



SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHRISTIAN CHURCH

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

"All Things Are Possible to Him Who Believes" (Mark 9:23)

Metropolitan SABA
Primate of the Antiochian
Archdiocese

PRIEST
Rev. Fr. Luke Toumi
frluke@peterpaulpotomac.org
(301) 765-3400 office
(610) 844-2583 cell

DEACON
Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

PASTORAL ASSISTANT
Sbdn. Chris Abdelahad
Chris@peterpaulpotomac.org

COUNCIL
Chairperson
Ken Bailey
Vice Chairperson
Jamil Hermes
Treasurer
Scott George
Secretary
Sarah Shamess
Members
Thomas Bray
Thomaseena Cox
Elizabeth El-Hage
Wissam El Hage
Joe Gavin
Zaki Horany
James Isaac
Richard Mahan
Vanessa Mourad
Maria Zacharias
Stephen Zolnerowich

CHURCH SECRETARY
Nidale El Achkar
office@peterpaulpotomac.org
(301) 765-3400 ext. 0

SUNDAY, APRIL 14TH, 2024
TONE 4 / EOTHINON 1
FOURTH SUNDAY OF GREAT LENT

COMMEMORATION OF JOHN CLIMACUS,
AUTHOR OF "THE LADDER"

APOSTLES ARISTARCHOS, PUDENS AND TROPHYMOS
OF THE SEVENTY

****Divine Liturgy of St. Basil the Great****

The Jesus Prayer is work common to angels and humans. With this prayer people attain to the life of the angels in a short time. The prayer is the source of all good works and virtues and drives the dark passions far away from man. In a short time it makes a man capable of acquiring the grace of the Holy Spirit. Acquire it, and before you die you will have acquired an angelic soul. The prayer is divine rejoicing. No other spiritual weapon can so effectively restrain the demons. It burns them as fire burns a wick.

- St. Paisios Velichkovsky

Great Vespers: Saturday 6:00 pm
*Check the Calendar
for possible cancellation*
Matins: Sundays 9:20am
Divine Liturgy: Sundays 10:30am
Confessions: By appointment

CHOIR DIRECTOR
Kristopher Reese
choir@peterpaulpotomac.org

**ASSISTANT CHOIR
DIRECTORS**
Marie Hyder
Mark Buchko

CHANTERS
Amjad Khalil
Zeina Manasseh
George Tannous
Rezanne Toumi

USHERS
Jerry Audi
Michael El Araj
Abe Fannoney
Sam Khalil
Steve Simon

CHURCH SCHOOL
Directors
Samia Zolnerowich
Jennifer Montgomery
SundaySchool@peterpaulpotomac.org

MEN'S FELLOWSHIP
Sam Khalil

ANTIOCHIAN WOMEN
Svitlana Sweat

**TEEN SOYO
& YOUNG ADULTS**
Sbdn. Chris Abdelahad
President: Samuel Griffin
Vice President: Kiernan El-Hage
Secretary: George Manasseh
Treasurer: Alexander Nassif
Social Media: George Boyle

RENTAL
Coordinator
George Rados
Sales Coordinator
Denise Bolus

**CHARITIES
COORDINATOR**
Stephen Zolnerowich
Paula Massouh

ST. IGNATIUS ORDER
Jumana Misleh

GIFT SHOP
Gail Bailey

• We welcome all our guests and visitors worshipping with us at the Divine Liturgy.
• Please let our ushers know that you are visiting with us today. We would love to stay in touch!
• Please know that Holy Communion is offered to Orthodox Christians, after preparing themselves through prayers, fasting, & confession.
• Non-Orthodox visitors are welcome to receive blessed bread at the end of the Divine Liturgy & share food with us at coffee hour.

THE SYNAXARION

On April 14 in the Holy Orthodox Church, we commemorate the Apostles Aristarchos, Pudens and Trophymos of the Seventy.

On this same day, the Fourth Sunday of Great Lent, we make remembrance of our godly father, John, the author of The Ladder of Divine Ascent (or Climacus).

