



Saint Mary Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

6330 W. 127th St., Palos Heights, IL 60463

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

Sunday, August 11th, 2024

Seventh Sunday after Pentecost & Seventh Sunday of Matthew After-feast of the Transfiguration of Jesus Christ

Martyr and Archdeacon Euplos of Catania in Sicily; Niphon, patriarch of Constantinople;
New-martyrs Anastasios and Demetrios of Lesbos

First Antiphon

Great is the Lord, and greatly to be praised, in the city of our God, in His holy mountain. Who settest fast the mountains by Thy strength, Who art girded about with power .

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

Who coverest Thyself with light as with a garment. The mountains shall rejoice at the presence of the Lord, for He cometh; yea, He is come to judge the earth.

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!

عَظِيمٌ هُوَ الرَّبُّ وَمُسَبَّحٌ جَدًّا فِي مَدِينَةِ إِلَهِنَا فِي جَبَلٍ قُدْسِهِ. الْمُتَشَبِّهُتُ الْجِبَالُ بِقُوَّتِهِ، أَلْتَمَنَّنَطِقُ بِالْقُدْرَةِ.
بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا!

الْلَّابِسُ النُّورِ مِثْلَ الثَّوْبِ. الْجِبَالُ سَتُهُلِّلِ قُدَّامَ وَجْهِ الرَّبِّ لِأَنَّهُ آتٍ. إِنَّهُ آتٍ لِيُدِينَنَّ الْأَرْضَ.
بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا!

المجدُ للآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدْسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا!

Second Antiphon

His foundations are in the holy mountains. The Lord loveth the gates of Zion more than all the dwellings of Jacob.

Save us, O Son of God, Who was transfigured on Mount Tabor, who sing to Thee, Alleluia!

Glorious things are spoken of thee, O city of God.

Save us, O Son of God, Who was transfigured on Mount Tabor, who sing to Thee, Alleluia!

Zion is our mother, a man shall say, and such a man was born in her; and the Most High Himself hath established her.

Save us, O Son of God, Who was transfigured on Mount Tabor, 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 الجبالِ المُقدَّسةِ أساساتها. الرَّبُّ يُحِبُّ أَبْوابَ صِهْيُونَ أَكْثَرَ مِنْ جَمِيعِ مَسَاكِنِ يَعْقُوبَ.
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ تَجَلَّى عَلَى طُورِ ثَابُورِ، إِذْ نُرْتِّلُ لَكَ. هَلِّلُوبِيَا!
 فِيكَ قِيَامَتِ الْمَفَاخِرِ يَا مَدِينَةَ اللَّهِ.
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ تَجَلَّى عَلَى طُورِ ثَابُورِ، إِذْ نُرْتِّلُ لَكَ. هَلِّلُوبِيَا!
 الْإِنْسَانُ يَقُولُ إِنَّ أُمَّي هِيَ صِهْيُونَ، وَإِنَّ الْإِنْسَانَ وُلِدَ فِيهَا، وَإِنَّ الْعَلِيِّ نَفْسَهُ هُوَ الَّذِي أَسَّسَهَا.
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ تَجَلَّى عَلَى طُورِ ثَابُورِ، إِذْ نُرْتِّلُ لَكَ. هَلِّلُوبِيَا!
 الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
 يَا كَلِمَةَ اللَّهِ الْإِبْنِ الْوَحِيدِ ...

Third Antiphon

Of Thy mercies, O Lord, will I sing forever. The heavens shall confess Thy wonders, O Lord, and Thy truth in the congregation of saints. Blessed is the people that knoweth jubilation. O Lord, in the light of Thy countenance shall they walk, and in Thy Name shall they rejoice all the day long.

When, O Christ our God, Thou wast transfigured on the mountain, Thou didst reveal Thy glory to Thy Disciples in proportion as they could bear it. Let Thine everlasting light also enlighten us sinners, through the intercessions of the Theotokos, O Thou Bestower of light, glory to Thee!

لِمَرَا حِمِكَ يَا رَبُّ أَسْبِّحُ إِلَى الدَّهْرِ. السَّمَاوَاتُ تَعْتَرِفُ بِعَجَائِبِكَ يَا رَبُّ، وَبِأَمَانَتِكَ فِي جَمَاعَةِ الْقَدِيسِينَ. طُوبَى
 لِلشَّعْبِ الَّذِي يَعْرِفُ التَّهْلِيلَ. يَا رَبُّ بِنُورِ وَجْهِكَ يَبْتَهِجُونَ وَبِاسْمِكَ يَتَهَلَّلُونَ النَّهَارَ كُلَّهُ.
 لَمَّا تَجَلَّيْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ فِي الْجَبَلِ، أَظْهَرْتَ مَجْدَكَ لِلتَّلَامِيذِ حَسَبَمَا اسْتَطَاعُوا، فَأَشْرَقَ لَنَا نَحْنُ الْخَطَاةَ نُورَكَ الْأَزَلِيِّ،
 بِشَفَاعَاتِ وَالِدَةِ الْإِلَهُ، يَا مَانِحَ النُّورِ، الْمَجْدُ لَكَ!

