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 5th, 2026

Venerable Athanasius of Athos
& Fifth Sunday of Matthew

Venerable Lampados of Irenoupolis; Hieromartyr Cyprian of Mount Athos

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 Four)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

إنَّ تِلْميذاتِ الرَّبّ تَعَلَّمْنَ مِنَ المَلاكِ الكَرْزَ بالقيامَةِ البَهِج، وطَرَحْنَ القَضاءَ الجَدِّيَّ، وخاطَبْنَ الرُّسُلَ مُفْتَخِراتٍ وقائِلات: سُبِيَ المَوْتُ وقامَ المَسيحُ الإله، ومَنَحَ العالَمَ الرَّحْمَةَ العُظْمى.

Troparion of St. Athanasius of Athos (Tone Three)

The Angels' ranks were awed by thy life in the flesh, how, though corporeal, and clad with earthly clay, thou didst set forth with courage to invisible wars and wrestlings and didst boldly smite the hordes of the demons with mortal wounds. Wherefore, Christ rewarded thee with abundant gifts in return. Entreat Him that our souls find salvation, O most renowned Father Athanasius.

لَقَدْ دَهِشَتْ طَغَماتُ المَلائِكَةِ مِنْ سيرَتِكَ بالْجَسَدِ أيُّها الدّائِمُ الذِّكْرِ، كَيْفَ أنَّكَ، وأنْتَ بالْجَسَدِ، سَعَيْتَ نَحْوَ المَصافِّ غَيرِ المَنْظورَة، وجَرَحْتَ مَواكِبَ الأبالِسَة. فَلِذلِكَ، قَدْ كافَأَكَ المَسيحُ بِمَواهِبَ غَنِيَّة. فَيا أيُّها الأبُ أثَناسِيوس، تَشَفَّعْ إليهِ 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 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. Athanasius

لِيَبْتَهِجِ الأَتْقِياءُ بِمَجْدٍ، لِيُرَنِّموا على مَضاجِعِهِمْ.

غَنّوا لِلرَّبِّ تَرْنيمَةً جَديدَةً، تَسْبِحَتُهُ في جَماعَةِ الأَتْقِياء.

The saints shall boast in glory, and they shall rejoice upon their beds.

Sing unto the Lord a new song; His praise is in the church of the saints.

فَصْلٌ مِنْ رسالةِ القدّيسِ بولُسَ الرسولِ إلى أهلِ غلاطية.

The Reading from the Epistle of St. Paul to the Galatians. (5:22-6:2)

يا إخوةُ، أمَّا ثمرُ الرُّوحِ فهو المحبَّةُ والفَرَحُ والسَّلامُ وطولُ الأَناةِ واللُّطفُ والصَّلاحُ والإيمانُ والوَداعَةُ والعَفافُ، وهذهِ ليسَ ناموسٌ ضدَّها. والَّذينَ هم لِلمَسيحِ، صَلَبُوا أَجسادَهُم بكلِّ ما فيها من أهواءٍ وشَهوات. فإنْ كُنَّا نَعيشُ بالرُّوحِ، فَلنَسلُكْ بالرُّوحِ أَيضًا، ولا نَكُنْ ذَوي عُجبٍ ولا نُغاضِبْ، ولا نَحسُدْ بَعضُنا بَعضًا. أيُّها الإخوةُ، إذا أُخِذَ أحدٌ في زَلَّةٍ فأَصلِحُوهُ أَنتُمُ الرُّوحيّينَ بِروحِ الوَداعَةِ، وَتبصَّرْ أَنتَ لِنفسِكَ لِئَلَّا تُجرَّبَ أَنتَ أَيضًا. إحمِلُوا بَعضُكُم أَثقالَ بَعضٍ وهكذا أَتِمُّوا ناموسَ المسيح.

The saints shall boast in glory, and they shall rejoice upon their beds.

Sing unto the Lord a new song; His praise is in the church of the saints.