Verses

*John, dead in the flesh and also living,
Liveth eternally, even though appearing dead and without breath.
Leaving letters, a ladder for the journey upwards,
He showeth forth his pursuit of the journey upwards.*

The celebration of his feast on this day arose from the custom prevalent in the honorable monasteries of starting Great Lent with the reading of his lessons. John describes the method of elevating the soul to God as ascending a ladder. He teaches those who seek salvation how to lay a firm foundation for struggles, how to detect and fight every passion, how to avoid demonic snares, and how to rise from the rudimental virtues to the heights of Godlike love and humility. John of the Ladder came to Mount Sinai at age 16 and remained there, first as a novice under obedience, then as a recluse, and finally as abbot until his eightieth year. One time, his disciple, Moses, fell asleep under the shade of a large stone. John, in prayer in his cell, saw that his disciple was in danger and prayed to God for him. Later, when Moses returned, he fell on his knees and gave thanks to his spiritual father for saving him from certain death. He related how, in a dream, he heard John calling him and he jumped up and, at that moment, the stone tumbled. Had he not jumped, the stone would have crushed him. John Climacus died on March 30, 606.

Through his intercessions, O Christ God, have mercy upon us. Amen.

RESURRECTIONAL APOLYTIKION IN 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.

APOLYTIKION OF ST. JOHN CLIMACUS IN 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 John Climacus, intercede with Christ God to save our souls.

APOLYTIKION OF SS. PETER AND PAUL IN TONE FOUR

O foremost in the ranks of Apostles, and teachers of the world, Peter and Paul, intercede with the Master of all to grant peace unto the world, and to our souls the Great Mercy.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

For the Health of these Parishioners

John & Lily Bitar	Showke George	Christo & Mary Christakis
Suad Shammas	Victor, Linda & Family	Hanneh Daoud
Mike & Dorothy Marge	Ibrahim Saah	Vilma Bellone
Michael Shihadi	Joanna Khoury	Sherrie Zachariah & family
Nadim Zarour	Michael Amouri	Nour & Anastasia & Sonny
Qustandi & Nahida Kaibni	Mary Sahouri & Family	Asma Ayoub
Nuha & family	Yousef & Ghada	Elias, Taylor & Rami
Isabel Threded	Ghassan & Zakieh Jweied	Margo, Sam & family
Shakeh Kerjilian & family	Hind, Habib Debs & family	Barbara Zamer & family
Christopher Zolnerowich	Fred & Grace Saah	Edward & Eleanor Husson
Brian, Caroline & family	Fadia, Rich & family	
Steve, Jennifer & family	Antoine Hanna & family	Elizabeth Albinger & family

Special Prayer this Week for

Timothy Dowse	Wyne-Hareg	Elizabeth Carroll
Ruby Maggard	Nabeel Mufarreh & family	Gino Michaels & family
Jeannine & family	Rima Rizkallah	Gibran, Larry, Joyce
Nabil, Caroline, Marcus, Patrick, & Chris Emad	Nijmeh, Emad, Mousa Zayed & Families	
Victoria, Sameh, Elias, Helina, & Ihab Azer	Sophia, Marielle & Julien Sahouri Lopez	
Janienah, Sami, Caled, Caden, Cariem, Cephia, & Cariena Ghannam		
Ghanem, Diana, Sevilla, Gibran, Cristiano & Arabella Sahouri		
Fuad, Rosa, Roya & Aryana Sahouri	Hindy & Albert Mokhiber & Family	
Silvia, Nader Tawil & Family	Suhad Mahaney & Family	
Zain, Majida, & Kamel Madi	Nahedah, Moe, Julie & Yousef Fayyad	
	Shahady, Jamila Khoury & family	

DEPARTED

Assad Khoury
Patricia Khoury
Victoria Khoury
Michael Sahouri Ghanem
Joudeh & Rashad Zayed
Leo Lopez
Mousa & Miriam Zayed
Diab, Adelah, Issa, Yusra, Eyad, Omar, Odeh, Issa & Kamra Zanayed
Najeeb Khoury
Helal & Farag Tawil
Barbara Abraham
Madylin Nader
Afifa Masarweh

MEMORIAL

Fuad Sahouri (1 year)
Assad Khoury (1 year)
Edward Rizkallah (40 days)

Holy Bread, Memorial Wheat & Coffee Hour are offered by **Mary Sahouri** in memory of her beloved husband, **Fuad Sahouri**, for his 1-year memorial.

