



# 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 22<sup>nd</sup>, 2024

Thirteenth Sunday after Pentecost & First Sunday of Luke

Hieromartyr Phocas, bishop of Sinope; Apostle Quadratos of the Seventy;  
Martyr Phocas the Gardener

## 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!

هَلْمْ لِنَسْجِدْ وَنَرْكَعْ لِلْمَسِيحِ مَلَكْنَا وَالْهَنَا، خَلَصْنَا يَا ابْنَ اللَّهِ يَا مَنْ قَامَ مِنَ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلِ لَكَ هَلْلُويَا!

## Troparion of the Resurrection (Tone Four)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إِنَّ تَلْمِيذَاتِ الرَّبِّ تَعَلَّمْنَ مِنَ الْمَلَائِكَةِ الْكَرَزِ بِالْقِيَامَةِ الْبَهْجِ، وَطَرَحْنَ الْقَضَاءَ الْجَدِّيَّ، وَخَاطَبْنَ الرَّسُلَ  
مُفْتَخِرَاتٍ وَقَائِلَاتٍ: سُبِّي الْمَوْتُ وَقَامَ الْمَسِيحُ الْإِلَهُ، وَمَنَحَ الْعَالَمَ الرَّحْمَةَ الْعُظْمَى.

## Troparion for St. Phocas of Sinope (Tone Four)

By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Phocas. Entreat the Lord our God to save our souls.

صِرْتَ مُشَابِهًا لِلرُّسُلِ فِي أَحْوَالِهِمْ، وَخَلِيفَةً فِي كِرَاسِيهِمْ، فَوَجَدْتَ بِالْعَمَلِ الْمَرْقَاةَ إِلَى التَّأْوِيرِيَّاتِ الْبَاهِجَةِ بِاللَّهِ.  
لِذَلِكَ تَتَّبَعْتَ كَلِمَةَ الْحَقِّ بِاسْتِقَامَةٍ، وَجَاهَدْتَ عَنِ الْإِيمَانِ حَتَّى الدَّمِ، أَيُّهَا الشَّهِيدُ فِي رُؤْسَاءِ الْكَهَنَةِ فَوْقًا.  
فَتَشَفَّعْ إِلَى الْمَسِيحِ الْإِلَهُ فِي خَلَاصِ نَفُوسِنَا.

## 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 الْإِلَهُ. لِأَنَّكَ انْتَقَلْتِ إِلَى  
الْحَيَاةِ بِمَا أَنْكَ أُمُّ الْحَيَاةِ. فَبِشَفَاعَاتِكَ أَنْقِذِي مِنَ الْمَوْتِ نَفُوسِنَا.

## 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 الْمَسِيحِينَ غَيْرَ الْخَازِيَةِ، الْوَسِيطَةَ لَدَى الْخَالِقِ غَيْرَ الْمَرْذُودَةِ، لَا تُعْرِضِي عَنِّ أَصْوَاتِ طَلِبَاتِنَا  
نَحْنُ الْخَطَاةَ، بَلْ تَدَارِكِينَا بِالْمَعُونَةِ بِمَا أَتَيْتِ صَالِحَةَ، نَحْنُ الصَّارِخِينَ إِلَيْكَ بِإِيمَانٍ: بَادِرِي إِلَى الشَّفَاعَةِ  
وَأَسْرِعِي فِي الطَّلِبَةِ، يَا وَالِدَةَ الْإِلَهِ، الْمُتَشَفِّعَةَ دَائِمًا بِمَكْرَمِيكَ.

## The Epistle for the Thirteenth Sunday after Pentecost

*O Lord, how marvelous are Thy works.  
In wisdom hast Thou made them all.*

*Bless the Lord, O my soul!*

**The Reading from the First Epistle of St. Paul to the Corinthians. (16:13-24)**

Brethren, be watchful, stand firm in your faith, be courageous, and be strong. Let all that you do be done in love. Now, brethren, you know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints; I urge you to be subject to such men and to every fellow worker and laborer. I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence; for they refreshed my spirit as well as yours. Give recognition to such men. The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. All the brethren send greetings. Greet one another with a holy kiss. I, Paul, write this greeting with my own hand. If anyone has no love for the Lord, let him be accursed. Our Lord, come! The grace of the Lord Jesus be with you. My love be with you all in Christ Jesus. Amen.

