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, July 26th, 2026

The Holy Righteous Martyr Paraskeva of Rome & Eighth Sunday of Matthew

Hieromartyrs Hermolaus, Hermippus, and Hermocrates of Nicomedia

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 Seven)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

حَطَمْتَ بِصَليبِكَ المَوْتَ، وفَتَحْتَ لِلِّصِّ الفِرْدَوْس، وَحَوَّلْتَ نَوْحَ حامِلاتِ الطِّيبِ، وأَمَرْتَ رُسُلَكَ أَنْ يَكْرِزوا، بأَنَّكَ قَدْ قُمْتَ أَيُّها المَسيحُ الإِلهُ، مانِحاً العالَمَ الرَّحْمَةَ العُظْمى.

Troparion of St. Paraskeva (Tone One)

Showing a diligence befitting thy calling, O namesake of preparedness, thou hast gained, as thy dwelling, a faith worthy of thy name, O prize-winning Paraskeva. Hence, thou pourest forth healings and intercedest for our souls.

بما أنَّكِ جَعَلْتِ اهتمامَكِ ملائمًا لِتَسميتِك. أَحْرَزْتِ الإيمانَ القويمَ مَسْكِنًا. يا لابِسةَ الجهاد. براسكيفي المطابقةُ لاسمها. فلذا تُفيضينَ الأشفيةَ وتَشْفَعينَ لأَجْلِ نفوسِنا.

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 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 شَفيعَةَ المَسيحيينَ غَيْرَ الخازِيَة، الوَسيطَةَ لَدَى الخالِقِ غَيْرَ المَرْذُودة، لا تُعْرِضِي عَنْ أَصْواتِ طَلِبَاتِنا نحْنُ الخَطَأَة، بَلْ تَدارَكينا بالمَعونَةِ بِما أَنَّكِ صالِحَة، نحْنُ الصارِخِينَ إليْكِ بإيمانٍ: بادِرِي إلَى الشَفاعَةِ وأَسْرِعِي في الطِلْبَةِ، يا والِدَةَ الإلَه، المُتَشَفِّعَةَ دائِمًا بِمُكَرِّمِيكِ.

The Epistle for St. Paraskeva

عَجيبٌ هُوَ اللهُ في قِدِّيسيه. في المَجامِعِ بارِكوا الله.

فَصْلٌ مِنْ رِسالَةِ القِدّيسِ بولُسَ الرَّسولِ إلى أَهْلِ غَلاطِيَة.

يا إخوة، قَبْلَ أَنْ يَأْتِيَ الإيمَانُ كُنَّا مَحْفُوظِينَ تَحْتَ النَّامُوسِ مُغْلَقًا عَلَيْنا مِنْ أَجْلِ الإيمَانِ الَّذِي كَانَ مُزْمَعًا إِعْلاَنُهُ. فَالنَّامُوسُ إِذًا كَانَ مُؤَدِّبًا لَنَا يُرْشِدُنا إِلَى المَسِيحِ، لِكَيْ نُبَرَّرَ بِالإِيمَانِ, فَبَعْدَ أَنْ جَاءَ الإِيمَانُ، لَسْنَا بَعْدُ تَحْتَ مُؤَدِّبٍ. فَأَنْتُمْ كُلُّكمْ أَبْنَاءُ اللهِ بِالإِيمَانِ بِالمَسِيحِ يَسُوعَ. لأَنَّكُمْ أَنْتُمُ الَّذِينَ بِالمَسِيحِ اعْتَمَدْتُمْ، المَسِيحَ قَدْ لَبِسْتُمْ. لَيْسَ يَهُودِيٌّ وَلَا يُونَانِيّ، لَيْسَ عَبْدٌ وَلَا حُرٌّ، لَيْسَ ذَكَرٌ وَلَا أُنْثَى، فَأَنْتُمْ كُلُّكمْ وَاحِدٌ فِي المَسِيحِ يَسُوعَ. فَإِذَا كُنْتُمْ لِلْمَسِيحِ، فَأَنْتُمْ إِذًا نَسْلُ إِبْرَاهِيمَ وَوَرَثَةٌ بِحَسَبِ المَوْعِدِ. وَأَقُولُ: إِنَّ الْوَارِثَ مَا دَامَ طِفْلًا فَلَا فَرْقَ بَيْنَهُ وَبَيْنَ الْعَبْدِ مَعَ كَوْنِهِ مَالِكَ الْجَمِيعِ، لَكِنَّهُ تَحْتَ أَيْدِي الأَوْصِيَاءِ والوُكَلاَءِ إِلَى الْوَقْتِ الَّذِي حَدَّدَهُ الأَبُ. هَكَذَا نَحْنُ أَيْضًا حِينَ كُنَّا أَطْفَالًا كُنَّا مُتَعَبِّدِينَ تَحْتَ أَرْكَانِ الْعَالَمِ، فَلَمَّا حَانَ مِلْءُ الزَّمَانِ، أَرْسَلَ اللهُ ابْنَهُ مَوْلُودًا مِنِ امْرَأَةٍ، مَوْلُودًا تَحْتَ النَّامُوسِ، لِيَفْتَدِيَ الَّذِينَ تَحْتَ النَّامُوسِ، لِنَنَالَ التَّبَنِّي.

