Luke

The Reading from the Holy Gospel according to St. Luke. (8:5-15)

The Lord spoke this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when His Disciples asked Him what this parable meant, Jesus said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As Jesus said this, He called out, "He who has ears to hear, let him hear."

فصلٌ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ لَوْقَا الْإِنْجِيلِيِّ
الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

قَالَ الرَّبُّ هَذَا الْمَثَلُ: حَرَجَ الزَّارِعُ لِيَزْرَعَ زَرْعَهُ. وَفِي مَا
هُوَ يَزْرَعُ، سَقَطَ بَعْضُ عَلَى الطَّرِيقِ، فَوُطِئَ وَأَكَلَتْهُ
طُيُورُ السَّمَاءِ. وَبَعْضُ سَقَطَ عَلَى الصَّخْرِ، فَلَمَّا نَبَتَتْ
يَبَسَ لِأَنَّهُ لَمْ تَكُنْ لَهُ رُطُوبَةٌ. وَبَعْضُ سَقَطَ بَيْنَ
الشُّوكِ، فَنَبَتَتْ الشُّوكُ مَعَهُ فَخَنَقَتْهُ. وَبَعْضُ سَقَطَ فِي
الْأَرْضِ الصَّالِحَةِ، فَلَمَّا نَبَتَتْ أَثْمَرَ مِائَةَ ضِعْفٍ. فَسَأَلَهُ
تَلَامِيذُهُ مَا عَسَى أَنْ يَكُونَ هَذَا الْمَثَلُ. فَقَالَ: لَكُمْ قَدْ
أَعْطَيْتِي أَنْ تَعْرِفُوا أَسْرَارَ مَلَكُوتِ اللَّهِ، وَأَمَّا الْبَاقُونَ
فَبِأَمْثَالٍ، لِكَيْ لَا يَنْظُرُوا وَهُمْ نَاطِرُونَ، وَلَا يَفْهَمُوا وَهُمْ
سَامِعُونَ. وَهَذَا هُوَ الْمَثَلُ: الزَّرْعُ هُوَ كَلِمَةُ اللَّهِ. وَالَّذِينَ
عَلَى الطَّرِيقِ هُمُ الَّذِينَ يَسْمَعُونَ، ثُمَّ يَأْتِي إبْلِيسُ وَيَنْزِعُ
الْكَلِمَةَ مِنْ قُلُوبِهِمْ لِئَلَّا يُؤْمِنُوا فَيَخْلُصُوا. وَالَّذِينَ عَلَى
الصَّخْرِ هُمُ الَّذِينَ يَسْمَعُونَ الْكَلِمَةَ وَيَقْبَلُونَهَا بِفَرَحٍ،
وَلَكِنْ لَيْسَ لَهُمْ أَصْلٌ، وَإِنَّمَا يُؤْمِنُونَ إِلَى حِينٍ، وَفِي
وَقْتِ التَّجْرِبَةِ يَرْتَدُّونَ. وَالَّذِي سَقَطَ فِي الشُّوكِ، هُمُ
الَّذِينَ يَسْمَعُونَ ثُمَّ يَذْهَبُونَ فَيَخْتَنِقُونَ بِهَمُومِ هَذِهِ الْحَيَاةِ
وَغِنَاهَا وَمَلَذَاتِهَا، فَلَا يَأْتُونَ بِثَمَرٍ. وَأَمَّا الَّذِي سَقَطَ فِي
الْأَرْضِ الْجَيِّدَةِ، فَهُمُ الَّذِينَ يَسْمَعُونَ الْكَلِمَةَ فَيَحْفَظُونَهَا
فِي قَلْبٍ جَيِّدٍ صَالِحٍ، وَيُثْمِرُونَ بِالصَّبْرِ. وَلَمَّا قَالَ هَذَا
نَادَى: مَنْ لَهُ أُذُنَانِ لِلسَّمْعِ فَلْيَسْمَعْ.



3rd & 9th Day Memorial
 Ghassan Khalil AlNahas
Memory Eternal!



1 Year Memorial
 William Akroush
Memory Eternal!

Upcoming Services & Events

Date	Time	Event
10/14/2022	6:00pm	Kids SOYO Night
	6:00pm	Junior SOYO Night
	7:00pm	Adult Education Class
10/15/2022	10:00am	Arabic School
	5:00pm	Great Vespers
	5:45pm	Compline with Canon for Holy Communion
10/16/2022	8:15am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
	10:00am	Sunday School
	12:00pm	Zucchini Bread Sale
	12:30pm	Young Adult Meeting
10/17/2022	6:30pm	Adult Open Gym
10/19/2022	10:00am	Morning Prayers
	10:30am	Arabic Bible Study
	6:00pm	Teen SOYO Night

