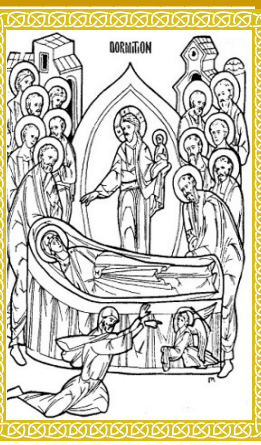
St. Mary Orthodox Church

كنيسة العذراء مريم الأنطاكية الأرثوذكسية

Antiochian Orthodox Christian Archdiocese of North America



"The disciples were first called Christians in Antioch." (Acts 11:26)

June 10, 2012

First Sunday after Pentecost
All Saints Sunday

الأحد الأول بعد العنصرة

أحد جميع القديسين

6330 W. 127th St., Palos Heights, IL 60463
Phone : (708) 239-0004, Fax : (708) 221-6449
www.virginmaryoc.org

Fr. Mousa Haddad - cell phone: (708) 979-3222, email: fr.mousa@gmail.com
Fr. Malek Rihani - cell phone: (708) 516-6417, email: myrihani@hotmail.com

Weekly Schedule of Services

Saturday: 5:30 p.m. Great Vespers
Sunday: 9:15 a.m. Matins -- 10:30 a.m. Divine Liturgy
Wednesday: 10:00 a.m. Matins -- 10:30 a.m. Bible Study
(Confessions by Appointment)

Welcome to the Church of the Virgin Mary! We extend our warmest and heartfelt greetings to you and your family. If this is your first time with us, we pray that you feel at home. After all, we are gathered together in our Father's house. Please see one of the ushers at the end of the service for a "Welcome Packet" for more information. May God bless you and give you many healthy years in His service.

أهلاً بكم في كنيسة العذراء مريم! يُسعدنا أن نُقَدِّم لكم ولعائلاتكم تحياتنا القلبية الحارَّة. إذا كانت هذه زيارتكم الاولى لكنيستنا, نرجو أن تشعروا بأنكم في بيتكم الذي هو بيت أبينا جميعاً. ألرجاء أن تسألوا أحد المساعدين في الكنيسة في نهاية الخدمة الالهية عن "رزمة معلومات الترحيب" التي تحتوي على المعلومات المطلوبة. أللهّ يباركّكم وينعم عليكم بالصحة لسنين عديدة في خدمة الرب.

Clergy, Parish Council , Committees, and Ministries

Parish Clergy:

Rev. Fr. Mousa Haddad, Pastor
Rev. Fr. Malek Rihani
Subdeacon Matthew Sweis

Parish Council:

Presiding Officer
Rev. Fr. Mousa Haddad
Chairman
Fadi Abu Manneh
Vice Chairman
Rashid Sweis
Treasurer
Abdullah Tadros
Financial Secretary
Samer Tadros
Secretary
Abeer Khouri
Council Members:
George Barakat
Maher Ibrahim
CJ Kari
Bassam Salman
Faris Samawi
Ramzi Sweis

Committees:

Altar / Liturgics
Mazen Ammari & Steve Rihani
PLC 2012
Abdullah Tadros & CJ Kari
Expansion & Maintenance
Luai Sweiss
Fundraising & Stewardship
Rashid Sweis & Bassam Salman
Financial
Abdullah Tadros
Communication
Abeer Khouri
Constitution
Ramzi Sweis
Humanitarian
Shireen Salman
Ushering
Fadi Abu Manneh
Web Master
Sana Sweis
Office Administrator
Katia Haddad

Organizations and Ministries:

Sunday School Director
Omar Sweiss
Sunday School Spiritual Director
Fr. Mousa Haddad
Ladies Guild President
Kholoud Swais
Ladies Guild Spiritual Director
Fr. Mousa Haddad
Fellowship President
Khalil Haddad
Fellowship Spiritual Director
Fr. Mousa Haddad
SOYO President
Hadeel Sweis
SOYO Advisor
Orieb Sweis & Steve Rihani
SOYO Spiritual Director
Fr. Malek Rihani
Handmaids of the Lord
Mansoura Khouri & Lina Haddad
Handmaids Spiritual Director
Fr. Malek Rihani
Choir Director
Michael Rascia
Chanter
Khaled Salman & Faris Samawi

Church Hall Rental - Call the church office or email: katiahaddad@virginmaryoc.org

Changes in the Liturgy
تغييرات في القداس

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!