Holy Bread is offered by **Shahady Khoury** in memory of his beloved father, **Assad Khoury**, for his 1-year memorial.

Holy Bread is offered by **Caroline Emad** for the health of **Her Family**.

Memorial Wheat is offered by **Rima Rizkallah** in memory of her beloved father, **Edward Rizkallah**, for his 40-day memorial.

If you want to offer Holy Bread or host Coffee Hour please use the codes on the side to do so.

Coffee Hour Available Dates

May 26	June 23
June 9	June 30
June 16	July 7

Host Coffee Hour



Offer Holy Bread



Coming Up @ Ss. Peter & Paul

Today, Meal Packing & Fr. Anastasios (of Cameroon) will join us!

Friday, April 19th, **Cocktail Reception to Support Noursat TV Channel.** Details on the church website & flyers in the Narthex. **Please support this worthy cause even if you cannot attend.**

Saturday, April 20th, **Lenten Retreat With Fr. James & Kh Gigi Shadid.** **Everyone is welcome.** Sign up to attend.

This Week's Services @ 7PM:

Monday: Great Compline

Wednesday: Pre-Sanctified Divine Liturgy

Thursday: Little Compline with Life of Mary of Egypt and Canon of St Andrew of Crete

Friday: Great & Last Akathist (madayeh)

Orthodox Young Professionals Conference

July 25-28, 2024

JW Marriott, Anaheim, CA

4 day, 3 night Young Adult Conference hosted by the Young Adult Ministry of the Antiochian Orthodox Christian Archdiocese.



2024 Ss. Peter & Paul Lenten Community Service Project Packing Meals

for Area Families in Need

To make a donation select "Charity Drive" in the drop-down menu.



St. Raphael's Table The First Saturday of the Month

Join us to serve Christ by preparing and distributing meals and toiletries to our neighbors in need. we will make 100 individually packaged meals and toiletry kits for the clients at the Downtown Day Services Center (DDSC), a daytime-only homeless shelter in DC.

All ages are welcome to help with meal prep and toiletry kit packing

To join in preparation/distribution use this QR code



Amazon Wishlist for Toiletry Bags is available here.

Thank you for your support!



**1st & 3rd Tuesday
Bible Study
(8:30 pm/Zoom)
REGISTER HERE**



**Forever Young!
First Thursday of the Month**

May 2nd, June 6th
11-2pm



**Naach (Bier) Decoration &
Loved Ones Commemoration**

Naach Preparation

Friday, May 3rd, at 10:30 AM

Bring your best garden pruners and maybe a Lenten dish to share!



Teen SOYO Good Friday Vigil
May 3, 2024

7:00 PM
Lamentation Service
9:30 PM
Friday Night Vigil



Bring a Sleeping Bag!

Lenten Retreat Sign Up
Sunday, April 20
Everyone has a place
You do NOT want to miss it



For online donations, use your phone's camera to scan this code and follow the link to our secure donation portal.



THE EPISTLE

O Lord, how magnified are Thy works. In wisdom hast Thou made them all. Bless the Lord, O my soul.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He could swear by no one greater, He swore by Himself, saying, "Surely blessing I will bless thee, and multiplying I will multiply thee." And thus, having patiently endured, he obtained the promise. For people indeed swear by what is greater, and in every dispute of theirs the oath is final for confirmation. So when God, being minded to show more abundantly to the heirs of the promise the immutability of His counsel, He interposed it with an oath, that by two immutable things—in which it is impossible for God to lie—we might have a strong consolation, we, who have fled for refuge to lay hold of the hope that is set before us; a hope, which we have as an anchor of the soul, both sure and steadfast, and entering into "that which is within the veil," where Jesus entered as a Forerunner on our behalf, having become a High Priest "forever according to the order of Melchizedek."