The Reading from the Epistle of St. Paul to the Galatians. (5:22-6:2)

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

The Gospel for Fifth Sunday of Matthew

فصلٌ شريفٌ من بشارةِ القديس متى الإنجيلي البشير والتلميذِ الطاهر.

في ذلكَ الزمانِ، لَمَّا أتى يَسوعُ إلى كورَةِ الجِرْجِسِيينَ

The Reading from the Holy Gospel according to St. Matthew. (8:28-9:1)

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met Him, coming out of the tombs, so fierce that no one

could pass that way. And behold, they cried out, “What have we to do to Thee, O Son of God? Art Thou come here to torment us before the time?” Now a herd of many swine was feeding at some distance from them. And the demons begged Him, “If Thou castest us out, send us away into the herd of swine.” And He said to them, “Go.” So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw Him, they begged Him to leave their neighborhood. And getting into a boat He crossed over and came to His own city.	اسْتَقْبَلَهُ مَجْنونانِ خارِجانِ مِنَ القُبورِ، شَرِسانِ جِداً، حَتّى إنَّهُ لَمْ يَكُنْ أَحَدٌ يَقْدِرُ أنْ يَجْتازَ مِنْ تِلْكَ الطَرِيق. فَصاحا قائِلَيْنِ: "ما لَنا ولَكَ يا يسوعُ ابْنَ اللهِ؟ أَجِئْتَ إلى هَهُنا قَبْلَ الزَمانِ لتُعَذِّبَنا؟" وكانَ بَعيداً مِنْهُمْ قَطيعُ خَنازيرَ كَثيرةٍ تَرْعى. فَأَخَذَ الشَياطينُ يَطْلُبونَ إليْهِ قائِلينَ: "إن كُنْتَ تُخْرِجُنا، فَأْذَنْ لَنا أَنْ نَذْهَبَ إلى قَطيعِ الخَنازيرِ." فَقالَ لَهُمْ: "اذْهَبوا". فَخَرَجُوا وذَهَبُوا إلى قَطيعِ الخنازير. فإذا بالقَطيعِ كُلِّهِ قَدْ وَثَبَ عَنِ الْجُرْفِ إلى البَحْرِ وماتَ في المِياهِ. أمَّا الرُّعاةُ فَهَرَبُوا ومَضَوْا إلى المَدينةِ، وأَخْبَروا بِكُلِّ شَيْءٍ وبِأَمْرِ المَجْنونَيْنِ. فَخَرَجَتِ المَدينَةُ كُلُّها لِلِقاءِ يَسوعَ. ولمّا رَأوهُ، طَلَبوا إليهِ أنْ يَتَحَوَّلَ عَنْ تُخُومِهِمْ. فدَخَلَ السَفينَةَ واجتازَ وأتى إلى مدينَتِه.

Wedding
Abraham Issam Makhamreh
and
Christina Mazen Khalifeh
Congratulations!

Upcoming Services & Events

Date	Time	Event
7/5/2026	8:25am	Prayers before Holy Communion
	8:45am	Orthros
	10:00am	Divine Liturgy
7/6/2026	9:00am	SOYO Summer Camp
7/7/2026	9:00am	SOYO Summer Camp
	9: 00am	Orthros
7/8/2026	9:00am	SOYO Summer Camp
	9:00am	Liturgy for St Prokopios the Great-Martyr
	10:30am	Arabic Bible Study
	6:00pm	Paraklesis
7/9/2026	9:00am	SOYO Summer Camp
	9:00am	Orthros
7/10/2026	9:00am	SOYO Summer Camp
	9:00am	Orthros
	4:10pm	Compline with Canon for Holy Communion
	4:40pm	Prayers before Holy Communion
	5:00pm	Vespers
	6:00pm	Orthros
	7:00pm	Liturgy for St Euphemia the Great Martyr and St Sophrony of Essex
7/11/2026	5:00pm	Great Vespers at Deanery Picnic (La Grange, IL)