هلمُ لنسجد ونركع للمسيح ملكنا والهنا، خلصنا يا ابن الله يا من قام من بين الاموات، لنرتل لك هللويا!

Troparion of the Resurrection (Tone Eight)

From the heights Thou didst descend, O Compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion. Thou art our life and our resurrection, O Lord, glory to Thee.

انحدرتَ من العُلى أيها الْمُتَحَنِّن. وقبِلْتَ الدفْنَ ذا الثلاثةِ الأيام، لكي تعتقَنا من الآلام. فيا حياتَنا

وقيامتَنَا ياربُّ المجد لك.

Troparion of All the Saints (Tone Four)

Thy Church, O Christ God, hath regaled herself in the blood of Thy Martyrs throughout all the world, as in porphyry and purple. Through them she lifts her voice, crying, "Turn with Thy compassion to Thy people, and grant peace to Thy servants, and to our souls the Great Mercy."

أيها المسيحُ الإله إن كنيسَتَكَ متسربلةٌ بدماءِ شهدائك الذين في كل العالمِ كبرفيرةٍ وأرجوانٍ.

وبهم تهتِفُ إليك صارخةً. وَجِّه رأفتَكَ لشعبِكَ وامنحْ السلامةَ لعبيدِكَ. وهب لنفوسِنا الرحمةَ العظمى.

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 حفِظْتِ البتوليةَ وصنتِها وفي رقادِكِ ما أهمَلْتِ العالمَ وتركتِهِ يا والدةَ الإله. لأنكِ انتقلْتِ

إلى الحياة بما أنك أمُّ الحياة. فبشفاعاتِكِ أنقذي من الموتِ نفوسَنا.

Kontakion of All Saints (Tone Eight)

To Thee, O Lord and Author of all creation, the universe offers as first-fruits of nature the God-bearing Martyrs. Wherefore, by their imploring, preserve Thy Church in perfect safety, for the sake of the Theotokos, O most Merciful One.

أيها الربُ البارئُ كلَّ الخليقةِ ومُبدِعُها، لكَ تُقَرِّبُ المسكونةُ كبواكيرِ الطبيعةِ الشهداءَ اللآبسي اللاهوت،

فبتوسلاتِهم وشفاعةِ والدةِ الإلهِ إحفظْ بالسلامةِ التامةِ كنيسَتَكَ وشعبَكَ يا جزيلَ الرحمةِ وحدَك.

Epistle for All Saints Sunday
الرسالة لأحد جميع القديسين

God is wonderful among His saints!
Bless God in the congregations!

The Reading is from Saint Paul's Letter to the Hebrews (11:33-40; 12:1-2).

Brethren, all the saints through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfection of our faith.

عجيب هو الله في قديسيه!

في المجامع باركوا الله!

فصل من رسالة القديس بولس الرسول إلى العبرانيين (11:33-40; 12:1-2)

