



# Saint Mary Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

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

Sunday, April 19<sup>th</sup>, 2026

## New Sunday or Anti-Pascha

Sunday of Thomas the Apostle, Called "The Twin"

Hieromartyr Paphnoutios of Jerusalem; Tryphon, patriarch of Constantinople

### First Antiphon

Shout with joy to God, all the earth. Sing to His name; give glory to His praises.

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

Say to God: How awesome are Thy works; let all the earth worship Thee, and sing to Thee.

Let it sing a song to Thy Name, O Most High.

*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 ages of ages. Amen.

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

هللوا لله يا جميع الأرض، رتلوا لاسمِهِ أعطوا مجداً لتسبِحتِهِ.

**بشفاعاتِ والدةِ الإلهِ يا مخلصِ خلصنا!**

قولوا لله ما أَرهَبَ أعمالِكَ، كلُّ مَنْ في الأرضِ يسجدونَ لك ويرتلونَ لاسمِكَ أيها العلي.

**بشفاعاتِ والدةِ الإلهِ يا مخلصِ خلصنا!**

المجد للآبِ والإبنِ والروحِ القدس الآن وكل أوانٍ وإلى دهرِ الداهرين آمين.

**بشفاعاتِ والدةِ الإلهِ يا مخلصِ خلصنا!**

### Second Antiphon

May God have mercy upon us, and bless us, and may He cause His face to shine upon us, and have mercy on us.

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

That thy way may be known upon earth, Thy salvation among all nations; let the peoples give thanks to Thee, O God, let all the peoples give thanks to Thee.

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

May God bless us, and may all the ends of the earth fear Him.

*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. Amen.

*O only-begotten Son, etc.*

ليترأف الله علينا ويباركنا، وليضيء بوجهه علينا ويرحمنا.

**خلصنا يا ابن الله يا من قام من بين الأموات نرتل لك هلولوا!**

لتُعرف في الأرض طريقك وفي جميع الأمم خلاصك.

خلصنا يا ابن الله يا من قام من بين الأموات لنرتل لك هلوليا!

تعترف لك الشعوب يا الله تعترف لك.

خلصنا يا ابن الله يا من قام من بين الأموات لنرتل لك هلوليا!

المجدُّ للآبِ وَالإِبْنِ وَالرُّوحِ الْقُدُسِ، الْآنَ وَكُلَّ أَوَانٍ وَإِلَى دَهْرِ الدَّاهِرِينَ، آمِينَ.  
يا كَلِمَةَ اللَّهِ الْإِبْنِ الْوَحِيدِ ...

### Third Antiphon

Let God arise, and let His enemies be scattered, and let them that hate Him flee from before His face.

*Christ is risen from the dead, trampling down death by death; and upon those in the tombs, bestowing life!*

As smoke vanishes, let them vanish; as wax melteth before the fire.

*Christ is risen, etc.*

So let sinners perish at the presence of God, and let the righteous be glad.

*Christ is risen, etc.*

This is the day which the Lord has made; let us rejoice and be glad therein.

*Christ is risen, etc.*

ليقيم الله ويتبدد جميع أعدائه ويهرب مبغضوه من أمام وجهه.

المسيح قام من بين الأموات، ووطئ الموت بالموت، ووهب الحياة للذين في القبور!

كما يباد الدخان يبادون وكما يذوب الشمع من أمام وجه النار.

المسيح قام من بين الأموات ...

كذلك تهلك الخطاة من أمام وجه الله والصديقون يفرحون ويتهللون أمام الله ويتنعمون بالسرور.

المسيح قام من بين الأموات ...

هذا هو اليوم الذي صنعه الرب لنفرح ونتهلل به.

المسيح قام من بين الأموات ...

### Troparion for Thomas Sunday (Tone Seven)

While the tomb was sealed, Thou didst shine forth from it, O Life. While the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.

إِذْ كَانَ الْقَبْرُ مَخْتُومًا، أَشْرَقَتْ مِنْهُ أَيُّهَا الْحَيَاةُ. وَلَمَّا كَانَتْ الْأَبْوَابُ مُعْلَقَةً، وَاقَبَتِ التَّلَامِيذُ أَيُّهَا الْمَسِيحُ الْإِلَهُ،

قِيَامَةً الْكُلِّ. وَجَدَدَتْ لَنَا بِهِمْ رُوحًا مُسْتَقِيمًا بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

### Entrance Hymn (Tone Two)

In the gathering places, bless ye God the Lord from the springs of Israel. O Son of God, Who didst rise from the dead, save us, who sing unto thee. Alleluia.