مَا أَعْظَمَ أَعْمَالِكَ يَا رَبُّ كُلُّهَا بِحِكْمَةٍ صَنَعْتَ.

بَارِكِي يَا نَفْسِي الرَّبَّ.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولُسِ الرَّسُولِ الْأُولَى إِلَى  
أَهْلِ كورِنثوس.

يَا إِخْوَةَ، إِسْهَرُوا، أَثْبُتُوا عَلَى الْإِيمَانِ، كُونُوا رِجَالًا،  
تَشَدَّدُوا. وَتَكُنْ أُمُورُكُمْ كُلُّهَا بِالْمَحَبَّةِ. وَأَطْلُبْ إِلَيْكُمْ  
أَيْهَا الْإِخْوَةَ: تَعْرِفُونَ أَنَّ بَيْتَ إِسْتِفَانَسَ هُمْ بَاكُورَةُ  
أَخَائِيَّةٍ وَقَدْ حَصَّصُوا أَنْفُسَهُمْ لِحِدْمَةِ الْقَدِيسِينَ. فَعَلَيْكُمْ،  
أَنْ تَخَضَعُوا أَنْتُمْ أَيْضًا لِمِثْلِ هَؤُلَاءِ وَلِكُلِّ مَنْ يُعَاوَنُ  
وَيَتَعَبُّ. إِنِّي فَرِحْتُ بِحُضُورِ إِسْتِفَانَسَ وَفَرْتُونَاتُوسَ  
وَأَخَائِكُوسَ فَقَدْ قَامُوا مَقَامَكُمْ فِي غِيَابِكُمْ، فَأَرَاخُوا  
رُوحِي وَأَرَوَّاحَكُمْ. فَقَدِّرُوا أَمْثَالَهُمْ. تُسَلِّمُ عَلَيْكُمْ كَنَائِسُ  
آسِيَّةَ. يُسَلِّمُ عَلَيْكُمْ فِي الرَّبِّ كَثِيرًا أَكِيلا وَبَرِسِكَلَّةَ  
وَالْكَنِيسَةَ الَّتِي فِي بَيْتِهِمَا. يُسَلِّمُ عَلَيْكُمْ جَمِيعُ الْإِخْوَةَ.  
سَلِّمُوا بَعْضُكُمْ عَلَى بَعْضٍ بِقُبْلَةٍ مُقَدَّسَةٍ. السَّلَامُ بِيَدِي  
أَنَا بُولُسَ. إِنْ كَانَ أَحَدٌ لَا يُحِبُّ رَبَّنَا يَسُوعَ الْمَسِيحَ  
فَلْيَكُنْ مَفْرُوزًا. مَارَانَ أَثَا. نِعْمَةُ رَبَّنَا يَسُوعَ الْمَسِيحِ  
مَعَكُمْ. مَحَبَّتِي لَكُمْ جَمِيعًا فِي الْمَسِيحِ يَسُوعَ. آمِينَ.

## The Gospel for the First Sunday of Luke

### The Reading from the Holy Gospel according to St. Luke. (5:1-11)

At that time, Jesus was standing by the lake of Gennesaret. And He saw two boats by the lake; but the fishermen had gone out of them and were washing their nets. Getting into one of the boats, which was Simon's, Jesus asked him to put out a little from the land. And He sat down and taught the people from the boat. And when Jesus had finished speaking, He said to Simon, "Put out into the deep and let down your nets for a catch." And Simon answered, "Master, we toiled all night and took nothing! But at Thy word I will let down the nets." And when they had done this, they enclosed a great shoal of fish; and as their nets were breaking, they beckoned to their partners in the other boat to come and help them. And they came and filled both the boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, O Lord." For he was astonished, and all that were with him, at the catch of fish, which they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. And Jesus said to Simon, "Do not be afraid; henceforth you will be catching men." And when they had brought their boats to land, they left everything and followed Him.

فصل شريف من بشارة القديس لوقا الإنجيلي  
البشير والتلميذ الطاهر.