يا إخوةُ إنَّ القديسينَ بالإيمانِ قَهَرُوا الممَالِكَ وعَمِلُوا البِرَّ ونَالوا المواعِدَ وسَدُّوا أفواهَ الأُسُود* وأطفأُوا حِدةَ النَّار ونَجَوا مِنْ حَدِّ السَيفِ وَتَقووا من ضُعفٍ وصاروا أشداءَ في الحَربِ وَكَسَروا مُعسكَراتِ الأجانبِ* وأَخذتْ نِساءٌ أمواتَهُنَّ بالقيامَةِ. وعُذِّبَ آخرونَ بتوتيرِ الأعضاءِ والضَربِ ولم يَقبَلوا بالنجاةِ ليحصُلوا على قِيامَةٍ أفضل* وآخرونَ ذاقوا الهُزءَ والجَلدَ والقيودَ أيضاً والسِّجنَ* ورُجِمُوا ونُشِرُوا وامتُحِنُوا وماتوا بِحَدِّ السيفِ. وساحُوا في جلودِ غَنَمٍ ومَعزٍ وهُم مُعْوَزُونَ مُضَايَقُونَ مَجْهُودُونَ* ولم يَكُنْ العالَمُ مُستَحِقاً لهم تائهينَ في البراري والجبالِ والمغاوِرِ وكُهُوفِ الأرضِ* فهؤلاءِ كُلُّهُم مَشهوداً لهم بالإيمانِ لم ينالوا الموعِدَ* لأنَّ اللهَ سَبَقَ فنظرَ لنا شيئاً أفضلَ أن لا يَكمُلُوا بدوننا* فنحنُ أيضاً إذ يُحدِقُ بنا مثلُ هذهِ السحابَةِ مِنْ الشهودِ فلنُلقِ عنَّا كُلَّ ثِقَلٍ والخطيئةَ المحيطةَ بسهولةٍ بنا. ولنسابِقْ بالصبرِ في الجِهَادِ الذي أمامَنا* ناظِرينَ إلى رئيسِ الإيمانِ ومُكَمِّلِهِ يسوع.

Gospel for All Saints Sunday

الإنجيل لأحد جميع القديسين

The Reading is from the Holy Gospel according to St. Matthew (10:32-33, 37 -38; 19:27-30).

The Lord said to his disciples, "Everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven; but whoever denies me before men, I also will deny before my Father who is in heaven." "He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; and he who does not take his cross and follow me is not worthy of me." Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" Jesus said to them, "Truly, I say to you, in the new world, when the Son of Man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. And every one who has left houses or brothers or sisters or father or mother or wife or children or lands, for my name's sake, will receive a hundred-fold, and inherit eternal life. But many that are first will be last, and the last first."

***فصلٌ شريفٌ من بشارة القديس متَّى الإنجيليِّ البشيرِ, التلميذِ الطاهر**

(10:32-33, 37-38; 19:27-30)*

قالَ الربُّ لتلاميذِهِ كُلُّ مَنْ يَعترفُ بي قُدَّامَ الناسِ اعترفُ أنا بهِ قُدَّامَ أبي الذي في السماوات* ومَن يُنكرُني قُدَّامَ الناسِ أُنكِرُهُ أنا قُدَّامَ أبي الذي في السَّماواتِ* من أحبَّ أباً أو أمّاً أكثرَ مني فلا يَستَحِقُّني. ومَنْ أحبَّ ابناً أو بنتاً أكثرَ مني فلا يَستَحِقُّني* ومَن لا يأخُذُ صَليبَهُ ويتبَعُني فلا يستحقُّني* فأجابَ بطرسُ وقالَ لهُ هوذا نحنُ قد تَركنا كُلَّ شيءٍ وتبعناكَ فماذا يكونُ لنا* فقالَ لهم يسوعُ الحقَّ أقولُ لكم إنَّكم أنتم الذينَ تبعتموني في جيلِ التَجديدِ متى جَلَسَ ابنُ البَشَرِ على كرسيِّ مَجْدِهِ تَجلِسونَ أنتم أيضاً على اثني عَشَرَ كرسياً تَدينونَ أسباطَ إسرائيلَ الاثني عشر* وكُلُّ مَن تركَ بيوتاً أو إخوةً أو أخواتٍ أو أباً أو أمّاً أو امرأةً أو أولاداً أو حقولاً من أجل اسمي يأخذُ مائةَ ضِعْفٍ ويرثُ الحياةَ الأبدية* وكثيرونَ أوَّلُونَ يكونونُ آخِرينَ وآخِرونَ يكونونَ أوَّلينَ.

Changes in the Liturgy

تغييرات في القداس

Koinonikon (Communion Hymn)

Rejoice in the Lord, O ye just; praise becometh the upright.
Alleluia!

الكينونيكون

إِفْرَحُوا أَيُّهَا الصِّدِّيقُونَ بِالرَّبِّ. بِالْمُسْتَقِيمِينَ يَلِيقُ التَّسْبِيحُ. هللويا!