فِي الْمَجَامِعِ بَارِكُوا اللَّهَ، الرَّبَّ مِنْ يَنَابِيعِ إِسْرَائِيلَ. خَلَّصْنَا يَا ابْنَ اللَّهِ، يَا مَنْ قَامَ مِنْ بَيْنِ الْأَمْوَاتِ، لِنُرْتِّلَ لَكَ.

هَلِّلُويَا.

### Troparion for Thomas Sunday (Tone Seven)

While the tomb was sealed, Thou didst shine forth from it, O Life. While the doors were closed, Thou didst come in to Thy Disciples, O Christ God, Resurrection of all, renewing in us through them an upright spirit, according to the greatness of Thy mercy.

إِذْ كَانَ الْقَبْرُ مَخْتُومًا، أَشْرَقَتْ مِنْهُ أَيُّهَا الْحَيَاةُ. وَلَمَّا كَانَتِ الْأَبْوَابُ مُغْلَقَةً، وَاقَيْتِ التَّلَامِيذَ أَيُّهَا الْمَسِيحُ الْإِلَهُ، قِيَامَةَ الْكُلِّ. وَجَدَدْتَ لَنَا بِهِمْ رُوحًا مُسْتَقِيمًا بِحَسَبِ عَظِيمِ رَحْمَتِكَ.

### Kontakion of Pascha (Tone Eight)

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

وَلَيْنُ كُنْتَ نَزَلْتَ إِلَى قَبْرِ يَا مَنْ لَا يَمُوتُ، إِلَّا أَنْكَ دَرَسْتَ قُوَّةَ الْجَحِيمِ، وَقُمْتَ غَالِبًا أَيُّهَا الْمَسِيحُ الْإِلَهُ، وَلِلنِّسْوَةِ حَامِلَاتِ الطَّيِّبِ قُلْتَ "افْرَحْنَ!"، وَلِرُسُلِكَ وَهَبْتَ السَّلَامَ، يَا مَانِحَ الْوَاقِعِينَ الْقِيَامَ.

### Epistle for Thomas Sunday

*Great is our Lord, and great is His strength. Praise ye the Lord, for the Lord is good.*

#### The Reading from the Acts of the Holy Apostles. (5:12-20)

In those days, many signs and wonders were done among the people by the hands of the apostles; and they were all with one accord in Solomon's porch. None of the rest dared to join them, but the people magnified them. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the cities around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the chief priest rose up and all who were with him, that is, the sect of the Sadducees, and filled with jealousy they laid their hands on the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said: "Go and stand in the temple and speak to the people all the words of this Life."

عَظِيمٌ هُوَ رَبُّنَا وَعَظِيمَةٌ هِيَ قُوَّتُهُ.

سَبِّحُوا الرَّبَّ فَإِنَّهُ صَالِحٌ.

فَضْلٌ مِنْ أَعْمَالِ الرُّسُلِ الْقَدِيسِينَ الْأَطْهَارِ.

فِي تِلْكَ الْأَيَّامِ، جَرَتْ عَلَى أَيْدِي الرُّسُلِ آيَاتٌ وَعَجَائِبُ كَثِيرَةٌ فِي الشَّعْبِ. وَكَانُوا كُلُّهُمْ بِنَفْسٍ وَاحِدَةٍ فِي رِوَاقِ سُلَيْمَانَ. وَلَمْ يَكُنْ أَحَدٌ مِنَ الْآخَرِينَ يَجْتَرِئُ أَنْ يُخَالِطَهُمْ، لَكِنْ كَانَ الشَّعْبُ يُعْظِمُهُمْ. وَكَانَ جَمَاعَاتٌ مِنْ رِجَالٍ وَنِسَاءٍ يَنْضَمُونَ بِكَثْرَةٍ مُؤْمِنِينَ بِالرَّبِّ. حَتَّى إِنَّ النَّاسَ كَانُوا يَخْرُجُونَ بِالْمَرْضَى إِلَى الشُّوَارِعِ، وَيَضَعُونَهُمْ عَلَى فُرُشٍ وَأَسِرَّةٍ، لِيَقَعَ وَلَوْ ظِلُّ بُطْرُسَ، عِنْدَ اجْتِيَازِهِ، عَلَى بَعْضِ مِنْهُمْ. وَكَانَ يَجْتَمِعُ أَيْضًا إِلَى أُورُشَلِيمَ جُمُهورُ الْمُدُنِ الَّتِي حَوْلَهَا، يَحْمِلُونَ مَرْضَى وَمُعَذِّبِينَ مِنْ أَرْوَاحِ نَجِسَةٍ، فَكَانُوا يُشْفَوْنَ جَمِيعُهُمْ. فَقَامَ رَئِيسُ الْكَهَنَةِ وَكُلُّ الَّذِينَ مَعَهُ،