ST. MARY ORTHODOX CHURCH

SOYO *Summer* CAMP

Day 1
St. Sisoes
Repentance Until Our Last Breath

Day 2
St. Kyriaki
He Who Perseveres Until the End

Day 3
St. Procopios
Purity & Chastity: Preparation for Marriage

Day 4
St. Katherine
Earthly Wisdom vs. Heavenly Wisdom

Day 5
St. Nektarios
Injustice and Bullies

July 6th - 10th
9:00am - 6:00pm Daily
$30 per teen | Ages 13 - 18

Bring your own lunch & water bottle

All teens of St. Mary Church are invited to summer camp! The week will be packed with prayer, outdoor activities, field trips, discussions, and more!

Click here to register.
Contact Fabby with any questions.

ST. MARY ORTHODOX CHURCH

SOYO NIGHT
SUMMER LINE-UP

JUNE 10	WED	**PAINT WARS** (BRING A PLAIN WHITE T-SHIRT)
JUNE 17	WED	**BONFIRE NIGHT & OUTDOOR GAMES**
JUNE 24	WED	**PICKLEBALL TOURNAMENT**
JULY 1	WED	**TRIVIA NIGHT & DINNER**
JULY 15	WED	**SOCCER TOURNAMENT**
JULY 22	WED	**SURPRISE GUEST SPEAKER!**

WEDNESDAYS 6PM-9PM

The Antiochian Orthodox Deanery of Chicago Presents

Deanery SUMMER Picnic

Enjoy a summer cookout with your extended church family, filled with food, sports, and activities for all ages!

12:00 PM - 06:00 PM

SATURDAY, JULY 11

Great Vespers at 5:00 PM in the park!

Entry is free, but bring cash/card for food to support the event & deanery! Bring the whole family & chairs/blankets to enjoy the park!

Brezina Woods (Grove #2),
N La Grange Rd, La Grange Park, IL 60526

Sign up to Volunteer!

ANTIOCHIAN ORTHODOX CHICAGO-LAND DEANERY

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.

SAVE THE DATE!

SAVE THE DATE

SEPTEMBER 2026

St. Mary Orthodox Church

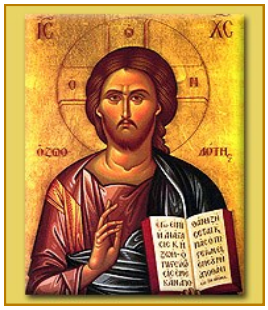
Young Adult Ministry Overnight Retreat

September 25 - 27, 2026

Guest Speaker:

Fr. Seraphim Ramos

More details coming soon!



Weekly Synaxarion

On July 5 in the Holy Orthodox Church, we commemorate our Venerable and God-bearing Father Athanasius of Athos, and his six disciples who died with him. Born in Trebizond of God-fearing parents, he was early left destitute, but, by the providence of God, a high-ranking army officer took him to Constantinople and educated him there. Finishing his schooling, Athanasius eventually moved to the Holy Mountain to live in silence and strict asceticism. Many, desirous of the ascetic life, began to gather round him and he was constrained to build the famous Lavra. The Byzantine Emperors gave him generous help in this. Manifold temptations came upon Athanasius, from demons and from men, but he, as a valiant soldier of Christ, resisted and overcame them all by his immense humility and unceasing prayer to the living God. Filled with the grace of God, he was found worthy to behold the most holy Mother of God, who miraculously brought forth water from a rock. Death came to him suddenly in 1003. He, together with six of his monks, had climbed up onto a newly-constructed part of the church to inspect a wall that was in building when the wall fell in and buried them all. Athanasius appeared a number of times to his brethren after his death, to console or rebuke them. On this day, we also commemorate Venerable Lampados of Irenoupolis; and Venerable hieromartyr Cyprian of Mount Athos. By the intercessions of Thy Saints, O Christ our God, have mercy upon us. Amen.