



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, July 14, 2024

Sunday of the Holy Fathers of Fourth Ecumenical Council

Apostle Aquila of the Seventy; Joseph the Confessor, archbishop of Thessalonica

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 هلوليا!

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.

عندما انحدرت إلى الموت، أيها الحياة الذي لا يموت، حينئذ أمت الجحيم ببرق لاهوتك. وعندما أقمت الأرواح من تحت التراب، صرخ نحوك جميع القوات السماويين: أيها المسيح الإله، مُعطي الحياة المجد لك.

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.

أنت أيها المسيح إلهنا الفائق التسبيح، يا من أسست آباءنا القديسين على الأرض كواكب لامعة، وبهم هديتنا جميعاً إلى الإيمان الحقيقي، يا جزيل الرحمة المجد لك.

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 ميلادك حفظت البتولية وصنيتها وفي رقادك ما أهملت العالم وتركته يا والدة الإله. لأنك انتقلت إلى الحياة بما أنك أم الحياة. فبشفاعاتك أنقذي من الموت نفوسنا.

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 عَنِّ أَصْوَابِ طَلِبَاتِنَا
نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَتَكَ صَالِحَةَ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ
وَأُسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةَ الْإِلَهِ، الْمُتَشَفِّعَةَ دَائِمًا بِمُكْرَمِيكَ.

The Epistle for the Holy Fathers

Be glad in the Lord, and rejoice, O ye righteous.

Blessed are those whose iniquities are forgiven!

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.

إِفْرَحُوا بِالرَّبِّ وَابْتَهِجُوا يَا أَيُّهَا الصَّادِقُونَ.

طُوبَى لِلَّذِينَ غُفِرَتْ ذُنُوبُهُمْ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرَّسُولِ إِلَى تَيْطُسِ.
يَا وَلَدِي تَيْطُسُ، صَادِقَةٌ هِيَ الْكَلِمَةُ وَإِيَّاهَا أُرِيدُ أَنْ
تُقَرَّرَ 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 أَرْسَلْتُ إِلَيْكَ
أَرْتِيمَاسَ أَوْ تِيخِيكُسَ، فَبَادِرْ أَنْ تَأْتِيَنِي إِلَى نِيكُوبُولِسَ
لَأَنِّي قَدْ عَزَمْتُ أَنْ أَشْتِيَ هُنَاكَ. أَمَّا زِينَاوُسُ مُعَلِّمُ
النَّامُوسِ وَأَبْلُوسُ، فَاجْتَهِدْ أَنْ تُشَيِّعَهُمَا مُتَأَهِّبِينَ لِئَلَّا
يُعَوِّزَهُمَا شَيْءٌ. وَلِيَتَعَلَّمْ ذَوُونَا أَنْ يَقُومُوا بِالْأَعْمَالِ
الصَّالِحَةِ لِلْحَاجَاتِ الضَّرُورِيَّةِ حَتَّى لَا يَكُونُوا غَيْرَ
مُثْمِرِينَ. يُسَلِّمُ عَلَيْكَ جَمِيعُ الَّذِينَ مَعِي، سَلِّمُ عَلَى
الَّذِينَ يُحِبُّونَنَا فِي الْإِيمَانِ، النِّعْمَةُ مَعَكُمْ أَجْمَعِينَ.
أَمِينَ.

Gospel for the Holy Fathers

The Reading from the Holy Gospel according to St. Matthew. (5:14-19)

The Lord said to His Disciples: "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father Who is in heaven. Think not that I have come to abolish the law and the prophets; I have come not to abolish them, but to fulfill them. For truly, I say to you, until heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments, and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the kingdom of heaven."

فصل شريف من بشارة القديس متى الإنجيلي
البشير والتلميذ الطاهر.

قال الرب لتلاميذه، أنتم نور العالم، لا يمكن أن
تُخفى مدينة واقعة على جبل. ولا يوقد سراج ويوضع
تحت المكيال، لكن على المنارة ليضيء لجميع الذين
في البيت. هكذا فليضيء نوركم قدام الناس ليروا
أعمالكم الصالحة، ويمجدوا أباكم الذي في السماوات.
لا تظنوا أنني أتيت لأحل الناموس والأنبياء، إني لم
آت لأحل لكن لأتمم. الحق أقول لكم، إنه إلى أن
ترول السماء والأرض، لا يزول حرف واحد أو نقطة
واحدة من الناموس حتى يتيم الكل. فكل من يحل
واحدة من هذه الوصايا الصغار ويعلم الناس هكذا،
فإنه يدعى صغيراً في ملكوت السماوات؛ وأما الذي
يعمل ويعلم، فهذا يدعى عظيماً في ملكوت
السماوات.



2 Year Memorial
Rafiq Khalil Hattar
Memory Eternal!



3 Year Memorial
Moeen Rafiq Hattar
Memory Eternal!

Upcoming Services & Events

Date	Time	Event
7/13/2024	5:00pm	Great Vespers
	6:00pm	Compline with Canon for Holy Communion
7/14/2024	8:15am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
7/16/2024	9:00am	Orthros
	5:00pm	SOYO Lock-in
	5:00pm	Great Vespers Liturgy for St. Marina
	7:00pm	Choir Practice
	10:00pm	Compline
7/17/2024	All Day	SOYO Lock-in
	9:00am	Liturgy for St Marina
	10:00am	Arabic Bible Study
	6:00pm	Vespers
	6:00pm	SOYO Night
7/18/2024	9:00am	Orthros
7/19/2024	7:00am	Orthros

SOYO SUMMMER EVENTS



2024

**JULY
16-17**

SOYO LOCK-IN

Starts at 5 pm on July 16th. Concludes at the end of SOYO Night

BBQ AT FABBY'S HOUSE

3pm

**JULY
24**

**AUG
6**

TRANSFIGURATION PICNIC

Liturgy followed by Picnic at Lake Katherine

FEED MY STARVING CHILDREN MOBILEPACK

St. Mary's Orthodox Church Gymnasium

**AUG
9-10**



MORE INFO:

**CONTACT FABBY @
(708) 715-3229**



St. Mary Orthodox Church Special Needs Ministry

Saturday, July 27th, 2024
3:00pm - 5:00pm

People with special needs are invited to join us for prayer, lunch and craft as we celebrate the feast of St. Panteleimon, the great martyr and healer!