SPECIAL OLYMPICS *Awareness Day*

AS NAC TEEN SOYO PREPARES TO SPONSOR THE 42ND ANNUAL SPECIAL OLYMPICS SPORTS CAMP, WE ASK FOR YOUR GENEROSITY AND HELP IN MAKING THIS MINISTRY POSSIBLE. APPROXIMATELY 300 ATHLETES AND COACHES PARTICIPATE IN OUR CAMP EACH YEAR. TEEN SOYO MEMBERS TRAVEL FROM ACROSS OUR ARCHDIOCESE TO VOLUNTEER THEIR TIME, TO LIVE IN SERVICE TO OTHERS AND TO FULFILL THE CALL TO DO ALL THINGS

"As working for the Lord, not for men." (Col. 3:23)

This Sunday, our teens will request your financial donations to enable them to sponsor the 42nd Annual Special Olympics Sports Camp, which will be held at the Antiochian Village, in August of 2023. Your donations make it possible for every athlete to attend this event free of charge and also help Teen SOYO members travel to serve as Coaches at the camp. As an expression of gratitude for your donation to this effort, teens will be handing out bookmarks with the icon of All Saints.

Thank you for considering the support of this wonderful ministry that allows our children to be a blessing to others!

Please make checks payable to your local Teen SOYO group with "SOAD 2022" in the memo.

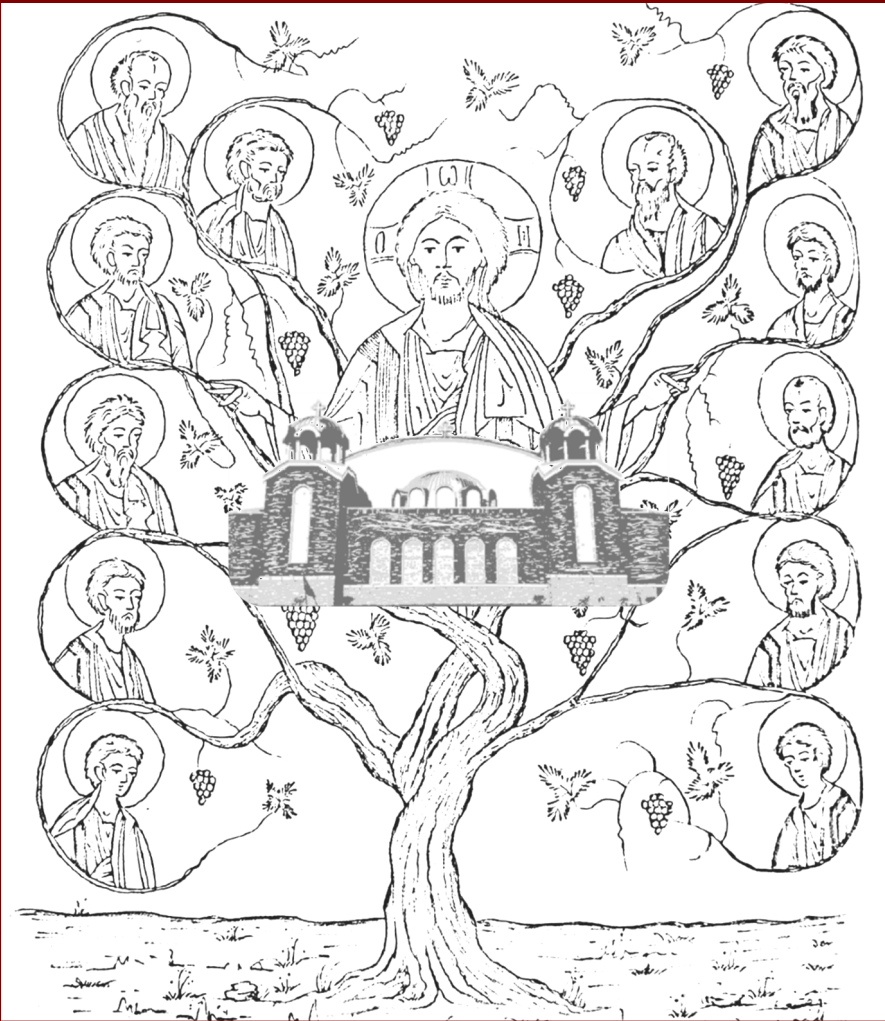
DID YOU KNOW?

Each year, NAC Teen SOYO covers the cost of the camp, approximately \$75,000, through the generosity of our fellow parishioners. Through the years, we have hosted more than 8,500 athletes and coaches. Around 1,200 of our teens have had the unique experience of being a coach or volunteer at the camp.



