



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 8th, 2024

Sunday before the Elevation of the Holy Cross
Feast of the Nativity of the Theotokos

First Antiphon

Remember, O Lord, David and all his meekness. Lo, we have heard it at Ephratha. We have found it in the plains of the wood.

Through the intercessions of the Theotokos, O Savior, save us.

Glorious things are spoken of thee, O city of God. God is in the midst of her; she shall not be shaken; God shall help her right early in the morning.

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.

أَذْكُرُ يَا رَبُّ دَاوُدَ وَكُلَّ دَعَتِهِ، وَكَيْفَ حَلَفَ لِلرَّبِّ وَنَدَرَ لَهُ.

بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

فِيكَ قِيلَتْ الْمَقَاخِرُ يَا مَدِينَةَ اللَّهِ. اللَّهُ فِي وَسْطِهَا وَلِذَلِكَ لَنْ تَتَزَعَّرَعَ، اللَّهُ يُعِينُهَا عِنْدَ انْبِلَاجِ الصُّبْحِ.

بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

المجد للأب والابن والروح القدس، الآن وكل أوان وإلى دهر الداهرين. آمين.

بِشَفَاعَاتِ وَالِدَةِ الْإِلَهِ، يَا مُخَلِّصُ خَلِّصْنَا.

Second Antiphon

The Lord hath sworn in truth unto David; and He will not annul it. Of the fruit of thy loins will I set upon thy throne.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

There will I make to spring forth a horn for David. I have prepared a lamp for My Christ.

Save us, O Son of God, Who art risen from the dead, who sing to Thee, Alleluia!

For the Lord hath elected Zion; He hath chosen her to be a habitation for Himself.

Save us, O Son of God, Who art risen from the dead, 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...

خَلَفَ الرَّبُّ لِداوُدَ بِالْحَقِّ وَلَا يُخَلِّفُ. إِنِّي مِنْ ثَمَرَةِ بَطْنِكَ أُجْلِسُ عَلَى كُرْسِيِّكَ.
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلْلُويَا!
 هُنَاكَ أُنْبِئُ لِداوُدَ قَرْنًا، هَيَّأْتُ لِمَسِيحِي سِرَاجًا.
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلْلُويَا!
 لِأَنَّ الرَّبَّ اخْتَارَ صِهْيُونَ وَارْتَضَاهَا لَهُ مَسْكِنًا.
 خَلِّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتَلَّ لَكَ. هَلْلُويَا!
 المجدُّ لِلآبِ وَالِابْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.
 يَا كَلِمَةَ اللَّهِ الْإِبْنِ الْوَحِيدِ...

Third Antiphon

Here will I dwell, for I have desired it. The Most High hath sanctified His tabernacle. Holy is Thy temple, and wonderful in righteousness.

Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

ههنا اسكن لاني اياها اصطفيئت. لقد قدس العلي مسكنه. قدوس هو هيكلك وعجيب انت في عدلك.
 ميلادك يا والدة الإله، بشر بالفرح كل المسكونة، لأنه منك أشرق شمس العدل المسيح إلهنا، فحل اللعنة، وهب البركة،
 وأبطل الموت، وأعطانا حياة أبدية.

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 hades 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
 الأموات من تحت التراب، صرخ نحوك جميع القووات السماويين: أيها المسيح إله، مُعطي الحياة المجد لك.

Troparion of the Nativity of the Theotokos (Tone Four)

Thy nativity, O Theotokos, hath proclaimed joy to the whole universe; for from thee did shine forth the Sun of justice, Christ our God, annulling the curse, and bestowing the blessing, abolishing death and granting us life everlasting.

مِيْلَادِكِ يَا وَالِدَةَ الْإِلَهِ، بَشَّرَ بِالْفَرْحِ كُلِّ الْمَسْكُونَةِ، لِأَنَّهُ مِنْكَ أَشْرَقَ شَمْسُ الْعَدْلِ الْمَسِيحِ إِلَيْنَا، فَحَلَّ اللَّعْنَةَ،
وَوَهَبَ الْبَرَكَاتَةَ، وَأَبْطَلَ الْمَوْتَ، وَأَعْطَانَا حَيَاةً أَبَدِيَّةً.

Kontakion of the Nativity of the Theotokos (Tone Four)

By thy holy nativity, O pure one, Joachim and Anna were delivered from the reproach of barrenness; and Adam and Eve were delivered from the corruption of death; thy people do celebrate it, having been saved from the stain of iniquity, crying unto thee: The barren doth give birth to the Theotokos, who nourisheth our life.