PLC 2012 Chapel Committee needs YOU!!!
Please contact Deacon Saed at srihani6@cs.com

The Chapel is the Center of our Worship activities at the PLC (Parish Life Conference) which we are hosting for the Diocese of the Midwest! We need volunteers to assist in the set up and care of the Chapel during the PLC from Wednesday June 27th through Sunday July 1st, 2012. Services are held at 9am and 5pm each day. If you would like to volunteer your time to assist in the set-up, in Ushering and to assist in the overall aspects of the Chapel, please contact Deacon Saed at 773-454-2191 or by email at srhani6@cs.com. If you would like to donate items for the Chapel such as Wine, Candles, Holy Bread

Honoring your loved ones: Please consider signing up for one or more Sundays to provide Holy Bread and Coffee hour. It's this gift of Holy Bread that we use to prepare communion and to share with our parishioners at the end of the service. *What better way to honor your loved ones on their birthday, anniversary, graduation or memorial*. It takes minimal effort, and it encourages fellowship among our community.

Hospitality Teams

"Let us love one another that with one mind we may confess, Father, Son, and Holy Spirit; the Trinity one in essence and undivided." - From the Divine Liturgy

Holy Bread and Coffee Hour	القداس والقهوة
06/10: Ziad and May Sweis & Family	**06/10:** زياد ومي صويص والعائلة
06/17: Fr. Mousa and Delia Haddad & Family	**06/17:** الاب موسى وداليا حداد والعائلة
06/24: Ziad & Magida Abudayyeh	**06/24:** زياد وماجدة أبو دية

Epistle Readers:

Today: English - Omar Sweiss , Arabic - Khaled Salman
Next Week: English - Fabiola Sweis , Arabic - Lily Sweiss

Altar Server Ministry:

*06/10: **Team B (Captain Ramiz Riadi):** Rami Sweis, , Yazen Swaiss, Anthony Rihani, Saleem Swais, Sharbel Samawi, Kyse Dahdal, Joseph Fallouh, Louis Corey, Alexander Corey*
*06/17: **Team C (Captain Murad Salman):** Omar Nemri, Mathew Nemri, Samer Sweis , Elia Sweiss, Simon Tadros, , George Corey, Woody Corey, Mark Sweis*
*06/24: **Team A (Captain Jordan Rihani):** Odei Sweis, Yousif Saigh, Jimmy Salman, Jai Riske, Sean Rihani, Daniel Al- Nemri, Joseph Sweis, Matthew Ibrahim, Gabe Corey, Sam Corey, David Sweis*

"Bible Verse of the Week"

"But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ."
Philippians 3:20

أَمَّا نَحْنُ، فَإِنَّ وَطَنَنَا فِي السَّمَاوَاتِ الَّتِي مِنْهَا نَنْتَظِرُ عَوْدَةَ مُخَلِّصِنَا الرَّبِّ يَسُوعَ الْمَسِيحِ.
فيليبي3:20

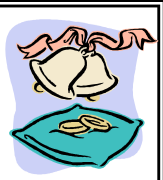
Parish News

On Sunday, July 1st, Divine Liturgy will be celebrated at the Double Tree Hotel in Oak Brook, IL at 10:00am. As you are aware, our church is hosting the Parish Life Conference, so we will celebrate Liturgy with His Grace Bishop Anthony and our sister churches of the Midwest. On that day there will be no services in our church in Palos Heights. Please mark your calendars.

سيقام القداس الالهي ليوم الاحد الموافق الاول من تموز, في فندق دبل تري في اوك بروك – إيلينوي الساعة العاشرة صباحاً مع سيادة المطران أنتوني وبالاشتراك مع بقية كنائسنا في منطقة "وسط الغرب". لن يكون قداس إلهي في كنيستنا في بيلوس هايتس في ذلك اليوم. نرجو ان تتذكروا ذلك.

Congratulations to Malek Haddad and Hadeel Haddadin on their union in Holy Matrimony. May God grant them many years of health and happiness together. Mabrouk!

تهانينا الى مالك حداد وهديل حدادين بمناسبة اتحادهما بشركة الزواج المقدس. نسأل الله ان يمنحهما الصحة والسعادة. مبروك!