**Special
Olympics**

St. Mary Orthodox Church of Palos Heights Adult Education with Fr. Mousa



The Orthodox Church

Join Fr. Mousa twice a month to learn more about the teachings of the Orthodox Faith!

*Beginning Friday,
September 9th, 2022
at 7:00pm*

This class is open to all adults who are desiring to learn and grow in the Orthodox Faith. For those of you with children, this class will be in conjunction with Jr SOYO and Kids SOYO! The schedule is listed below. Contact Fabiola with any questions at fsweis@stmaryoc.org.

Dates of Class	Topic
09/09/2022	The True God
09/23/2022	The Human Being
10/14/2022	Sin
10/28/2022	Jesus Christ the Son of God
11/04/2022	Jesus Christ the Savior of the World
11/18/2022	Repentance and Faith
12/02/2022	The Holy Spirit
12/16/2022	The Church & the Mother of God

**The schedule for the new year will be released during class.*

“The person who loves God values knowledge of God more than anything created by God, and pursues such knowledge ardently and ceaselessly.”

+ St. Maximos the Confessor



St Mary Orthodox Church of Palos Heights

Antiochian Women

Zucchini Bread Sale

Sunday, October 16th immediately after Liturgy

Delicious zucchini bread loaded with zucchini, chocolate chips, raisins and cranberries.



1 loaf - \$10

2 loaves - \$15

1 Gluten free loaf - \$12

If you have any questions please see Nawal Sweis or any of the Antiochian Women.

ST. MARY'S CHURCH

FOOD DRIVE

**NON-PERISHABLE
FOOD ITEMS ONLY**

ITEMS ACCEPTED:

Beans, Chili, Cereal, Pasta,
Pasta Sauce, Peanut Butter,
Jelly, Rice, Dry Milk, Soup,
Tuna, Canned Vegetables,
Canned Fruit, Mac & Cheese,
Juice.



**Oct. 2nd
to Jan. 8th**

Drop Off Times

**Sunday Mornings &
Mon. - Fri. 10am - 3pm**

**HELP DONATE
TO THOSE IN
HUNGER!**

*Remembering
the words of
St. John
Chrysostom: "It
is a better thing
to feed the
hungry than to
raise the dead."*

6330 W. 127th St., Palos Heights, IL 60463 708-239-0004



Midwest Diocese
**FAMILY FALL
GATHERING**

OCTOBER 21-23

ST GEORGE IN FISHERS, INDIANA

WWW.STGINDY.ORG

10748 E. 116TH ST. + FISHERS, IN 46037

WWW.STGINDY.ORG/EVENTS/MIDWEST-FALL-FAMILY-GATHERING/



*St. Mary's
Annual Thanksgiving Dinner*

Hosted by Our Antiochian Women

Saturday, November 12th, 2022

St. Mary Orthodox Church

6330 W. 127th St.

Palos Heights, IL 60463

Join us for music, food, raffle, and lots of fun!

Tickets: Adults - \$40

Children (6-12yrs) - \$20

Doors open at 6:00pm


Singer: Nabil Nemeh

Gift baskets will be raffled off

*Please contact Rita Sweis 773-510-4303, Muna Salman 708-769-5105 or
any of the Antiochian Women for tickets.*

"It is a good thing to give thanks unto the Lord"

Psalm 92:1



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 let Jawad Salman know by Saturday, October 15th. Nominations will not be considered after that date.

Our Annual General Assembly Meeting will take place Sunday, November 13th immediately following the Divine Liturgy. Mark your calendars and make every effort to attend.

Please make sure your up to date on your 2022 pledge, so that you can participate in the General Assembly.

Thanks and God bless!



Weekly Synaxarion



On October 16 in the Holy Orthodox Church, we commemorate the Martyr Longinos the centurion who stood at the cross of the Lord; and Gall, enlightener of Switzerland. On this day we commemorate the holy and blessed Fathers who came together for the second time in Nicaea, during the reign of the pious and Christ-loving Sovereigns Constantine and Irene, against those who impiously, ignorantly and foolishly asserted that the Church of God worshippeth idols, and rejected the august and holy icons. The Council met in 787 to refute the Iconoclast heresy, whose camp believed that all depictions of Christ, His Mother and the saints should be destroyed. The iconophiles believed that icons served to preserve the doctrinal teachings of the Church; and they considered icons to be man's dynamic way of expressing the divine through art and beauty. The council decreed that the veneration of icons was not idolatry (Exodus 20:4-5), because the honor shown to them is not directed to the wood or paint, but passes to the prototype, or the person depicted. It also upheld the possibility of depicting Christ, Who became man and took flesh at His Incarnation. The Father, on the other hand, cannot be represented in His eternal nature, because "no man has seen God at any time" (John 1:18). By the intercessions of the Holy Fathers, O Christ God, have mercy upon us. Amen.