إِنَّ يُوَاكِيمَ وَحَنَّةَ مِنْ عَارِ الْعُقْرِ أُطْلِقَا، وَآدَمَ وَحَوَّاءَ مِنْ فَسَادِ الْمَوْتِ، بِمَوْلِدِكَ الْمُقَدَّسِ يَا طَاهِرَةً أُعْتِقَا. فَلَهُ
يُعِيذُ شَعْبُكَ، وَقَدْ تَخَلَّصَ مِنْ وَضْمَةِ الزَّلَّاتِ، صَارِحًا نَحْوَكِ: الْعَاقِرُ تَلِدُ وَالِدَةَ الْإِلَهِ الْمُعْذِيَةَ حَيَاتِنَا.

The Epistle for the Sunday before the Elevation of the Holy Cross

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 Galatians. (6:11-18)

Brethren, see how large a letter I have written to you with my own hand. As many as desire to make a fair show in the flesh, they compel you to be circumcised, only that they may not be persecuted for the Cross of Christ. For not even those who are circumcised do themselves keep the Law; but they desire to have you circumcised, that they may boast in your flesh. But God forbid that I should boast, except in the Cross of our Lord Jesus Christ, through Whom the world is crucified to me, and I to the world. For in Christ Jesus, neither circumcision counts for anything, nor uncircumcision, but a new creation. And as many as walk according to this rule, peace be upon them, and mercy, and upon the Israel of God. Henceforth, let no one trouble me; for I bear in my body the brand-marks of the Lord Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

خَلِّصْ يَا رَبُّ شَعْبَكَ وَبَارِكْ مِيرَاثَكَ.

إِلَيْكَ يَا رَبُّ أَصْرُخُ الْهَي.

فَصَلِّ مِنْ رِسَالَةِ الْقَدِيسِ بُولْسِ الرَّسُولِ إِلَى أَهْلِ
غَلَاطِيَّةِ.

يَا إِخْوَةَ، أَنْظُرُوا مَا أَعْظَمَ الْكِتَابَاتِ الَّتِي كَتَبْتُهَا إِلَيْكُمْ
بِيَدِي. إِنَّ كُلَّ الَّذِينَ يُرِيدُونَ أَنْ يُرْضُوا بِحَسَبِ الْجَسَدِ
يُزِمُونَكُمْ أَنْ تَخْتَنُوا، وَإِنَّمَا ذَلِكَ لِئَلَّا يُضْطَهَدُوا مِنْ أَجْلِ
صَلِيبِ الْمَسِيحِ. لِأَنَّ الَّذِينَ يَخْتَنُونَ هُمْ أَنْفُسُهُمْ لَا
يَحْفَظُونَ النَامُوسَ بَلْ إِنَّمَا يُرِيدُونَ أَنْ تَخْتَنُوا لِيَفْتَخِرُوا
بِأَجْسَادِكُمْ. أَمَّا أَنَا، فَحَاشَى لِي أَنْ أَفْتَحِرَ إِلَّا بِصَلِيبِ
رَبِّنَا يَسُوعَ الْمَسِيحِ، الَّذِي بِهِ صُلِبَ الْعَالَمُ لِي وَأَنَا
صُلِبْتُ لِلْعَالَمِ. لِأَنَّهُ فِي الْمَسِيحِ يَسُوعَ لَيْسَ الْخِتَانُ
بِشَيْءٍ وَلَا الْقَلْفُ بَلِ الْخَلِيقَةُ الْجَدِيدَةُ. وَكُلُّ الَّذِينَ
يَسْلُكُونَ بِحَسَبِ هَذَا الْقَانُونِ، فَعَلَيْهِمْ سَلَامٌ وَرَحْمَةٌ وَعَلَى
إِسْرَائِيلِ اللَّهِ. فَلَا يَجْلِبْ عَلَيَّ أَحَدٌ أَتْعَاباً فِيمَا بَعْدُ، فَإِنِّي
حَامِلٌ فِي جَسَدِي سِمَاتِ الرَّبِّ يَسُوعَ. نِعْمَةٌ رَبِّنَا يَسُوعَ
الْمَسِيحِ مَعَ رُوحِكُمْ أَيُّهَا الْإِخْوَةُ. آمِينَ.

Gospel for the Sunday before the Elevation of the Holy Cross

The Reading from the Holy Gospel according to St. John. (3:13-17)

The Lord said, "No one has ascended into heaven but He who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in Him should not perish but have eternal life. For God so loved the world that He gave His only Son, that whoever believes in Him should not perish but have eternal life. For God sent His Son into the world, not to condemn the world, but that the world might be saved through Him."

فَصَلُّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يوحنا الإنجيلي
البشِيرِ والتلميذِ الطاهرِ.