Congratulations to Mitch Lowenstein and Ashley Mines on their union in Holy Matrimony. May God grant them many years of health and happiness together. Mabrouk!

تهانينا الى ميتش لوينستاين وأشلي ماينس بمناسبة اتحادهما بشركة الزواج المقدس. نسأل الله ان يمنحهما الصحة والسعادة. مبروك!

Congratulations Graduates!

John Kameel Nino
M.D.-Loyola University
"Stritch" School of Medicine

Jason Emile Haddad
B.A. Exercise Science - North Central College

Haneen Mansour Tadros
Victor J. Andrew High School

Zaid Mansour Tadros
8th grade -Prairie View Middle School

مبروك للخريجين!

جون كميل نينو
دكتور في الطب – جامعة لويولا "سترتش" كلية الطب

جيسن اميل حداد
بكالوريوس في علم الرياضة – كلية نورث سنترال

حنين منصور تادرس
الثانوية العامة من مدرسة فيكتور جي أندرو الثانوية

زيد منصور تادرس
الصف الثامن – مدرسة برايري فيو

Comedy Show & Dinner

Amer Zahr is an Arab–American stand–up comedian and writer. Drawing on his experiences growing up as a child of Palestinian refugees, he finds the humor in everyday cultural situations. Politics also fall victim to his comedic ways. He is currently producing his latest tour, *"Where Are You From From?"* where Amer will be starring with Ahmed Ahmed, a founder of the world–

Friday June 29, 2012 at 7:00pm
Double Tree Hotel in Oakbrook, (Grand Ball Room)
***Adult $65 *Children (12 & under) $35**

Banquet & Hafli

Grand Hafli and Banquet welcomes Fadi Hanani & ensemble!!!

Fadi Hanani was born in Damascus, Syria. Syria is known for its traditional "Mouwashahat , Koudoud Halabiam and Jabaliyat which is a style of classical Ara–bic music. To this day, singers and musicians from Syr–ia still treasure the classical Arabic music and strive to keep it alive. Syria has many Great talents and accom–plished singers like Sabah Fakhry, Mouhamad Khairy, Ali Aldarwish, and Bakry Kurdi.

Saturday, June 30, 2012 at 6:30pm
Double Tree Hotel in Oakbrook, (Grand Ball Room)
***Adult $75 *Children (12 & under) $40**

Price does not include a mandatory one-time $10 processing fee for the Parish Life Conference. Unless you are already registered, you will have to pay the $10 processing fee at the door. (Children 12 & under are exempt from this processing fee.)

The Council of Arab Organizations of Illinois - CAO-IL

مجلس المنظمات العربية لولاية الينوي

Cordially invites you to its

INAUGURAL EVENT

حفل تأسيس مجلس المنظمات العربية

Honorable Guest:

Toni Preckwinkle

Cook County Board President

Who:

The Council of Arab Organizations is the united voice of Arab American Organizations in Illinois

What:

Introducing the newly formed Council of Arab Organizations to the community.

When:

June 12, 2012 @ 6:30

Where:

Jerusalem Banquette Hall
8310 South Harlem Ave
Bridgeview, IL 60455

Free of Charge Event
Refreshments & Snacks will be provided

Council Members

Arab American Association of Engineers and Architects (AAAEA)
Arab American Action Network (AAAN)
Arab American Bar Association (AABA)
Arab American Democratic Club (AADC)
Arab American Family Services (AAFS)
Arab American Business and Professional Association (ABPA)
American Arab Anti-Discrimination Committee (ADC)
Chicago Arab Heritage Council (CAHC)
Islamic Community Center of Illinois (ICCI)
Mosque Foundation
National Arab American Medical Association (NAAMA)
Network of Arab-American Professionals (NAAP)
St. George Antiochian Orthodox Church

Fellowship of St.John the Divine

Humanitarian

The Fellowship of St. John the Divine is looking for ten volunteers to cook and serve food at the Ronald McDonald Children's House in Oak Lawn on Friday, July 6 at 6:00 p.m. Must be over the age of 19. Please contact any of the fellowship officers to reserve your spot.
Call:708-208-3039 or
Email: saintmaryfellowship@gmail.com

RONALD MCDONALD HOUSE CHARITIES CHICAGOLAND & NORTHWEST INDIANA

Friday July 6th at 6pm!