God is wondrous in His saints.
In the churches, bless ye God.

The Reading from the Epistle of St. Paul to the Galatians. (3:23-4:5)

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus, you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

The Gospel for the Eighth Sunday of Matthew

The Reading from the Holy Gospel according to St. Matthew. (14:14-22)

At that time, when Jesus went ashore he saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to Him and said, “This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves.” Jesus said, “They need not go away; you give them something to eat.” They said to Him, “We have only five loaves here and two fish.” And He said, “Bring them here to Me.” Then He ordered the crowds to sit down on the grass; and taking the five loaves and the two fish He looked up to Heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then Jesus made the disciples get into the boat and go before Him to the other side, while He dismissed the crowds.

فَصْلٌ شَريفٌ مِنْ بِشارَةِ القدّيسِ مَتَّى الإنْجيلِيِّ البَشيرِ والتلْميذِ الطاهر.

في ذلكَ الزمانِ، أبْصَرَ يَسوعُ جَمْعاً كَثيراً، فَتَحَنَّنَ عَلَيْهِمْ وأَبْرَأَ مَرْضاهُمْ. ولَمَّا كانَ المَساءُ، دَنا إلَيْهِ تَلاميذُهُ وقالوا: "إنَّ المَكانَ قَفْرٌ، والساعَةُ قَدْ فاتَتْ. فَاصْرِفِ الجُموعَ لِيَذْهَبوا إلى القُرى ويَبْتاعوا لَهُمْ طَعاماً." فَقالَ لَهُمْ يَسوعُ: "لا حاجَةَ لَهُمْ إلى الذَهابِ. أَعْطوهُمْ أَنْتُمْ لِيَأْكُلوا." فَقالوا لَهُ: "ما عِنْدَنا هَهُنا إلَّا خَمْسَةُ أَرْغِفَةٍ وسَمَكَتانِ." فَقالَ لَهُمْ: "هَلُمَّ بِها إليَّ إلى هَهُنا." وَأَمَرَ بِجُلوسِ الجُموعِ على العُشْبِ. ثُمَّ أَخَذَ الخَمْسَةَ الأَرْغِفَةِ والسَمَكَتَيْنِ، ونَظَرَ إلى السَماءِ، وبارَكَ، وكَسَرَ، وأَعْطى الأَرْغِفَةَ لِتَلاميذِهِ، والتَلاميذُ لِلْجُموعِ. فَأَكَلُوا جَميعُهُمْ وشَبِعُوا، ورَفَعوا ما فَضُلَ مِنَ الكِسَرِ اثْنَتَيْ عَشْرَةَ قُفَّةً مَمْلوءَةً. وكانَ الآكِلونَ خَمْسَةَ آلافِ رَجُلٍ، سِوى النِساءِ والصِبْيانِ. ولِلْوَقْتِ اضْطَرَّ يَسوعُ تَلاميذَهُ أَنْ يَدْخُلُوا السَفينَةَ ويَسْبِقوهُ إلى العَبْرِ، حَتَّى يَصْرِفَ الجُموع.

Wedding
Rakan Ziadat
and
Michelle Jaghi
Congratulations!

Baptism
Giorgio
Parents: Michael and Hala Hegazin
Congratulations!

Upcoming Services & Events

Date	Time	Event
7/26/2026	8:25am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
7/27/2026	10:00am	St. Mary Summer Camp
	6:00pm	YAM Pickleball
7/28/2026	9:00am	Orthros
	10:00am	St. Mary Summer Camp
	7:00pm	Choir Practice
7/29/2026	8:30am	Orthros
	10:00am	St. Mary Summer Camp
	10:00am	Arabic Bible Study
	6:00pm	Paraklesis
7/30/2026	9:00am	Orthros
	10:00am	St. Mary Summer Camp
7/31/2026	10:00am	Liturgy Forefeast of the Precious Cross
	10:00am	St. Mary Summer Camp
8/1/2026	5:00pm	Great Vespers
	6:00pm	Compline with Canon for Holy Communion

Upcoming Events

St. Mary Orthodox Church Young Adult Ministry

World Cup Watch Party & Bake Sale

July 19, 2026 | 2:00 PM |

Pickleball Tournament

July 27, 2026 | 6-8:30PM |

Church-wide FMSC

August 8, 2026 | 11:30am |

Sand Volleyball

August 20,2026 | TBD |

YAM Overnight Retreat

September 25-27, 2026 |

Basketball Tournament

October 10, 2026 | 11:00 AM |

ST. MARY ORTHODOX CHURCH

YOUNG ADULT MINISTRY

PICKLEBALL TOURNAMENT

Monday, JULY 27th

6:00-8:30pm

$20 a pair

Wolfe Wildlife Refuge
West 109th Street & Laramie Avenue,
Oak Lawn, IL 60453

ST. MARY'S SUMMER CAMP

July 27th - July 31st
10am - 2pm | Ages 5-12

THOUGHTS

PRAYER

OBEDIENCE

Join us for a week full of prayer, education, music, crafts, games and more!