وَهُمْ مِنْ شِيعَةِ الصَّدُوقِيِّينَ، وَامْتَلَأُوا غَيْرَةً. فَأَلْقُوا  
أَيْدِيَهُمْ عَلَى الرَّسْلِ وَجَعَلُوهُمْ فِي الْحَبْسِ الْعَامِّ. فَفَتَحَ  
مَلَائِكَةُ الرَّبِّ أَبْوَابَ السِّجْنِ لَيْلاً، وَأَخْرَجَهُمْ، وَقَالَ:  
أَمْضُوا وَقِفُوا فِي الْهَيْكَلِ، وَكَلِّمُوا الشَّعْبَ بِجَمِيعِ  
كَلِمَاتِ هَذِهِ الْحَيَاةِ.

## Gospel for Thomas Sunday

### The Reading from the Holy Gospel according to St. John. (20:19-31)

On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, "Peace be to you." When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. Jesus said to them again, "Peace be to you. As the Father has sent me, even so I send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe." Eight days later, His disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said, "Peace be to you." Then He said to Thomas, "Put your finger here, and see My hands; and put out your hand, and place it in My side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Jesus said to him, "Thomas, you have believed because you have seen Me. Blessed are those who have not seen and yet believe." Now Jesus did many other signs in the presence of the disciples, which are not

فَصَلِّ شَرِيفٌ مِنْ بَشَارَةِ الْقَدِيسِ يُوْحَنَّا الْإِنْجِيلِي  
الْبَشِيرِ وَالتَّلْمِيزِ الطَّاهِرِ.

لَمَّا كَانَتْ عَشِيَّةَ ذَلِكَ الْيَوْمِ، وَهُوَ أَوَّلُ الْأُسْبُوعِ  
وَالْأَبْوَابِ مُغْلَقَةً حَيْثُ كَانَ التَّلَامِيزُ مُجْتَمِعِينَ خَوْفًا مِنَ  
الْيَهُودِ، جَاءَ يَسُوعُ وَوَقَفَ فِي الْوَسْطِ وَقَالَ لَهُمْ:  
"السَّلَامُ لَكُمْ." فَلَمَّا قَالَ هَذَا أَرَاهُمْ يَدَيْهِ وَجَنْبَهُ، فَفَرِحَ  
التَّلَامِيزُ حِينَ أَبْصَرُوا الرَّبَّ. وَقَالَ لَهُمْ ثَانِيَةً: "السَّلَامُ  
لَكُمْ، كَمَا أَرْسَلَنِي الْآبُ كَذَلِكَ أَنَا أُرْسِلُكُمْ." وَلَمَّا قَالَ  
هَذَا نَفَخَ فِيهِمْ وَقَالَ لَهُمْ: "خُذُوا الرُّوحَ الْقُدُسَ. مَنْ  
غَفَرْتُمْ خَطَايَاهُمْ تُغْفَرْ لَهُمْ وَمَنْ أَمْسَكْتُمْ خَطَايَاهُمْ  
أَمْسَكْتُمْ." أَمَّا تُوْمَا أَحَدُ الْإِثْنَيْ عَشَرَ الَّذِي يُقَالُ لَهُ  
التَّوَامُ فَلَمْ يَكُنْ مَعَهُمْ حِينَ جَاءَ يَسُوعُ، فَقَالَ لَهُ التَّلَامِيزُ  
الْآخَرُونَ "إِنَّا قَدْ رَأَيْنَا الرَّبَّ"، فَقَالَ لَهُمْ: "إِنْ لَمْ أُعَايِنِ  
أَثَرَ الْمَسَامِيرِ فِي يَدَيْهِ، وَأَضَعُ إصْبَعِي فِي أَثَرِ  
الْمَسَامِيرِ، وَأَضَعُ يَدِي فِي جَنْبِهِ لَا أُؤْمِنُ." وَبَعْدَ  
ثَمَانِيَةِ أَيَّامٍ كَانَ تَلَامِيزُهُ أَيْضًا دَاخِلًا وَتُوْمَا مَعَهُمْ،  
فَأَتَى يَسُوعُ وَالْأَبْوَابُ مُغْلَقَةً وَوَقَفَ فِي الْوَسْطِ وَقَالَ  
لَهُمْ: "السَّلَامُ لَكُمْ"، ثُمَّ قَالَ لِتُوْمَا: "هَاتِ إصْبَعَكَ إِلَى  
هَهُنَا وَعَايِنِ يَدَيَّ، وَهَاتِ يَدَكَ وَضَعْهَا فِي جَنْبِي، وَلَا  
تَكُنْ غَيْرَ مُؤْمِنٍ بَلْ مُؤْمِنًا." أَجَابَ تُوْمَا وَقَالَ لَهُ: "