قَالَ الرَّبُّ: لَمْ يَصْعَدْ أَحَدٌ إِلَى السَّمَاءِ إِلَّا الَّذِي نَزَلَ
مِنَ السَّمَاءِ، ابْنُ الْبَشَرِ الَّذِي هُوَ فِي السَّمَاءِ. وَكَمَا
رَفَعَ مُوسَى الْحَيَّةَ فِي الْبَرِّيَّةِ، هَكَذَا يَنْبَغِي أَنْ يُرْفَعَ ابْنُ
الْبَشَرِ. لِكَيْ لَا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ بِهِ، بَلْ تَكُونَ لَهُ
الْحَيَاةُ الْأَبَدِيَّةُ. لِأَنَّهُ هَكَذَا أَحَبَّ اللَّهُ الْعَالَمَ حَتَّى بَدَّلَ
ابْنَهُ الْوَحِيدَ لِكَيْ لَا يَهْلِكَ كُلُّ مَنْ يُؤْمِنُ بِهِ بَلْ تَكُونَ
لَهُ الْحَيَاةُ الْأَبَدِيَّةُ. فَإِنَّهُ لَمْ يُرْسِلِ اللَّهُ ابْنَهُ الْوَحِيدَ إِلَى
الْعَالَمِ لِيَدِينِ الْعَالَمَ، بَلْ لِيُخَلِّصَ بِهِ الْعَالَمَ.

Megalynarion of the Feast (Tone Eight)

Virginity is alien to mothers, and childbirth is foreign to virgins; in thee, O Theotokos, both were granted. Wherefore, all we the tribes of the earth bless thee unceasingly.

يَا وَالِدَةَ الْإِلَهِ إِنَّ الْبَثُولِيَّةَ لَمُسْتَحِيلَةٌ عَلَى الْأُمَّهَاتِ، كَمَا أَنَّ الْوِلَادَةَ مُسْتَحِيلَةٌ عَلَى الْعَذَارَى. غَيْرَ أَنَّهُ فِيكَ قَدْ تَمَّ
تَدْبِيرُ كِلَا الْأَمْرَيْنِ. فَلِذَلِكَ نَحْنُ قَبَائِلَ الْأَرْضِ جَمِيعًا، بِلا فَتُورٍ نُعْبِطُكَ.

Koinonikon (Communion Hymn) of the Feast (Tone Eight)

I will take the cup of salvation, and I will call upon the Name of the Lord. Alleluia.

كَأْسَ الْخَلَاصِ أَقْبَلُ، وَبِاسْمِ الرَّبِّ أَدْعُو. هَلْلُويَا.

Post Communion Hymn: "We have seen the true light."



3rd & 9th Day Memorial

Samia Fakhouri

Memory Eternal!



3rd & 9th Day Memorial

Hilda Fakhouri

Memory Eternal!

Upcoming Services & Events

Date	Time	Event
9/6/2024	7:00am	Orthros
	6:00pm	Kids SOYO & Jr SOYO
	7:00pm	Adult Education with Fr James Ellison
9/7/2024	8:30am	Prayers before Holy Communion
	9:00am	Divine Liturgy for the Forefeast of the Nativity of the Theotokos
	5:00pm	Great Vespers with Artoklasia
	6:00pm	Compline with Canon for Holy Communion
9/8/2024	8:15am	Prayers before Holy Communion
	8:45am	Orthros for the Nativity of the Theotokos
	10:00am	Divine Liturgy for the Nativity of the Theotokos
	12:00pm	SOYO Brunch at RoyalBerry
9/9/2024	9:30am	Prayers before Holy Communion
	10:00am	Divine Liturgy for Righteous Joachim & Anna
9/10/2024	9:00am	Orthros
	7:00pm	Choir Practice
9/11/2024	7:00am	Orthros
	9:00am	Co-OP
	10:00am	Arabic Bible Study
	6:00pm	Vespers
	6:00pm	SOYO Night
9/12/2024	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