في ذلك الزمان، فيما يسوع واقف عند بحيرة جنيسارت، رأى سفينتين واقفتين عند شاطئ البحيرة، وقد انحدر منهما الصيادون يغسلون الشباك. فدخل إحدى السفينتين، وكانت لسمعان، وسأله أن يتباعه قليلاً عن البر، وجلس يعلم الجموع من السفينة. ولما فرغ من الكلام، قال لسمعان: "تقدم إلى العمق وألقوا شباككم للصيد." فأجاب سمعان وقال له: "يا معلم، إننا قد تعبنا الليل كله ولم نصب شيئاً، ولكن بكلمتك ألقى الشبكة." فلما فعلوا ذلك، احتازوا من السمك شيئاً كثيراً حتى تحرقت شبكتهم. فأشاروا إلى شركائهم في السفينة الأخرى أن يأتوا ويعاونوهم. فأتوا وملاوا السفينتين حتى كادتتا تغرقان. فلما رأى ذلك سمعان بطرس، خر عند ركبتي يسوع قائلاً: "أخرج عني يا رب، فإني رجل خاطئ." لأن الإنذهال اغترأه هو وكل من معه لصيد السمك الذي أصابوه. وكذلك يعقوب ويوحنا ابنا زبدي اللذان كانا رفيقين لسمعان. فقال يسوع لسمعان: "لا تحف، فإنك من الآن تكون صياداً للناس." فلما بلغوا بالسفينتين إلى البر، تركوا كل شيء وتبعوه.



**3rd & 9th Day Memorial**  
Salam Jadoun  
**Memory Eternal!**



**Removal of Crowns**  
Baha & Jessica Abuaita  
**Congratulations!**

# Upcoming Services & Events

Date	Time	Event
9/20/2024	7:00am	Orthros
9/21/2024	10:00am	First Day of Arabic School
	5:00pm	Great Vespers
	6:00pm	Compline with Canon for Holy Communion
	6:00pm	Wine & Cheese Night
9/22/2024	8:15am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
	10:00am	Sunday School
9/23/2024	6:30pm	Prayers before Holy Communion
	7:00pm	Liturgy for St Thekla the Great-Martyr
9/24/2024	7:00pm	Choir Practice
9/25/2024	7:00am	Orthros
	9:00am	Co-Op
	10:00am	Arabic Bible Study
	6:00pm	Vespers
	6:00pm	SOYO Night
9/26/2024	9:00am	Orthros
	9:00am	Co-Op

## Catechism Class

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

September 28	January 11
October 5	January 25
October 12	February 8
November 9	February 22
November 23	March 8
December 14	March 22
December 21	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.](#)**



# St. Mary Orthodox Church Special Needs Ministry

Sunday, October 27<sup>th</sup>, 2024  
2:00pm - 4:00pm

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

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

Questions? Contact Dn. Saed or Fabiola



# Annual General Assembly Meeting and Parish Council Nominations

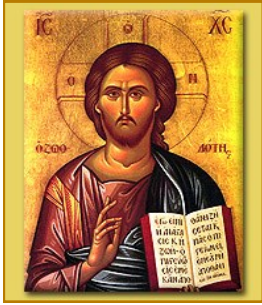


If you are interested in nominating yourself or another person for St. Mary's Parish Council, please let Danny Haddad know by Sunday, October 13th. Nominations will not be considered after that date. Confession and fulfillment of pledge required to be in good standing.

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 22 in the Holy Orthodox Church, we commemorate the Holy Hieromartyr Phocas, bishop and wonderworker of Sinope, who was perfected in martyrdom by being terribly burned in a bath-house in the reign of Trajan. As bishop in his birthplace, the town of Sinope on the Black Sea, Phocas strengthened the faith of the true believers and converted many idol-worshipers to the true Faith. This enraged the hard-hearted pagans. In a vision from the Lord, Phocas saw a white dove fly down from heaven carrying a wreath of flowers in its beak, and lowered it onto his head. And Phocas heard a voice, saying: “Your cup is full and you should drink it!” With gratitude toward God he prepared himself for suffering. The torturers beat and wounded his whole body, and then threw Phocas into boiling water. Phocas entered into the joy of his Lord in 102. His companion, the Martyr Phocas the Gardener, whom we also commemorate today, suffered for Christ on this day in 120. On this day, we also commemorate the Apostle Quadratos of Magnesia of the Seventy. By the intercessions of Thy Saints, O Christ God, have mercy upon us. Amen.