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, January 11th, 2026
Sunday after the Theophany of Christ
Theodosios the Great, head of monasteries (Cenobiarch)

First Antiphon

When Israel went out of Egypt, and the house of Jacob from among a barbarous people; Judah became His sanctuary; Israel His dominion.

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

The sea beheld and fled: Jordan turned back. What aileth thee, O sea, that thou fleddest? And thou Jordan, that thou didst turn back?

Through the intercessions of the Theotokos, 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.

عِنْدَ خُرُوجِ إِسْرَائِيلَ مِنْ مِصْرَ وَبَيْتِ يَعْقُوبَ مِنْ شَعْبٍ أَعْجَمِيٍّ، صَارَ يَهُوذَا مَقْدِساً لَهُ وَإِسْرَائِيلُ سَلْطَنَتَهُ.

بِشَفَاعاتِ والدةِ الإلهِ يا مُخَلِّصُ خَلِّصْنا.

أَبْصَرَ البَحْرُ هَذَا فَهَرَبَ وَالأُرْدُنُّ رَجَعَ إِلَى الوَرَاءِ. مَاذَا دَهَاكَ يَا بَحْرُ حَتى هَرَبْتَ؟ وَيَا أُرْدُنُّ حَتَّى رَجَعْتَ إِلَى الوَرَاءِ؟

بِشَفَاعاتِ والدةِ الإلهِ يا مُخَلِّصُ خَلِّصْنا.

المجد للآب والإبن والروح القدس, الآن وكل أوان وإلى دهر الداهرين. آمين.

بشفاعاتِ والدةِ الإلهِ يا مخلصُ خلصنا.

Second Antiphon

I am filled with love, for the Lord will hear the voice of my supplication. For He hath inclined His ear unto me, and in my days will I call upon Him.

Save us, O Son of God, who wast baptized by John in the Jordan, who sing to Thee, Alleluia!

The pangs of death have encompassed me; the perils of hades have found me. Tribulation and sorrow have I found, and I called upon the name of the Lord.

Save us, O Son of God, who wast baptized by John in the Jordan, who sing to Thee, Alleluia!

Merciful is the Lord, and righteous; and our God hath mercy.

Save us, O Son of God, who wast baptized by John in the Jordan, 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…

فَرِحْتُ جِدّاً لأَنَّ الرَّبَّ يَسْمَعُ صَوْتَ تَضَرُّعِي. إِنَّهُ أَمَالَ أُذُنَهُ إِلَيَّ فَأُنَادِيهِ مَا حَيِيْتُ.

خلصنا يا ابن الله, يا من اعتمد من يوحنا في الأردن، لنرتل لك, هللويا!

غَمَرَاتُ المَوْتِ اكْتَنَفَتْنِي وَأَهْوَالُ الجَحِيمِ أَدْرَكَتْنِي. لَقِيتُ الضِّيقَ وَالأَسَى، فَدَعَوْتُ بِاسْمِ الرَّبِّ.

خلصنا يا ابن الله, يا من اعتمد من يوحنا في الأردن، لنرتل لك, هللويا!

الرَّبُّ رَحِيمٌ وَصِدِّيقٌ، إِلَهُنَا رَؤُوفٌ.

خلصنا يا ابن الله, يا من اعتمد من يوحنا في الأردن، لنرتل لك, هللويا!

المجدُ للآبِ والإبنِ والروحِ القدس، الآنَ وكلَّ أوانٍ وإلى دهرِ الداهرينَ، آمين.

يا كلمةَ اللهِ الابنِ الوحيد...

Third Antiphon

O give thanks unto the Lord, for He is good; for His mercy endureth forever. Let the house of Israel now confess that He is good; for His mercy endureth forever. Let the house of Aaron confess that He is good; for His mercy endureth forever. Let them now who fear the Lord confess that He is good; for His mercy endureth forever.

When Thou, O Lord, wast baptized in the Jordan, worship of the Trinity wast made manifest; for the voice of the Father bore witness to Thee, calling Thee His beloved Son. And the Spirit in the likeness of a dove confirmed the truth of His word. O Christ our God, Who hast appeared and enlightened the world, glory to Thee.

