



# 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 15<sup>th</sup>, 2024

Sunday after the Elevation of the Holy Cross

Great-martyr Nikitas the Goth and those with him

## 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 عَنِّي وَعَنْ 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 أَفْصَيْتَنَا إِلَى الْأَبَدِ؟ أَدْكُرُ جَمَاعَتَكَ الَّتِي أَفْتَنَيْتَ مِنْذُ الْقَدَمِ.  
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ صَلَبَ عَنَّا بِالْجَسَدِ، إِذْ نُرْتَلُّ لَكَ. هَلُّوِيَا!  
 جَبَلٌ صِهْيُونِ هَذَا الَّذِي فِيهِ سَكَنْتَ.  
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ صَلَبَ عَنَّا بِالْجَسَدِ، إِذْ نُرْتَلُّ لَكَ. هَلُّوِيَا!  
 اللَّهُ هُوَ مَلِكُنَا مِنْذُ الْقَدَمِ، صَنَعَ الْخَلَاصَ فِي وَسْطِ الْأَرْضِ.  
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ صَلَبَ عَنَّا بِالْجَسَدِ، إِذْ نُرْتَلُّ لَكَ. هَلُّوِيَا!  
 الْمَجْدُ لِلآبِ وَالْإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكَلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.  
 يَا كَلِمَةَ اللَّهِ الْإِبْنِ الْوَحِيدِ...

### 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.*

أَلرَّبُّ قَدْ مَلَكَ فَلْتَرْتَعِدِ الشُّعُوبُ، وَاسْتَوَى عَلَى الشَّرُوبِيمِ فَلْتَتَرْتَلْزَلِ الْأَرْضُ. الرَّبُّ عَظِيمٌ فِي صِهْيُونِ وَمُتَعَالٍ عَلَى جَمِيعِ الشُّعُوبِ. فَلْيَحْمَدُوا اسْمَكَ الْعَظِيمِ لِأَنَّهُ رَهيبٌ وَقُدُوسٌ.  
 خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاتِكَ، وَأَمْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ عَلَى الشَّرِيرِ، وَأَحْفَظْ بِقُوَّةِ صَلَيبِكَ 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 مَلِكُنَا وَالْهَنَا، خَلِّصْنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِّ لَكَ هَلُّوِيَا!

### Troparion of the Resurrection (Tone Three)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead.

He hath delivered us from the depths of Hades, granting the world the Great Mercy.

لِنَفْرَحِ السَّمَاوِيَّاتُ وَنَبْتَهِّجِ الْأَرْضِيَّاتِ، لِأَنَّ الرَّبَّ صَنَعَ عِزًّا بِسَاعِدِهِ، وَوَطِئَ الْمَوْتَ بِالْمَوْتِ، وَصَارَ بِكُرِّ الْأَمْوَاتِ، وَأَنْقَذَنَا مِنْ جَوْفِ الْجَحِيمِ، وَمَنْحَ الْعَالَمِ الرَّحْمَةَ الْعُظْمَى.

### Troparion 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 مِيرَاتِكَ، وَأَمْنَحْ عِبِيدَكَ الْمُؤْمِنِينَ الْعَلْبَةَ 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 وصنيتها 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 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 الصَّلِيبِ أَرْتَفَعَ طَوْعًا، إِمْنَحْ رَأْفَاتِكَ شَعْبَكَ الجَدِيدَ، الْمُسَمَّى بِكَ أَيُّهَا الْمَسِيحُ الإله. وَفَرِّحْ بِقُوَّتِكَ عِبِيدَكَ الْمُؤْمِنِينَ، فَتَمَنِّحَهُمُ الفُوزَ عَلَى مُحَارِبِيهِمْ، وَتُكُنْ مَعُونَتُكَ لَهُمْ سِلَاحَ سَلامٍ، وَظَفَرًا لا يُقَهَّرُ.

### The 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 gave Himself up for me.

رَتِّلُوا لِإِلَهِنَا رَتِّلُوا.

يا جميعَ الأممِ صَفِّقُوا بالأيدي.

فَضْلٌ مِنْ رِسَالَةِ القَدِيسِ بولسِ الرِّسُولِ إِلَى أَهْلِ غَلاطِيَّةِ.

يا إِخْوَةَ، إِذْ نَعْلَمُ أَنَّ الإِنسانَ لا يُبَرَّرُ بِأَعْمَالِ الناموسِ، بَلْ إِنَّمَا بِالإيمانِ بِيَسوعَ المَسيحِ، آمَنَّا نَحْنُ أَيْضاً بِيَسوعَ المَسيحِ لِكَي نُبَرَّرَ بِالإيمانِ بِالمَسيحِ لا بِأَعْمَالِ الناموسِ، إِذْ لا يُبَرَّرُ بِأَعْمَالِ الناموسِ أَحَدٌ مِنْ دَوِي الجَسَدِ. فَإِنْ كُنَّا وَنَحْنُ طالِبُونَ التَّبَرِيرَ بِالمَسيحِ وَجِدْنَا نَحْنُ أَيْضاً خُطاةً، أَفَيَكُونُ المَسيحُ إِذَنْ خادِماً لِلخَطِيئَةِ؟ حاشَى. فَإِنِّي إِنْ عُدْتُ أَبنِي ما قَدْ هَدَمْتُ، أَجْعَلُ نَفْسي مُتَعَدِّياً. لِأَنِّي بِالنَّاموسِ مُتٌ لِلنَّاموسِ لِكَي أَحيا لِه. مَعَ المَسيحِ صُلبْتُ، فَأَحيا، لا أَنَا، بَلِ المَسيحُ يَحيا فِيَّ. وما لي مِنَ الحِياةِ فِي الجَسَدِ، أَنَا أَحياهُ فِي إِيمانِ ابْنِ اللهِ الَّذِي أَحَبَّنِي، وَبَدَّلَ نَفْسَهُ عَنِّي.