ARABIC SCHOOL IS BACK!!!

Dear families and friends, we are glad to announce that Arabic school is back. It will start September 15th, 2012 and it will be held on Saturdays from 3:30pm to 5:30pm (Great Vespers from 5:30pm-6:16pm is optional).

The fees for 2012 will be as follows:

Pledged Members	Non-Pledged Members
1st child - $200	1st child - 250
2nd child - $150	2nd child - 200
3rd child - $100	3rd child - 150
4th child - free	4th child - 100
	5th free

Adults are welcome too.

If you need financial assistance, please don't hesitate to ask. God bless!

2012 Midwest Parish Life Conference

Diocese of Toledo & the Midwest

Antiochian Orthodox Christian Archdiocese of North America

June 27th - July 1st, 2012

Save the Date! Reserve Your Room NOW!

DoubleTree by Hilton

1909 Spring Road
Oak Brook, IL 60523

DOUBLETREE
BY HILTON™

*PLC Room Rate Ends June 6

Special $99 (plus taxes) for 2 Doubles or 1 King

PLC Room Rate Code: CVM

800-222-8733

OR

DoubleTreeOakBrook.com

See www.VirginMaryOC.org for event information!

Hosted by Saint Mary Antiochian Orthodox Church
Palos Heights, IL (formerly of Alsip, IL)
www.VirginMaryOC.org VirginMary@VirginMaryOC.org (708)239-0004

St. Mary Orthodox Church

Palos Heights, IL
Antiochian Orthodox Christian Archdiocese of North America

Church Etiquette

WHEN YOU ARRIVE AT CHURCH:

- Remind yourself why you are here: Jesus Christ. You have an appointment every Sunday morning at 10:30am with Him, so you should not be late. Would you be late to any other appointment? Get extra rest so that you can make it to church on time.
- Shut off all beepers, phones, and electronic devices. NO text messaging!
- As we sing in the Liturgy, "Let us lay aside all earthy care."
- When entering the church, kiss the icon at the entrance, cross yourself in prayer, and light a candle.

YOU MAY NOT ENTER THE CHURCH AT THE FOLLOWING PERIODS:

- During the Little Entrance with the Holy Gospel
- During the reading of the Epistle and the Holy Gospel
- During the Sermon
- During the Great Entrance

If you arrive during the above mentioned times, please wait in the Narthex (back) until the particular period is over.

YOU SHOULD NOT BE SEATED DURING THE FOLLOWING MOMENTS:

- The singing of the Great Doxology ("Glory to Thee who has shown us the Light")
- At "Blessed is the Kingdom of the Father, Son, and of the Holy Spirit…"
- During the Little Entrance with the Holy Gospel
- During the reading of the Holy Gospel
- During the Great Entrance
- During the Creed and the Lord's Prayer ("Our Father")
- During the Consecration of the Gifts
- While the priest and deacon are distributing Holy Communion
- Any time the priest blesses you with his hand or the cross

CONDUCT IN CHURCH:

It is important to keep a reverent attitude and demeanor in church at all times.

- Be on time
- You are there to pray, so focus on the prayers and hymns of the Liturgy
- Do not cross your legs
- Do not stand with your hands in your pockets or your arms crossed
- Do not chew gum; absolutely no eating or drinking
- Do not talk during the Divine Liturgy (wait until Fellowship Hour to say hello)
- If your child is being disruptive and you cannot contain him, please calmly take your child out of the church and calm him down without disturbing others.
- Communion is not the end of Liturgy; do not leave until Liturgy is completely over and you have kissed the cross. <u>You may not go to the Fellowship hall during Liturgy.</u>

MAKING THE SIGN OF THE CROSS:

The sign of the Cross is extremely powerful. It is the pious custom of devout people to trace themselves with the sign of the cross at important parts of the Divine Liturgy. We are to put together the first three fingers of the right hand, which symbolizes the unity of the Holy Trinity. The other two fingers should be bent towards the palm signifying the descent of Jesus Christ, the Son of God, from Heaven to Earth (two fingers being symbolic of the two natures of Christ). The fingers put together first touch the forehead, then the chest, then the right shoulder, and finally the left shoulder. Those who make the sign of the Cross inattentively are simply making the demons rejoice.