إِحْمَدُوا الرَّبَّ لأَنَّهُ صَالِحٌ، لأَنَّ إِلى الأَبَدِ رَحْمَتَهُ. لِيَقُلْ بَيْتُ إِسْرَائِيلَ إِنَّهُ صَالِحٌ، وَإِنَّ إِلى الأَبَدِ رَحْمَتَهُ. لِيَقُلْ بَيْتُ هَرُونَ إِنَّهُ صَالِحٌ، وَإِنَّ إِلى الأَبَدِ رَحْمَتَهُ. لِيَقُلْ خَائِفُو الرَّبِّ جَمِيعاً إِنَّهُ صَالِحٌ، وَإِنَّ إِلى الأَبَدِ رَحْمَتَهُ.

باعْتِمادِكَ يا رَبُّ في نَهْرِ الأُرْدُنّ، ظَهَرَ السُّجودُ لِلْثالوث، فإنَّ صَوْتَ الآبِ أتاكَ بالشَّهادَة، مُسَمّياً إيّاكَ ابْناً مَحْبوباً، والرّوحَ بِهَيْئَةِ حَمامَةٍ يؤيّدُ حَقيقَةَ الكَلِمَة، فَيا مَنْ ظَهَرَ وأنارَ العالَم، أيُّها المَسيحُ الإلهُ المَجْدُ لَك.

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 Six)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

إنَّ القُوّاتِ المَلائكِيَّةَ ظَهَروا على قَبْرِكَ الْمُوَقَّر، والحُرّاسَ صاروا كالأموات، ومَرْيَمَ وَقَفَتْ عِنْدَ القَبْرِ طالِبَةً جَسَدَكَ الطاهِر، فَسَبَيْتَ الجَحيمَ ولَمْ تُجَرَّبْ مِنْها، وصادَفْتَ البتولَ مانِحاً الحياة. فيا مَنْ قامَ مِنْ بينِ الأمواتِ، يا ربُّ المَجْدُ لَك.

Troparion of the Theophany of Christ (Tone One)

When Thou, O Lord, wast baptized in the Jordan, worship of the Trinity wast made manifest; for the voice of the Father bore witness to Thee, calling Thee His beloved Son. And the Spirit in the likeness of a dove confirmed the truth of His word. O Christ our God, Who hast appeared and enlightened the world, glory to Thee.

باعْتِمادِكَ يا رَبُّ في نَهْرِ الأرْدُنّ، ظَهَرَ السُّجودُ لِلْثالوث، فإنَّ صَوْتَ الآبِ أتاكَ بالشَّهادَة، مُسَمّياً إيّاكَ ابْناً مَحْبوباً، والرّوحَ بِهَيْئَةِ حَمامَةٍ يؤيّدُ حَقيقَةَ الكَلِمَة، فَيا مَنْ ظَهَرَ وأنارَ العالَم، أيُّها المَسيحُ الإلهُ المَجْدُ لَك.

Troparion for St. Theodosios (Tone Eight)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father Theodosios, intercede with Christ God to save our souls.

لِلْبَرِّيَّةِ غيرِ المُثْمِرَةِ بِمَجاري دُمُوعِكَ أمْرَعْتَ، وبالتَنَهُّداتِ التي مِنَ الأعْماقِ أثْمَرْتَ بأتْعابِكَ إلى مِئَةِ ضِعْفٍ، فَصِرْتَ كَوْكَباً لِلْمَسْكونَةِ مُتَلأْلِئاً بالعَجائِبِ، يا أبانا البارَّ ثيوذوسيوس، فَتَشَفَّعْ إلى المَسيحِ الإلهِ أنْ يُخَلِّصَ نُفوسَنا.

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 البتولِيةَ 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 the Theophany of Christ (Tone Four)

On this day Thou hast appeared unto the whole world, and Thy light, O Sovereign Lord, is signed on us who sing Thy praise and chant with knowledge: Thou hast now come, Thou hast appeared, O Thou Light unapproachable.

قَدْ ظَهَرْتَ لِلْدُنيا، ذا اليَوْمَ يا ربُّ، وضِياؤكَ ارْتَسَمَ علَيْنا نَحْنُ المُرْسِلينَ لكَ التَّسْبيحَ عَنْ مَعْرِفَةٍ قائلينَ: جِئْتَ وبِنْتَ يا نوراً لا يُدْنى مِنْهُ.