## The 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."

فصل شريف من بشارة القديس مرقس الإنجيلي  
البشير والتلميذ الطاهر.

قال الرب: "من أراد أن يتبعني، فليتكفّر بنفسه ويحمل صليبه ويتبعني. لأن من أراد أن يخلص نفسه يهلكها، ومن أهلك نفسه من أجلي ومن أجل الإنجيل يخلصها. فإنه ماذا ينتفع الإنسان لو ربح العالم كله وخسر نفسه؟ أم ماذا يعطي الإنسان فداءً عن نفسه؟ لأن من يستحي بي وبكلامي في هذا الجيل الفاسق الخاطيء، يستحي به ابن البشر متى أتى في مجد أبيه مع الملائكة القديسين." وقال لهم: "الحق أقول لكم، إن قوماً من القائمين ههنا لا يدوقون الموت، حتى يروا ملكوت الله قد أتى بقوة."



**3rd & 9th Day Memorial**

Salim Sameer Tadros

**Memory Eternal!**

# Upcoming Services & Events

Date	Time	Event
9/13/2024	7:00am	Orthros
	5:00pm	Vespers & Artoklasia for the Elevation of the Holy Cross
9/14/2024	9:00am	Orthros for the Elevation of the Holy Cross
	10:00am	Divine Liturgy for the Elevation of the Holy Cross
	12:00pm	Brotherhood of St. Paisios Meeting
	3:30pm	Catechism Class
	5:00pm	Great Vespers
	6:00pm	Compline with Canon for Holy Communion
9/15/2024	8:15am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
	10:00am	First Day of Sunday School
9/17/2024	7:00pm	Choir Practice
9/18/2024	7:00am	Orthros
	9:00am	Co-Op
	10:00am	Arabic Bible Study
	6:00pm	Vespers
	6:00pm	SOYO Night
9/19/2024	9:00am	Orthros
	9:00am	Co-Op

## Catechism Class

*All are welcome! Class will be at 3:30pm*

September 14

September 28

October 5

October 12

November 9

November 23

December 14

December 21

January 11

January 25

February 8

February 22

March 8

March 22

April 5

ST. MARY'S ANTIOCHIAN  
WOMEN  
INVITES YOU TO A

# *Wine & Cheese Party*



*Saturday | 21st September | 6:30 pm*

**ST. MARY ORTHODOX CHURCH FELLOWSHIP  
HALL**

**\$30 per person.**

**APPETIZERS | DESSERTS | MUSIC**

Where: 6330 W. 127th St. Palos Heights.

See the Antiochian Women for tickets. Questions  
contact Nancy Makhamreh: 708.717.9996

Nina Atiyeh: 708.768.46.14

Rolla Sweis: 708.296.8957

# St. Mary Orthodox Church of Palos Heights



## Arabic School المدرسة العربية

كنيسة رقاد السيدة الأنطاكية الأرثوذكسية

**Arabic School will be every Saturday starting September 21<sup>st</sup> from 10am-12pm!**

Ages 5 & up!  
(Must be 5 by end of 2024)  
Adults are welcome!

1st student - \$275  
2nd student - \$225  
3rd student - \$175  
4th student - free

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

For questions, contact Randa Muasher at [arabic@stmaryoc.org](mailto:arabic@stmaryoc.org)





# 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](mailto: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*



St Mary Orthodox Church of Palos Heights

# *Antiochian Women*

## **Zucchini Bread/Cake Sale**

**Sunday, October 6th immediately after Liturgy**

Delicious zucchini bread/cake 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.**

**Deadline to pre-order is Tuesday, October 1<sup>st</sup>.**

**[Click here to order online.](#)**

# Annual General Assembly Meeting and Parish Council Nominations

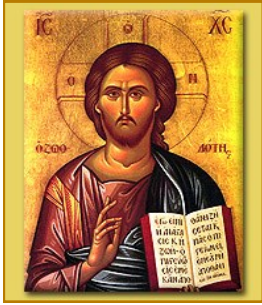


If you are interested in nominating yourself or another person for St. Mary's Parish Council, please let Danny Haddad know by Sunday, October 13th. Nominations will not be considered after that date. Confession and fulfillment of pledge required to be in good standing.

Our Annual General Assembly Meeting will take place Sunday, November 17th 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 September 15 in the Holy Orthodox Church, we continue to celebrate the Elevation of the Holy Cross, and we commemorate the contest of the Holy Great-Martyr Nikitas the Goth. Nikitas was a disciple of Theophilus, Bishop of the Goths, who participated in the First Ecumenical Council in Nicaea in 325. When the Gothic prince Athenarik began to torture Christians, Nikitas stood before the prince and denounced him for his paganism and inhumanity. Subsequently harshly tortured, Nikitas confessed his faith in Christ even more strongly, and prayed to God with thanksgiving. On his breast under his robe Nikitas bore an icon of the Most-holy Theotokos with the Pre-eternal Christ Child standing and holding the Cross in His hands. The Holy Theotokos had appeared to him and comforted him. Finally, the torturer threw the soldier of Christ into the fire, where the holy martyr breathed his last, but his body remained untouched by the fire. His companion Marianus took his body from the land of the Goths to the town of Mopsuestia in Cilicia. There, he built a church dedicated to Nikitas, and placed the miracle-working relics of the martyr in it. Nikitas suffered and was glorified in the year 372. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.