written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His Name.

رَبِّي وَالْهَي. " قَالَ لَهُ يَسُوعُ: "لَأَنَّكَ رَأَيْتَنِي يَا تَوْمًا  
أَمَنْتَ؟ طُوبَى لِلَّذِينَ لَمْ يَزُوا وَأَمَنُوا. " وَأَيَاتٍ أُخْرَ كَثِيرَةً  
صَنَعَ يَسُوعُ أَمَامَ تَلَامِيذِهِ لَمْ تُكْتَبْ فِي هَذَا الْكِتَابِ.  
وَأَمَّا هَذِهِ، فَقَدْ كُتِبَتْ لِتُؤْمِنُوا بِأَنَّ يَسُوعَ هُوَ الْمَسِيحُ ابْنُ  
اللَّهِ، وَلِكِي تَكُونَ لَكُمْ، إِذَا آمَنْتُمْ، حَيَاةً بِاسْمِهِ.

### Megalynarion for Thomas Sunday (Tone One)

O most radiant lamp, the Theotokos, the immeasurable honor, which is more exalted than all creatures, with praises do we magnify thee.

أَيُّهَا الْمِضْبَاحُ السَّاطِعُ الضِّيَاءِ وَأُمُّ الْإِلَهِ، وَالشَّرْفُ الَّذِي لَا قِيَاسَ لَهُ، الْأَرْفَعُ مِنَ الْخَلَائِقِ جَمِيعِهَا، بِالتَّسَابِيحِ  
لَكَ نُعْظِمُ.

### Koinonikon (Communion Hymn) of Thomas Sunday (Psalm 147:1)


Praise the Lord, O Jerusalem; praise thy God, O Zion. Alleluia.

سَبِّحِي يَا أُورُشَلِيمُ الرَّبَّ، سَبِّحِي إِلَهَكَ يَا صِهْيُونَ. هَلُوبِيَا.

*Instead of "We have seen the true light," sing "Christ is Risen" ONCE.*

## Upcoming Services & Events

Date	Time	Event
4/19/2026	8:25am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
	10:00am	Sunday School
4/21/2026	9:00am	Orthros
	7:00pm	Choir Practice
4/22/2026	9:00am	Orthros
	10:00am	Arabic Bible Study
	7:00pm	St George Cicero Feast Day Liturgy
4/24/2026	9:00am	Orthros
4/25/2026	10:00am	Arabic School
	5:00pm	Great Vespers
	6:00pm	Compline with Canon for Holy Communion



*St. Mary's Antiochian Women  
cordially invite you to our*

*Perfume & Pearls*  
MOTHER'S DAY LUNCHEON

Saturday, May 2nd, 2026  
1:00 – 5:00 PM

Elements by Odyssey  
16235 S La Grange Rd  
Tinley Park, IL 60487

An elegant afternoon of fellowship,  
laughter, dancing, and heartfelt moments.

Adults \$50  
Kids 10 & under \$25

*Hosted with love by*  
St. Mary's Antiochian Women

*Scan QR code  
for tickets*



# Sisterhood of *St. Olga*



## *Intentional Living & Stewardship of God's Gifts*

Saturday, May 16<sup>th</sup>  
10:00am – 3:00pm

All ladies are invited to join us for a women's retreat led by Molly & Cynthia from Filled with Less. The day will include lunch and the retreat will be made up of the following four sessions:

1. Living with Intention & Simplicity
2. Stewardship of His Temple (Health & God's Design)
3. Cultivating Inner Peace
4. Intentional Time Management

Please [click here](#) or scan to register. There is no fee to sign up, however we kindly encourage everyone to make a donation to help offset the costs. It is greatly appreciated.