Entrance Hymn

For in Thee is the fountain of life, O Lord, and in Thy light shall we see light.
 Save us, O Son of God, Who wast transfigured on Mount Tabor, who sing to Thee. Alleluia!
 لِأَنَّ مِنْ قَبْلِكَ عَيْنَ الْحَيَاةِ وَبِنُورِكَ نُعَايِنُ النُّورَ.
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ تَجَلَّى عَلَى طُورِ ثَابُورِ، إِذْ نُرْتِّلُ لَكَ. هَلِّلُوبِيَا!

Troparion of the Resurrection (Tone Six)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إِنَّ الْقُوَاتِ الْمَلَائِكِيَّةَ ظَهَرُوا عَلَى قَبْرِكَ الْمُوقَّرِ، وَالْحُرَّاسَ صَارُوا كَالْأَمْوَاتِ، وَمَرِيَمَ وَقَفَتْ عِنْدَ الْقَبْرِ طَالِبَةً
 جَسَدَكَ الطَّاهِرَ، فَسَبَّيْتَ الْجَحِيمَ وَلَمْ تُجَرَّبْ مِنْهَا، وَصَادَفْتَ الْبَتُولَ مَانِحاً الْحَيَاةَ. فَيَا مَنْ قَامَ مِنْ بَيْنِ
 الْأَمْوَاتِ، يَا رَبُّ الْمَجْدُ لَكَ.

Troparion of the Transfiguration (Tone Seven)

When, O Christ our God, Thou wast transfigured on the mountain, Thou didst reveal Thy glory to Thy Disciples in proportion as they could bear it. Let Thine everlasting light also enlighten us sinners, through the intercessions of the Theotokos, O Thou Bestower of light, glory to Thee!

لَمَّا تَجَلَّيْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ فِي الْجَبَلِ، أَظْهَرْتَ مَجْدَكَ لِلتَّلَامِيذِ حَسَبَما اسْتَطَاعُوا، فَأَشْرَقَ لَنَا نَحْنُ الْخَطَاةَ نوركِ الأزلي، بِشَفَاعَاتِ وَالِدَةِ الْإِلَهُ، يَا مَانِحَ النُّورِ، 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.

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

Kontakion of the Transfiguration (Tone Seven)

Thou wast transfigured on the mount, and Thy Disciples, in so far as they were able, beheld Thy glory, O Christ our God; so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

تَجَلَّيْتَ أَيُّهَا الْمَسِيحُ الْإِلَهُ عَلَى الْجَبَلِ، وَحَسَبَما وَسِعَ تَلَامِيذُكَ شَاهَدُوا مَجْدَكَ، حَتَّى عِنْدَمَا يَعَايِنُوكَ مَصْلُوباً، يَفْطَنُوا أَنَّ أَلَمَكَ طَوْعاً باختيارِكِ، وَيَكْرِزُوا لِلْعَالَمِ أَنَّكَ أَنْتَ بِالْحَقِيقَةِ شِعَاعُ الْآبِ.

The Epistle for the Seventh Sunday after Pentecost

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 Romans. (15:1-7)

Brethren, we who are strong ought to bear the infirmities of the weak, and not to please ourselves. Let each one of us please his neighbor for that which is good for his edification. For Christ also did not please Himself; but, as it is written: "The reproaches of those who reproached Thee fell on Me." For whatever was written beforehand was written for our learning, that we might have hope, through the patience and comfort of the Scriptures. Now may the God of patience and comfort grant you to be of the same mind with one another, according to Christ Jesus, that with one accord and one

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيراثَكَ.

إِلَيْكَ يَا رَبُّ أَصْرُحُ إِلَهِي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرِّسُولِ إِلَى أَهْلِ رومية.