WHEN TO MAKE THE SIGN OF THE CROSS:

- At the beginning and end of prayers and services
- Upon entering church and leaving church
- At the mention of the "Father, Son, and Holy Spirit"
- When offering glory or blessedness to God
- At any prayerful invocation of God
- During the Trisagion Prayers or Hymn (Holy God, Holy Mighty, Holy Immortal)
- After receiving Holy Communion (after you have taken a few steps away from the chalice)

BOWING YOUR HEAD:
There are certain times in the service when parishioners should bow their heads:

- When the priest exclaims "Peace be to all"
- At the exclamation "Bow your heads unto the Lord"
- When the priest blesses the faithful with his hand or cross
- When the priest or deacon censes the people
- When the priest or deacon bows toward the people during the services
- During the Little Entrance with the Holy Gospel
- When the Holy Gospel is read
- During the Great Entrance

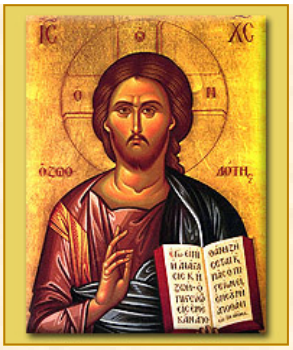
RECEIVING HOLY COMMUNION:
You should NOT receive Holy Communion if you arrive to church after the reading of the Gospel. To receive Holy Communion a person should:

- Prepare by prayer, by repentance, and by fasting from food, from drink, and from smoking upon rising in the morning
- Ask forgiveness of anyone you have wronged
- Offer forgiveness to anyone who has wronged you
- Approach the chalice with reverence and thanksgiving, with arms crossed or hands folded with one's mind on Christ
- Say your name to the priest as you approach the Holy Chalice
- Tilt your head back and open your mouth as wide as you can

CHURCH ATTIRE: Use Good Judgment!
We should offer Christ our "Sunday Best", not our everyday or common wear. Our dress should always be becoming of a Christian, and exemplify Christian values.

- No Jeans, No T-Shirts, No Tank-tops, No Sunglasses on head
- No Gym Shoes, No Sandals, No Flip-Flops
- Dresses and skirts must fall below the knee
- Ladies' blouses should not be revealing and should cover the chest
- Excessive make-up must be avoided. Women who wear lipstick should make sure their lips are dry before they take communion, kiss the cross, or kiss the priest's hand.

God Bless You!



Weekly Synaxarion

On June 10 in the Holy Orthodox Church, we commemorate the holy, glorious and right-victorious Martyr Alexander and Virgin-martyr Antonina of Constantinople; Venerable Theophanes the monk of Antioch and Pansemne the former harlot; and John of Tobolsk, metropolitan and wonder-worker of Siberia. On this day, the Sunday after Pentecost, we celebrate the Feast of All Saints who shone forth throughout all the world, North and South, East and West. David the Prophet and king, who revered the beloved of God, and respected them because of his great piety, said in the Psalms, "How precious are Thy beloved unto me, O God" (138:17). And the Apostle Paul, in his Epistle to the Hebrews, recounted the lives of the saints, when he wrote, "Wherefore, seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin that so easily besets us; and let us run with patience the race that is set before us" (12:1). Therefore, as Orthodox Christians, we honor the beloved saints of God, respecting them as keepers of God's commandments, shining examples of virtue and benefactors of humanity. We commemorate all of the holy ones every year on this day, as the list of saints ever increases, even though some of their names escape us. Nevertheless, we honor them for their piety and strive to imitate their good works. By the intercessions of Thine immaculate Mother, O Christ God, and of all Thy Saints from all ages, have mercy and save us, since Thou alone art good and the Lover of mankind. Amen.