The Epistle for St. Theodosios

كريمٌ بينَ يدّيّ الربِّ موتُ أبراره.	*Precious in the sight of the Lord is the death of His saint.*
بماذا نكافئُ الربَّ عن كلِّ ما أعطانا.	*What shall we render to the Lord for all that He hath rendered unto us?*
فَصْلٌ مِنْ رِسالَةِ القِدّيسِ بولُسَ الرَسولِ إلى العِبْرانيين.	**The Reading from the Epistle of St. Paul to the Hebrews. (13:7-16)**
	Brethren, remember your leaders, those who

spoke to you the Word of God; consider the outcome of their life, and imitate their faith. Jesus Christ is the same yesterday and today and forever. Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. We have an altar from which those who serve the tent have no right to eat. For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. So Jesus also suffered outside the gate in order to sanctify the people through His own blood. Therefore, let us go forth to Him outside the camp and bear the abuse He endured. For here we have no lasting city, but we seek the city, which is to come. Through Him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His Name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.	يا إِخْوَةُ، اذْكُروا مُدَبِّريكُمُ الذينَ كَلَّموكُمْ بِكَلِمَةِ الله. تَأَمَّلوا في عاقِبَةِ تَصَرُّفِهِمْ واقْتَدوا بإيمانِهِمْ. إنَّ يَسوعَ المَسيحَ هُوَ هُوَ، أَمْسِ واليَوْمَ وإلى مَدى الدَّهْر. لا تَنْقادوا لِتَعاليمَ مُتَنَوِّعَةٍ غَريبَةٍ. فَإِنَّهُ يَحْسُنُ أَنْ يُثَبَّتَ القَلْبُ بِالنِّعْمَةِ لا بِالأَطْعِمَةِ التي لَمْ يَنْتَفِعِ الذينَ تَعاطَوْها. إنَّ لَنا مَذْبَحاً، لا سُلْطانَ لِلَّذينَ يَخْدُمُونَ المَسْكِنَ أَنْ يَأْكُلوا مِنْهُ. لِأَنَّ الحَيَواناتِ التي يُدْخَلُ بِدَمِها عَنِ الخَطيئَةِ إلى الأَقْداسِ بِيَدِ رَئيسِ الكَهَنَةِ، تُحْرَقُ أَجْسامُها خارِجَ المَحَلَّةِ. فَلِذلِكَ يَسوعُ أَيْضاً تَأَلَّمَ خارِجَ البابِ لِيُقَدِّسَ الشَّعْبَ بِدَمِ نَفْسِهِ. فَلْنَخْرُجْ إذَنْ إليهِ، إلى خارِجِ المَحَلَّةِ، حامِلينَ عارَهُ. لأَنَّهُ لَيْسَ لَنا هَهُنا مَدينَةٌ باقِيَةٌ، بَلْ نَطْلُبُ الآتِيَة. فَلْنُقَرِّبْ بِهِ إذَنْ ذَبيحَةَ التَّسْبيحِ كُلَّ حينٍ، وَهِيَ ثَمَرُ شِفاهٍ مُعْتَرِفَةٍ لاسْمِهِ. لا تَنْسوا الإِحْسانَ والمؤاساةَ، فإنَّ اللهَ يَرْتَضي مِثْلَ هَذِهِ الذَّبائِح.

