



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, August 4th, 2024

Sixth Sunday after Pentecost & Sixth Sunday of Matthew

The Holy Seven Sleeping Youths of Ephesus; Recovery of the relics of
Martyr Eudokia of Persia

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 مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِّ لَكَ هَلْلُويَا!

Troparion of the Resurrection (Tone Five)

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

لِنُسَبِّحْ نَحْنُ الْمُؤْمِنِينَ وَنَسْجُدْ لِلْكَلِمَةِ، الْمُسَاوِي لِلْأَبِ وَالرُّوحِ فِي الْأَزَلِيَّةِ وَعَدَمِ الْإِبْتِدَاءِ، الْمَوْلُودِ مِنَ الْعَدْرَاءِ
لِخَلَاصِنَا، لِأَنَّهُ سَرَّ بِالْجَسَدِ أَنْ يَغْلُوَ عَلَى الصَّلِيبِ، وَيَحْتَمِلَ الْمَوْتَ، وَيُنْهَضَ الْمَوْتَى بِقِيَامَتِهِ الْمَجِيدَةِ.

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 حَفِظْتِ الْبَتُولِيَّةَ وَصَنَنْتَهَا وَفِي رِقَادِكَ مَا أَهْمَلْتِ الْعَالَمَ وَتَرَكْتِهِ يَا وَالِدَةَ الْإِلَهِ. لِأَنَّكَ انْتَقَلْتِ إِلَى
الْحَيَاةِ بِمَا أَنْكَ أُمُّ الْحَيَاةِ. فَبشَفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسَنَا.

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 الْإِلَهِ عَلَى الْجَبَلِ، وَحَسْبَمَا وَسِعَ تَلَامِيذُكَ شَاهِدُوا مَجْدَكَ، حَتَّى عِنْدَمَا يَعَايِنُوكَ مَضْلُوبًا،
يَقْطِنُوا أَنَّ الْأَمَكَ طَوْعًا بِاخْتِيَارِكَ، وَيَكْرِرُوا لِلْعَالَمِ أَنَّكَ أَنْتَ بِالْحَقِيقَةِ شِعَاعُ الْآبِ.

The Epistle for the Sixth Sunday after Pentecost

Thou, O Lord, wilt preserve us and keep us from this generation.

Save me, O Lord, for the Godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Romans. (12:6-14)

Brethren, having gifts that differ according to the grace that was given to us, let each use them accordingly: whether prophecy, let him prophesy according to the proportion of the faith; or ministry, let him give himself to the ministry; or the teacher, to the teaching; or he who exhorts, in the exhorting; he who gives, let him do it with simplicity; he who presides, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor that which is evil; cleave to that which is good. Love one another with brotherly affection; in honor preferring one another; in diligence not slothful; fervent in spirit; serving the Lord; rejoicing in hope; patient in tribulation; continuing steadfastly in prayer; communicating to the necessities of the saints; given to hospitality. Bless those who persecute you; bless, and do not curse.

أَنْتَ يَا رَبُّ تَحْفَظُنَا وَتَسْتُرُنَا مِنْ هَذَا الْحَيْلِ
خَلِّصْنِي يَا رَبُّ، فَإِنَّ الْبَارَّ قَدْ فَنِيَ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ
رُومِيَّةِ.

يَا إِخْوَةَ، إِذْ لَنَا مَوَاهِبُ مُخْتَلِفَةٌ بِاخْتِلَافِ النِّعْمَةِ
الْمُعْطَاةِ لَنَا، فَمَنْ وَهَبَ النُّبُوَّةَ فَلْيَتَنَبَّأْ وَفَقًّا لِلِإِيمَانِ،
وَمَنْ وَهَبَ الخِدْمَةَ فَلْيَلْزِمِ الخِدْمَةَ، وَالْمُعَلِّمُ التَّعْلِيمَ،
وَالوَاعِظُ الوَعْظَ، وَالْمُتَّصِدِّقُ البَسَاطَةَ، وَالْمُدَبِّرُ
الاجْتِهَادَ، وَالرَّاحِمُ البَشَاشَةَ. وَلْتَكُنِ المَحَبَّةُ بِلا رِيَاءٍ.
كُونُوا مَاقْتِنِينَ لِلشَّرِّ وَمُلْتَصِقِينَ بِالخَيْرِ. مُحِبِّينَ بَعْضُكُمْ
بَعْضًا حُبًّا أَخَوِيًّا، مُبَادِرِينَ بَعْضُكُمْ بَعْضًا بِالإِكْرَامِ،
غَيْرَ مُتَكَاسِلِينَ فِي الاجْتِهَادِ، حَارِّينَ بِالرُّوحِ، عَابِدِينَ
لِلرَّبِّ، فَرِحِينَ فِي الرَّجَاءِ، صَابِرِينَ فِي الضِّيقِ،
مُوَظَّبِينَ عَلَى الصَّلَاةِ، مُؤَاسِينَ الْقَدِيسِينَ فِي
اِحْتِيَاجَاتِهِمْ، عَاكِفِينَ عَلَى ضِيَاقَةِ الغُرَبَاءِ. بَارِكُوا
الَّذِينَ يَضْطَهُدُونَكُمْ، بَارِكُوا، وَلَا تَلْعَنُوا.