Please [click here](#) or scan to register.

Questions? Contact Dn. Saed or Fabiola





Young Adult Ministry

Sunday, July 28th at 3:00pm
Serbian Monastery Visit

August 9th – August 10th
Feed My Starving Children Mobile Pack at
St. Mary's

Saturday, August 17th
Annual Humanitarian Walk

Saturday, August 24th
Softball game & lunch

Sunday, August 25th after Liturgy
Young Adult Coffee Hour in the nadi

St. Mary Orthodox Church of Palos Heights, IL

St. Mary's Summer Camp

SUPER SAINTS

July 29th - August 2nd
10am - 2pm | Ages 5-12

Join us for a week full of prayer, education, music, crafts, games and more as we learn about the saints of the Orthodox Church!

[Click here or scan the QR code to register.](#)



Each student must bring their own lunch

Summer Camp is for members of St. Mary Orthodox Church

For questions, contact Fabiola at fsweis@stmaryoc.org



Help us feed 100,000 KIDS!!!

For the first time ever, St. Mary's will host a MobilePack event for Feed My Starving Children, right here in St. Mary's Gym!

August 9 –10, 2024

Multiple shifts available!

Priority Registration is open
for St. Mary's Parishioners!

Go to give.fmssc.org/stmaryoc
to register and donate

Use Private Registration code **SMOC24**

*Any donation amount makes a
big difference!*

*A meal costs only \$0.29
\$106 feeds a kid for an entire year*



St. Mary Antiochian Orthodox Church 10th Annual Humanitarian Walk

**Saturday August 17th, 2024
9:00am – 1:00pm**

**Centennial Park
7601 W. 167th St., Tinley Park, IL 60477**

Gold Sponsors - \$1,000

- ◆ Recognition at event as Gold Sponsor.
- ◆ Sponsor will receive 5 T-shirts for team members to participate in the walk and recognition as Sponsor on T-shirt.

Silver Sponsors - \$500

- ◆ Recognition at the event as Silver Sponsor.
- ◆ Sponsor will receive 3 T-shirts for team members to participate in the walk and recognition as Sponsor on T-shirt.

Bronze Sponsors - \$250

- ◆ Recognition at the event as Bronze Sponsor.
- ◆ Sponsor will receive 2 T-shirts for team members to participate in the walk and recognition as Sponsor on T-shirt.

[Click Here](#)

to sponsor the walk

or see Shireen Salman or Fr. Mousa



St. Mary Orthodox Church of Palos Heights

10th Annual Humanitarian Walk

Saturday, August 17th, 2024

9:00am - 1:00pm

Registration: \$20 Adults Children: \$10 (10 & under)

Centennial Park at 7601 W. 167th St., Tinley Park, IL 60477
followed by picnic in the park.

[Click here to register.](#)

Participant Name(s): _____

Phone: _____ Email address: _____

Please Circle Adult Shirt Size: S M L XL XXL XXXL

Please Circle Youth Shirt Size: S M L XL

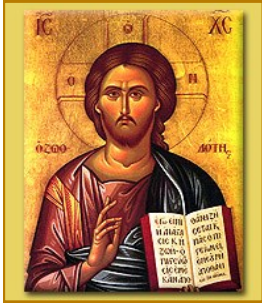
Checks payable to **St. Mary Orthodox Church**

Please complete form and return to Shireen Salman or mail to:
St. Mary Orthodox Church
6330 W 127th Street. Palos Heights , IL 60463

Any questions or comments please contact the church office at (708) 239-0004 or
Shireen Salman at (708) 717-9640

*Have Faith. Give generously. Spread hope. Laugh frequently.
Love unconditionally. Live fully.*





Weekly Synaxarion



On July 14 in the Holy Orthodox Church, we commemorate the Apostle Aquila of the Seventy; and Joseph the Confessor, archbishop of Thessalonica. On this Sunday, we commemorate the 630 holy and God-bearing Fathers of the Fourth Ecumenical Council, which convened in Chalcedon in 451 against the Monophysites. The Holy Fathers were, once again, concerned with the nature of Jesus Christ. The false teaching arose that Christ's human nature (considered by heretics as less perfect) dissolved itself in His divine nature (considered by heretics as more perfect): like a cube of sugar in a parcel of water. Thus, in that scenario, Christ had only one nature, the Divine. These false preachers were called Monophysites ("mono", meaning "one" and "physis", meaning "nature"), and they were led by Eutyches and Dioscorus. Monophysitism overemphasized the divine nature of Christ, at the expense of the human. The Fourth Ecumenical Council condemned Monophysitism and proclaimed that Christ has two complete natures: the divine and the human, as defined by previous Councils. These two natures function as equally perfect, without confusion, and are neither divided nor separate. The Fathers declared that at no time did they undergo any change. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.