Gospel for the Sunday after Theophany

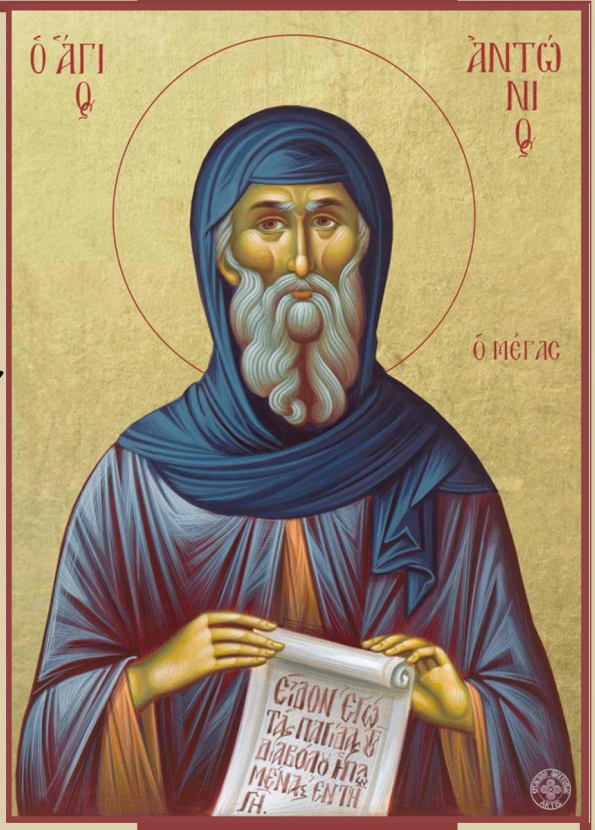
The reading from the Holy Gospel according to St. Matthew. (4:12-17) At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulon and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: “The land of Zebulon and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.” From that time Jesus began to preach, saying, “Repent, for the kingdom of Heaven is at hand.”	**فصلٌ شريفٌ مِنْ بِشارَةِ القِدّيسِ مَتّى الإنْجيلِيِّ البَشيرِ والتِلْميذِ الطاهِر.** في ذلكَ الزمانِ، لَمَّا سَمِعَ يسوعُ أنَّ يوحَنَّا قَدْ أُسْلِمَ، انْصَرَفَ إلى الجليلِ. وتَرَكَ الناصِرَةَ، وجاءَ فَسَكَنَ في كفْرَناحومَ التي على شاطِئِ البَحْرِ في تُخومِ زَبولونَ ونَفْتاليمَ. لِيَتِمَّ ما قيلَ بأَشْعِياءَ النَّبِيِّ القائلِ: أَرْضُ زَبُولونَ وأَرْضُ نَفْتاليمَ، طَريقُ البَحْرِ، عَبْرَ الأُرْدُنِّ، جَليلُ الأُمَمِ. الشَّعْبُ الجالِسُ في الظُّلْمَةِ أَبْصَرَ نوراً عَظيماً، والجالِسُونَ في بُقْعَةِ المَوْتِ وظِلالِهِ أَشْرَقَ عَلَيْهِمْ نُورٌ. ومُنْذُئِذٍ ابْتَدَأَ يَسوعُ يَكْرِزُ ويقولُ: توبُوا، فَقَدِ اقْتَرَبَ مَلَكوتُ السَّماوات.

40 Day Memorial
Gismeh Sweis
Memory Eternal!

Upcoming Services & Events

Date	Time	Event
1/11/2026	8:15am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
	10:00am	Sunday School
1/13/2026	9:00am	Orthros
	6:00pm	Byzantine Music Class
	6:30pm	Catechism Class
	7:00pm	Choir Practice
1/14/2026	8:30am	Prayers before Holy Communion
	9:00am	Liturgy for St Nina of Georgia
	10:00am	Arabic Bible Study
	6:00pm	Paraklesis
1/15/2026	9:00am	Orthros
	6:00pm	Brotherhood of St. Paisios Bowling Outing
1/16/2026	7:00am	Orthros
	5:00pm	Great Vespers for St Anthony
	6:00pm	Adult Education & Kids SOYO
1/17/2026	8:30am	Prayers before Holy Communion
	9:00am	Orthros for St Anthony
	10:00am	Liturgy for St. Anthony the Great
	10:00am	Arabic School
	12:00pm	Potluck Lunch and the Life of St Anthony
	5:00pm	Great Vespers
	6:00pm	Compline with Canon for Holy Communion

JOIN US FOR THE FEAST OF ST. ANTHONY THE GREAT



Saturday, January 17th

9:00am Orthros

10:00am Divine Liturgy

11:30am Lunch & Discussion

"The devil is afraid of us when we pray and make sacrifices. He is also afraid when we are humble and good. He is especially afraid when we love Jesus very much. He runs away when we make the Sign of the Cross."

+St. Anthony the Great

SAINT MARY
ORTHODOX CHURCH
PALOS HEIGHTS, ILLINOIS

Young Adult Ministry

Coffee Hour

SUNDAY, JANUARY 18TH IN THE NADI

FEATURING:

6330 W 127th St.
Palos Heights

Sisterhood of St. Olga
Humanitarian Event
SAMARITAN'S PURSE INTERNATIONAL RELIEF
800 N Commerce St, Aurora, IL 60504
Assembling Shoeboxes for Children in Need!
Thursday, January 29th, 2026
6:00pm - 9:00pm
Ages 13-17 accompanied by an adult welcome!
Help Pack Shoebox Gifts To Share God's Love Around the World!