Gospel for the Sixth Sunday of Matthew

The Reading from the Holy Gospel according to St. Matthew. (9:1-8)

At that time, Jesus got into a boat, crossed over and came to His own city. And behold, they brought to Him a paralytic, lying on his bed; and when Jesus saw their faith He said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ مَتَّى الإِنْجِيلِي
البَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

فِي ذَلِكَ الزَّمَانِ، دَخَلَ يَسُوعُ السَّفِينَةَ وَاجْتَارَ وَجَاءَ إِلَى
مَدِينَتِهِ. فَإِذَا بِمُخْلَعٍ مُلْقَى عَلَى سَرِيرِ قَدَمُوهُ إِلَيْهِ. فَلَمَّا
رَأَى يَسُوعُ إِيمَانَهُمْ، قَالَ لِلْمُخْلَعِ: "ثِقْ يَا بُنَيَّ، مَغْفُورَةٌ
لَكَ خَطَايَاكَ." فَقَالَ قَوْمٌ مِنْ الكَتَّابَةِ فِي أَنْفُسِهِمْ "هَذَا
يُجَدِّفُ." فَعَلِمَ يَسُوعُ أَفْكَارَهُمْ، فَقَالَ: "لِمَاذَا تُفَكِّرُونَ
بِالشَّرِّ فِي قُلُوبِكُمْ؟ مَا الأَيْسَرُ أَنْ يُقَالَ، مَغْفُورَةٌ لَكَ

sins”—He then said to the paralytic—“Rise, take up your bed and go home.” And he rose and went home. When the crowds saw it, they marveled, and they glorified God, Who had given such authority to men.

خَطَايَاكَ، أَمْ أَنْ يُقَالَ قُمْ فَامْشِ؟ وَلَكِنْ لِكَيْ تَعْلَمُوا أَنَّ
ابْنَ الْبَشَرِ لَهُ سُلْطَانٌ عَلَى الْأَرْضِ أَنْ يَغْفِرَ الْخَطَايَا.
حِينَئِذٍ قَالَ لِلْمُخَلَّعِ "قُمْ، احْمِلْ سَرِيرَكَ وَاذْهَبْ إِلَى
بَيْتِكَ." فَقَامَ وَمَضَى إِلَى بَيْتِهِ. فَلَمَّا نَظَرَ الْجُمُوعُ،
تَعَجَّبُوا وَمَجَّدُوا اللَّهَ الَّذِي أَعْطَى النَّاسَ سُلْطَانًا كَهَذَا.



3rd & 9th Day Memorial

Hilda Fakhouri

Memory Eternal!



3rd & 9th Day Memorial

Samia Fakhouri

Memory Eternal!

Upcoming Services & Events

| Date | Time | Event |
|----------|---------|---|
| 8/2/2024 | 7:00am | Orthros |
| | 10:00am | St Mary Summer Camp |
| | 6:00pm | Paraklesis |
| 8/3/2024 | 5:00pm | Great Vespers |
| | 6:00pm | Compline with Canon for Holy Communion |
| 8/4/2024 | 8:15am | Prayers before Holy Communion |
| | 8:45am | Orthros |
| | 10:00am | Divine Liturgy |
| 8/5/2024 | 3:45pm | Prayers before Holy Communion |
| | 4:15pm | Compline with Canon for Holy Communion |
| | 4:45pm | Great Vespers & Artoklasia |
| | 6:00pm | Orthros |
| | 7:00pm | Liturgy for Transfiguration w/ the Blessing of Grapes |
| 8/6/2024 | 12:00pm | SOYO Lake Katherine Walk |
| | 6:00pm | Paraklesis |
| | 7:00pm | Choir Practice |
| 8/7/2024 | 7:00am | Orthros |
| | 10:00am | Arabic Bible Study |
| | 6:00pm | Paraklesis |
| | 6:00pm | Antiochian Women Meeting |
| | 6:00pm | SOYO Night |
| 8/8/2024 | 9:00am | Orthros |
| | 7:00pm | Pan-Orthodox Paraklesis |



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*



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

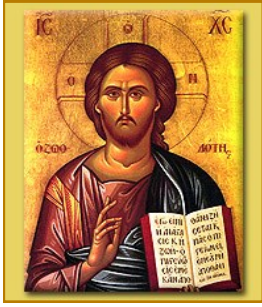
Checks payable to **St. Mary Orthodox Church**

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.*





Weekly Synaxarion



On August 4 in the Holy Orthodox Church, we commemorate the Holy Seven Sleeping Youths of Ephesus: Maximilian, Exacustodian, Jamblichus, Martinian, Dionysius, John and Constantine, who rose from the sleep of death. The Roman Emperor Decius came to Ephesus in 250 and arranged a boisterous celebration in honor of the lifeless idols, as well as a terrible slaughter of Christians. Seven young men, soldiers and sons of influential elders, refrained from the impure offering of sacrifices and they earnestly prayed to the one true God to save the Christian people. When they were accused before the emperor, they retreated to a hill outside Ephesus called Celion and hid in a cave, which Decius commanded to be sealed. However, God, according to His far-reaching Providence, caused a miraculous and long-lasting sleep to fall upon the young men. The imperial courtiers, Theodore and Rufinus, secret Christians, built in that wall a copper sarcophagus with lead plaques on which were written the names of these young men and their martyric deaths. After 184 years, during the reign of Emperor Theodosius the Younger, there was a great dispute about the resurrection. Emperor Theodosius prayed to God that He, in some way, would reveal the truth to mankind. At that time of turmoil some shepherders of Adolius, who owned the hill Celion, removed stone after stone from that cave. The youths then awakened from their sleep young and healthy. The news of this miracle was spread abroad on all sides so that even Theodosius himself came with a great entourage and with delight conversed with the youths. After a week, they again fell into the sleep of death to await the universal resurrection. On this day, we also commemorate the Martyr Eudokia of Persia. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.