*St. Mary Orthodox Church*  
*Palos Heights, IL*

www.stmaryoc.org  
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SAINT MARY  
ORTHODOX CHURCH  
PALOS HEIGHTS, ILLINOIS

# ST. MARY'S SUMMER FEST

June 4<sup>th</sup> - 7<sup>th</sup> 2026

6330 W. 127<sup>th</sup> St., Palos Heights, IL

**\$5 ENTRY**  
**KIDS**  
**5 & UNDER**  
**FREE**

**Live Bands**  
**Carnival**  
**Games**  
**Food**  
**Byzantine Concert**  
**Church Tours**



**SCAN HERE**  
**FOR ALL**  
**THE**  
**DETAILS!**



# DIocese OF TOLEDO AND THE MIDWEST

## PARISH LIFE CONFERENCE 2026

JUNE 17-21, 2026

BEST WESTERN PLUS STRONGSVILLE/CLEVELAND

15471 ROYALTON RD, STRONGSVILLE, OH 44136

**JOIN US FOR WORSHIP,  
WORKSHOPS,  
FELLOWSHIP AND  
FUN!**

**GROUP RATE:  
\$119.00  
(DEADLINE MAY 18TH)**

**PLUS:**  
- BIBLE BOWL  
- VBS  
- TEEN EVENTS  
- YOUNG ADULT  
GROUP W/ FR.  
ANTHONY YAZGE



**REGISTER  
HERE:**



**HOSTED BY:  
ST. MATTHEW CHURCH  
(NORTH ROYALTON, OH)**



**FR. JEREMY DAVIS**  
ARCH. VICAR OF THE  
DIOCESE OF TOLEDO  
& THE MIDWEST



**FR. PAUL ABERNATHY**  
KEYNOTE SPEAKER



**KRIS HOWARD**  
DIRECTOR OF  
SACRED MUSIC



**ROBERT SNYDER**  
DIRECTOR OF  
CHRISTIAN EDUCATION



**ST. MARY ORTHODOX CHURCH** presents

# 2nd ANNUAL GOLF OUTING

Green Garden Country Club — Frankfort, IL

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**SEPTEMBER 19, 2026**

**8AM – 5PM**

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Sponsorship opportunities and registration information to follow.

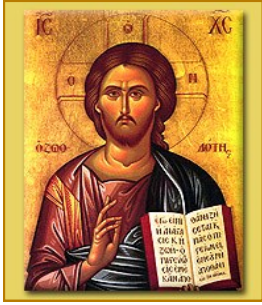
Please join us in making this a successful event!

*A PORTION OF PROCEEDS TO BENEFIT:*



**LA RABIDA**  
CHILDREN'S HOSPITAL

# SAVE THE DATE!



## Weekly Synaxarion



On April 19 in the Holy Orthodox Church, we commemorate Hieromartyr Paphnoutios of Jerusalem; and Tryphon, patriarch of Constantinople. On this day, the second Sunday of Pascha, we inaugurate the celebration of Christ's Resurrection, and the occasion whereon the Holy Apostle Thomas touched the Savior's side. This day is called New Sunday, Thomas Sunday or Anti-Pascha. The last term means "in place of Pascha" because Thomas did not immediately hear of Christ's Resurrection and disbelieved it. Starting with this day, the Church dedicates Sunday to the celebration of the Resurrection. As the Disciples were gathered on Pascha, Jesus entered and greeted them in His usual way, saying, "Peace be unto you." Then He showed them His hands, feet and side. Jesus ate with His Disciples and reassured them of His Resurrection. However, Thomas was not with them at that time, and insisted upon seeing the Savior's wounds—the print of the nails in His hands and feet, and the spear in His side—before he would believe that Jesus was risen. Eight days later, Christ appeared again to the Disciples, this time with Thomas present. The Master told Thomas to see and feel His wounds. Then Thomas immediately cried out, "My Lord and my God!" But Jesus tells His Disciples, "Blessed are those who have not seen and yet believe." This event also clearly illustrates the human and divine Natures of Christ. By the intercessions of Thine Apostle Thomas, O Christ our God, have mercy on us. Amen.