يَا إِخْوَةَ، يَجِبُ عَلَيْنَا نَحْنُ الْأَقْوِيَاءُ أَنْ نَحْتَمِلَ وَهَنَ الضُّعْفَاءِ وَلَا نُرْضِيَ أَنْفُسَنَا. فَلْيُرْضِ كُلُّ وَاحِدٍ مِنَّا قَرِيبَهُ لِلْخَيْرِ، لِأَجْلِ الْبُنْيَانِ. فَإِنَّ الْمَسِيحَ لَمْ يُرْضِ نَفْسَهُ، وَلَكِنْ كَمَا كُتِبَ "تَعْيِيرَاتُ مُعَيِّرِكَ وَقَعَتْ عَلَيَّ." لِأَنَّ كُلَّ مَا كُتِبَ مِنْ قَبْلُ، إِنَّمَا كُتِبَ لِتَعْلِيمِنَا، لِيَكُونَ لَنَا الرَّجَاءُ بِالصَّبْرِ وَبِتَعْزِيَةِ الْكُتُبِ. وَلْيُعْطِكُمْ إِلَهُ

mouth you may glorify God, even the Father of our Lord Jesus Christ. Therefore, receive one another, even as Christ has also received you, to the glory of God.

الصَّبْرِ وَالتَّعْرِيزَةِ أَنْ تَكُونُوا مُتَّفِقِي الآرَاءِ فِيمَا بَيْنَكُمْ،
بِحَسَبِ الْمَسِيحِ يَسُوعَ. حَتَّى إِنَّكُمْ بِنَفْسٍ وَاحِدَةٍ وَفَمِ
وَاحِدٍ تَمَجِّدُونَ اللَّهَ أَبَا رَبِّنَا يَسُوعَ الْمَسِيحَ. مِنْ أَجْلِ
ذَلِكَ، فَلْيَتَّخِذْ بَعْضُكُمْ بَعْضًا كَمَا اتَّخَذَكُمُ الْمَسِيحُ لِمَجْدِ
اللَّهِ.

Gospel for the Seventh Sunday of Matthew

The Reading from the Holy Gospel according to St. Matthew. (9:27-35)

At that time, as Jesus passed on from there, two blind men followed him, crying aloud: "Have mercy on us, Son of David." When He entered the house, the blind men came to Him; and Jesus said to them, "Do you believe that I am able to do this?" They said to Him, "Yes, Lord." Then He touched their eyes, saying, "According to your faith be it done to you." And their eyes were opened. And Jesus sternly charged them, "See that no one knows it." But they went away and spread His fame through all that district. As they were going away, behold, a dumb demoniac was brought to Him. And when the demon had been cast out, the dumb man spoke; and the crowds marveled, saying, "Never was anything like this seen in Israel." But the Pharisees said, "He casts out demons by the prince of demons." And Jesus went about all the cities and villages, teaching in their synagogues and preaching the gospel of the kingdom, and healing every disease and every infirmity.

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الْإِنْجِيلِيِّ
الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

فِي ذَلِكَ الزَّمَانِ، فِيمَا يَسُوعُ مُجْتَازًا، تَبِعَهُ أَعْمِيَانِ
يَصِيحَانِ وَيَقُولَانِ: اِرْحَمْنَا يَا ابْنَ دَاوُدَ. فَلَمَّا دَخَلَ
الْبَيْتَ، دَنَا إِلَيْهِ الْأَعْمِيَانِ، فَقَالَ لَهُمَا يَسُوعُ: هَلْ
تُؤْمِنَانِ أَنِّي أَقْدِرُ أَنْ أَفْعَلَ ذَلِكَ؟ فَقَالَا لَهُ: نَعَمْ، يَا
رَبُّ. حِينَئِذٍ لَمَسَ أَعْيُنَهُمَا قَائِلًا: كَايْمَانِكُمَا فَلْيَكُنْ
لَكُمَا. فَاثَقَّنَحَتْ أَعْيُنَهُمَا. فَاثَنَّثَرَهُمَا يَسُوعُ قَائِلًا: انظُرَا،
لَا يَعْزَمُ أَحَدٌ. فَلَمَّا خَرَجَا، شَهَرَاهُ فِي تِلْكَ الْأَرْضِ كُلِّهَا.
وَبَعْدَ خُرُوجِهِمَا، قَدَّمَا إِلَيْهِ أُخْرَسَ بِهِ شَيْطَانٌ. فَلَمَّا
أَخْرَجَ الشَّيْطَانُ، تَكَلَّمَ الْأُخْرَسُ. فَتَعَجَّبَتِ الْجُمُوعُ
قَائِلِينَ: لَمْ يَظْهَرْ قَطُّ مِثْلُ هَذَا فِي إِسْرَائِيلَ. أَمَّا
الْفَرِيسِيُّونَ فَقَالُوا: إِنَّهُ بِرَبِّيسِ الشَّيَاطِينِ يُخْرِجُ
الشَّيَاطِينِ. وَكَانَ يَسُوعُ يَطُوفُ الْمُدُنَ كُلَّهَا وَالْقُرَى،
يُعَلِّمُ فِي مَجَامِعِهِمْ، وَيَكْرِرُ بِبَشَارَةِ الْمَلَكُوتِ، وَيَشْفِي
كُلَّ مَرَضٍ وَكُلَّ ضَعْفٍ فِي الشَّعْبِ.