Chicago Deanery

Ministries Retreat with

Fr. Chad Hatfield

January 30th - 31st, 2026

The Antiochian Orthodox Churches of the Chicago Deanery are excited to have Fr. Chad Hatfield, former dean of St. Vladimir Seminary. He will be speaking to the ministries of our churches. See the schedule below. Please click or scan the QR code to register.

Schedule

Friday, January 30th

3:00pm - Clergy Retreat at St. George, Cicero

Saturday, January 31st

9am-3pm - Parish Council & Ministry Leaders Retreat for all parishes at St. George, Cicero

5pm-9pm - SOYO Retreat for all teens at St. Mary, Palos Heights

Click here or scan the QR code to register.

All Saints, Chicago | St. George, Cicero
St. George, Spring Valley | St. Mary. Palos Heights
Holy Transfiguration, Warrenville
St. Katherine Mission, Niles

Arabian Night

طال السفر والغربه منها انا ...مليت

والصبر عندي تعذر من طول الغياب

Singer

Nabil Nemeh

أهلا وسهلا بالضيوف الكرام تتشرف سيدات كنيسة سانت ميري بدعوتكم لحضور حفل العشاء الفلكلوري العربي الذي سوف يقام

February 7th at 6:00pm

St. Mary Antiochian Orthodox Church

6330 W. 127th St. Palos Heights, IL 60463

Tickets: $100 per person (no refunds)

Ladies only. No children

Tickets will be sold online only.

For more information please contact Muna Salman 708-769-5105, Rita Sweis 773-510-4303, and Nina Atiyeh 708-768-4614 or any of the Antiochian Women

The Antiochian Women of St. Mary Church would like to invite you to our 8th Annual Arabian Night Party.

Enjoy a fun night of dinner, music, and dancing. There will also be a raffle with prizes including six gold pieces.

Tickets can be purchased online.

No tickets will be sold at the door.

ODEH and JAMILEH

– AKKAWI FOUNDATION –

SINCE 2015

The Odeh and Jamileh Akkawi Foundation is now accepting applicants for its annual scholarship.

This scholarship is intended to provide our children with the resources they need to reach their God-given potential. The future prosperity of our beloved communities depends on educated leaders who are well-rounded, and are not afraid to take risks in order to advance themselves – and all of us – to the highest levels possible.

PLEASE APPLY HERE: https://forms.gle/su55m6iy5vRj3pPD7

Important Notes:

1. Each student selected to participate in the scholarship program will be awarded a $1,000 annually through the 12th grade, as long as the requirements are met each year.

2. The scholarship includes $500 for tuition, books, school supplies, $500 for extra-curricular activities, and access to a curated monthly enrichment program.
Selected students will receive the funds at the beginning of the following academic year.

Selection is based on three criteria: academic potential, character, and financial need.
Selected recipients will be notified by email no later than July 1, 2026

SUBMISSION DEADLINE: March 1, 2026

Questions? Please email Dr. Kayed Odeh Akkawi at **akkawifoundation@gmail.com**
Learn more about the Akkawi Foundation at **www.akkawifoundation.org**

Weekly Synaxarion

On January 11 in the Holy Orthodox Church, we continue to celebrate the Theophany (Epiphany) of our Lord Jesus Christ, and we commemorate our righteous Father Theodosius the Cenobiarch, the instructor of the wilderness. Verses Theodosius was the leader of monks' common life; And his departure from this life was monks' common loss. On the eleventh the Cenobiarch left this ruinous life. Theodosios the Great lived in Palestine. The founder and organizer of cenobitic (communal) monasticism, as a young man he visited Simeon Stylites, who blessed him and predicted for him great spiritual glory. Once Theodosios founded his monastery, many monks of different nationalities and languages quickly gathered around him. He built churches for each language group, but on a day when they were to receive Communion, all the brethren gathered in the great church. Together with Saint Sabbas, he defended Palestine from the heresy of the Monophysites. God endowed Theodosios with the gifts of wonderworking, to heal the sick, to be present and help from a distance, to tame wild beasts, among other gifts. Theodosios entered peacefully into rest in the Lord in the year 529, at the age of 105. On this day, we also commemorate the Venerable Theodosios of Philotheou monastery on Athos; and Venerable Agapios of Apamea in Syria. By the intercessions of Thy saints, O Christ God, have mercy upon us. Amen.