SOYO Brunch

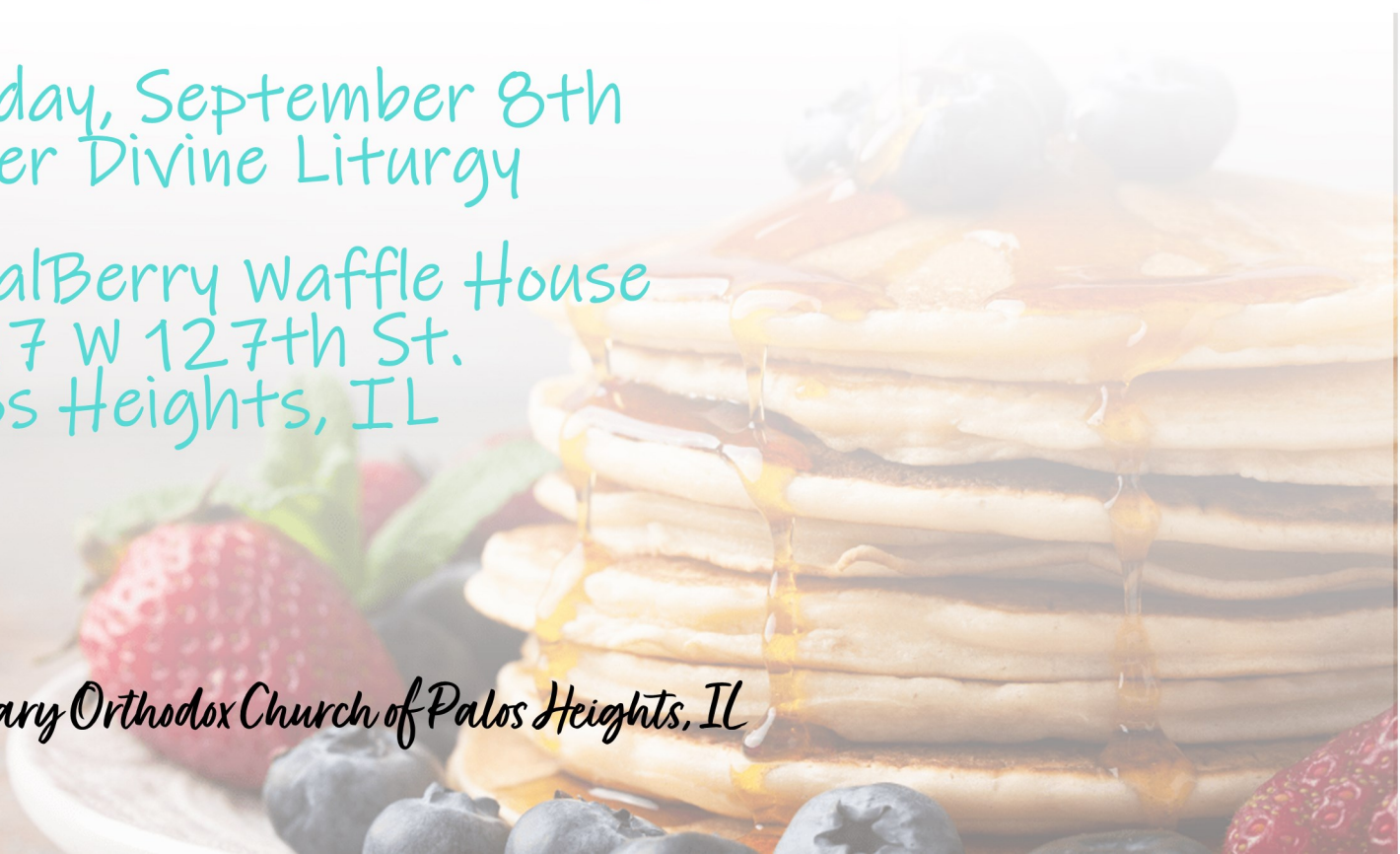
All Teens are welcome!

Birthday Brunch for the Theotokos!

Sunday, September 8th
After Divine Liturgy

RoyalBerry Waffle House
6417 W 127th St.
Palos Heights, IL

St. Mary Orthodox Church of Palos Heights, IL



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 21st 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





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

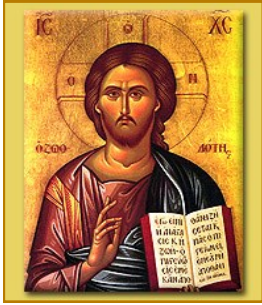


If you are interested in nominating yourself or another person for St. Mary's Parish Council, please let Danny Haddad know by Sunday, October 13th. Nominations will not be considered after that date. Confession and fulfillment of pledge required to be in good standing.

Our Annual General Assembly Meeting will take place Sunday, November 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 8 in the Holy Orthodox Church, we celebrate the Nativity of our Most-holy Lady, the Theotokos and Ever-virgin Mary. The Holy Virgin Mary was born of aged parents, Joachim and Anna. Her father was of the lineage of David, and her mother of the lineage of Aaron. Thus, she was of royal birth by her father and of priestly birth by her mother. In this, she foreshadowed Him Who would be born of her as King and High Priest. Her parents were quite old and had no children. Because of this they were ashamed before men and humble before God. In their humility they prayed to God with tears, to bring them joy in their old age by giving them a child, as He had once given joy to the aged Abraham and his wife Sarah by giving them Isaac. The Almighty and Allseeing God rewarded them with a joy that surpassed all their expectations and all their most beautiful dreams; for He gave them not just a daughter, but the Mother of God. She was Mary, Full of grace, Blessed among women, the Temple of the Holy Spirit, the Altar of the Living God, the Table of the Heavenly Bread, the Ark of God's Holiness, the Tree of the Sweetest Fruit, the Glory of the race of man, the Praise of womanhood, and the Fount of virginity and purity. Through the intercessions of Thy Mother, O Christ God, have mercy upon us. Amen.