Upcoming Services & Events

Date	Time	Event
8/8/2024	7:00pm	Pan-Orthodox Paraklesis
8/9/2024	7:00am	Orthros
	6:00pm	Feed My Starving Children Packing Session
	8:00pm	Paraklesis
8/10/2024	9:00am	Feed My Starving Children Packing Session
	12:00pm	Feed My Starving Children Packing Session
	5:00pm	Great Vespers
	6:00pm	Compline with Canon for Holy Communion
8/11/2024	8:15am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
	12:00pm	Falafel Sale
8/12/2024	6:00pm	Paraklesis
8/13/2024	9:00am	Orthros
	6:00pm	Paraklesis
	7:00pm	Choir Practice
8/14/2024	7:00am	Orthros
	10:00am	Arabic Bible Study
	3:30pm	Service of Preparation before Holy Communion
	4:00pm	Compline with the Canon before Communion
	4:30pm	Great Vespers & Artoklasia
	5:45pm	Orthros & Lamentations
	7:00pm	Divine Liturgy followed by Parish Feast Day Potluck Dinner



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

Orthodox Christian Clergy Association Pan-Orthodox Paraklesis Service

The Orthodox Faithful of the Chicagoland area are invited to the Pan-Orthodox Paraklesis Service sponsored by the OCCA of Chicago.

Thursday, August 8th 7:00pm

St. Mary Antiochian Orthodox Church
6330 W. 127th St., Palos Heights, IL

Light refreshments to follow



“To the Theotokos let us run now most earnestly, we sinners all and wretched ones, and fall prostrate in repentance, calling from the depths of our souls: Lady, come unto our aid, have compassion upon us; hasten thou for we are lost in a throng of transgressions; turn not thy servants away with empty hands, for thee alone do we have as our only hope.”

- Apolytikia from the Paraklesis Service

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*



FEED MY
STARVING
CHILDREN



MOBILEPACK™

St. Mary Antiochian Orthodox Church 10th Annual Humanitarian Walk

**Saturday August 17th, 2024
10:00am – 2:00pm**

**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

10:00am - 2:00pm

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.*





Sunday School

SUNDAY SCHOOL
BEGINS SUNDAY,
SEPTEMBER 15th

Sunday School is open to youth ages 4 to high school. Your child must be 4 by December 31st.

Contact Jane Haddad or Fabiola Sweis with any questions at sundayschool@stmaryoc.org



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



“I have no greater joy than to hear that my children walk in truth.” 3 John 1:4

Annual General Assembly Meeting and Parish Council Nominations

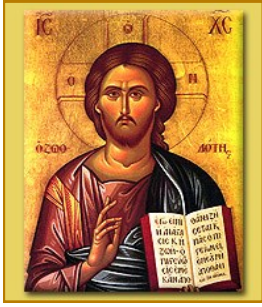


If you are interested in nominating yourself or another person for St. Mary's Parish Council, please let Danny Haddad know by Sunday, October 13th. Nominations will not be considered after that date. Confession and fulfillment of pledge required to be in good standing.

Our Annual General Assembly Meeting will take place Sunday, November 10th immediately following the Divine Liturgy. Mark your calendars and make every effort to attend.

Please make sure your up to date on your 2024 pledge, so that you can participate in the General Assembly.

Thanks and God bless!



Weekly Synaxarion



On August 11 in the Holy Orthodox Church, we continue to celebrate the Transfiguration of Christ; and we commemorate the Holy Martyr and Archdeacon Euplos of Catania in Sicily. The Emperor Diocletian dispatched Commander Pentagurus to Sicily to exterminate any Christians he found there. Pentagurus did not find a single Christian, for the few that were there, hid from the persecutor and did not reveal themselves. Then someone accused Euplos of taking a book—the Book of the Holy Gospels—to secret Christians and reading to them. They soon brought him to court, hung that book around his neck and led him to prison. After seven days of imprisonment and hunger Euplos was handed over for torture. While they were beating him with iron rods, Euplos mockingly said: “O ignorant one, do you not see that because of God’s help, these tortures are for me as a cobweb? If you can, find other harsher tortures, for all of these are as toys.” Finally, they led the martyr of Christ out to the scaffold. Then Euplos opened the Holy Gospel and read from it to the people for a long time. Many converted to the Faith of Christ. Euplos was beheaded in the year 304 and took up habitation in the Kingdom of Heaven. His miracle-working relics repose in a village near Naples called Vico della Batonia. On this day, we also commemorate Niphon, patriarch of Constantinople; and New-martyrs Anastasios and Demetrios of Lesbos. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.