Each student must bring their own lunch & water

Summer Camp is for members of St. Mary Orthodox Church

For questions, contact Jane or Fabiola at sundayschool@stmaryoc.org

Click here or scan the QR code to register.

ANTIOCHIAN ORTHODOX
CHICAGO-LAND
DEANERY

The Antiochian Orthodox
Deanery of Chicago

FMSC

DEANERY PACKING SESSION

Uniting in faith. Packing with purpose.
Feeding hope around the world.

SATURDAY
AUGUST 8TH

11:30AM – 1:30PM

555 Exchange Court
Aurora, IL 60504

CLICK HERE OR
SCAN THE QR CODE
TO REGISTER.

· SPACE IS LIMITED! ·

"For I was hungry and you gave me something to eat..."
MATTHEW 25:35

St. Mary Orthodox Church

11TH ANNUAL HUMANITARIAN WALK

AUGUST 22ND

10am - walk begins at 10:30am

Hecht Park
9310 Birch Ave., Mokena, IL. 60448

*please no pets during the walk

Registration: $20 Adults | Children: $10 (10 & under)
Register by **August 9th** to receive a tshirt!

- BBQ & Picnic Lunch
- Playground
- Pickleball, baseball, basketball

Scan QR code to Register!

Any questions or comments please contact the church office at (708) 239-0004 or Shireen Salman.

St. Mary Antiochian Orthodox Church
11th Annual Humanitarian Walk

Saturday August 22nd, 2026
10:00am – 2:00pm

Hecht Park
9310 Birch Ave., Mokena, Il 60448

Gold Sponsors - $1,000

- Recognition at event as Gold Sponsor.
- Sponsor will receive 5 T-shirts for team members to participate in the walk and recognition as Sponsor on T-shirt.

Silver Sponsors - $500

- Recognition at the event as Silver Sponsor.
- Sponsor will receive 3 T-shirts for team members to participate in the walk and recognition as Sponsor on T-shirt.

Bronze Sponsors - $250

- Recognition at the event as Bronze Sponsor.
- Sponsor will receive 2 T-shirts for team members to participate in the walk and recognition as Sponsor on T-shirt.

Click Here

to sponsor the walk

or see Shireen Salman or Fr. Mousa

SAVE THE DATE!

SAVE THE DATE

SEPTEMBER 2026

St. Mary Orthodox Church

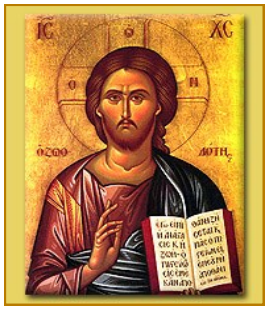
Young Adult Ministry Overnight Retreat

September 25 - 27, 2026

Guest Speaker:

Fr. Seraphim Ramos

More details coming soon!



Weekly Synaxarion

On July 26 in the Holy Orthodox Church, we commemorate the holy Righteous Martyr of Christ, Paraskeva of Rome. Born in Rome of Christian parents, she was brought up from her earliest youth in the Christian faith and gave herself wholeheartedly to the fulfilling of God's commandments in her life. When her parents died, Paraskeva gave all her goods away to the poor and received the monastic habit. As a nun, she preached the truth of Christ with ever more burning zeal, neither hiding from anyone nor fearing persecution. Paraskeva was brought to trial before the Emperor Antoninus then ordered a white-hot helmet placed on her head. But God saved her miraculously and she escaped and left Rome. She again began to go from city to city to bring the pagans to the true Faith. In two more cities she was brought before princes and judges and tortured for her Lord, performing on these occasions great miracles by the power of God and quickly recovering from her wounds. The pagans ascribed her recovery to the power and mercy of their gods. Paraskeva once said to a prince who was torturing her: "It is not your gods, O Prince, who heal me, but my Christ, the true God." She was finally beheaded by Prince Tarasius. She suffered for Christ in the second century and received her heavenly reward. On this day, we also commemorate the Hieromartyrs Hermolaus, Hermippus and Hermocrates of Nicomedia. By the intercessions of Thy saints, O Christ God, have mercy on us. Amen.