THE GOSPEL

The reading from the Holy Gospel according to St. Mark. ((9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

Fourth Sunday in Lent: St. John of the Ladder

“The lessening of evil breeds abstinence from evil; and abstinence from evil is the beginning of repentance; and the beginning of repentance is the beginning of salvation; and the beginning of salvation is a good resolve; and a good resolve is the mother of labors. And the beginning of labors is the virtues; and the beginning of the virtues is a flowering, and the flowering of virtue is the beginning of activity. And the offspring of virtue is perseverance; and the fruit and offspring of persevering practice is habit, and the child of habit is character. And good character is the mother of fear; and fear gives birth to the keeping of commandments in which I include both Heavenly and earthly. And the keeping of the commandments is a sign of love; and the beginning of love is an abundance of humility; and an abundance of humility is the daughter of dispassion; and the acquisition of the latter is the fullness of love, that is to say, the perfect indwelling of God in those who through dispassion are pure in heart, for they shall see God. And to Him the glory for all eternity. Amen.”

"Nothing equals or excels God's mercies. Therefore, he who despairs is committing suicide. A sign of true repentance is the acknowledgment that we deserve all the afflictions, visible and invisible, that come upon us, and ever greater ones. Moses, after seeing God in the bush, returned again to Egypt, that is, to darkness and to the brick-making of Pharaoh, who was symbolical of the spiritual Pharaoh. But he went back again to the bush, and not only to the bush, but also up the mountain. Whoever has known divine vision will never despair of himself. Job became a beggar, but he became twice as rich again."

"Repentance is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility. Repentance is constant distrust of bodily comfort. Repentance is self-condemning reflection, and carefree self-care. Repentance is the

daughter of hope and the renunciation of despair. A penitent is an undisgraced convict. Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins. Repentance is purification of conscience. Repentance is the voluntary endurance of all afflictions. A penitent is the inflicter of his own punishments. Repentance is a mighty persecution of the stomach, and a striking of the soul into vigorous awareness."

"Let us charge into the good fight with joy and love without being afraid of our enemies. Though unseen themselves, they can look at the face of our soul, and if they see it altered by fear, they take up arms against us all the more fiercely. For the cunning creatures have observed that we are scared. So let us take up arms against them courageously. No one will fight with a resolute fighter."

"Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honour your patience."

"He who really keeps account of his actions considers as lost every day in which he does not mourn, whatever good he may have done in it."

"I consider those fallen mourners more blessed than those who have not fallen and are not mourning over themselves; because as a result of their fall, they have risen by a sure resurrection."

"But Adam did not wish to say, "I sinned," but said rather the contrary of this and placed the blame for the transgression upon God Who created everything "very good," saying to Him, "The woman whom Thou gavest to be with me, she gave me of the tree and I ate." And after him she also placed the blame upon the serpent, and they did not wish at all to repent and, falling down before the Lord God, beg forgiveness of Him. For this, God banished them from Paradise, as from a royal palace, to live in this world as exiles. At that time also He decreed that a flaming sword should be turned and should guard the entrance into Paradise. And God did not curse Paradise, since it was the image of the future unending life of the eternal Kingdom of Heaven. If it were not for this reason, it would have been fitting to curse it most of all, since within it was performed the transgression of Adam. But God did not do this, but cursed only the whole rest of the earth, which also was corrupt and brought forth everything by itself; and this was in order that Adam might not have any longer a life free from exhausting labors and sweat..."

The Divine Liturgy

Offertory: Great Entrance *(part three)*

Thus, once again a litany is chanted and a prayer is made that God would be merciful, because of the sacrifice of Christ, and would accept His people and their offering in spite of their sins; and would allow them worthily to offer the Gifts and to receive Holy Communion with God.

O Lord God Almighty, who alone art holy, who acceptest the sacrifice of praise from those who call upon Thee with their whole heart. Accept also the prayer of us sinners, and bear it to Thy holy altar, enabling us to offer unto Thee gifts and spiritual sacrifices for our sins and for the errors of the people. Make us worthy to find grace in Thy sight that our sacrifice may be acceptable unto Thee, and that the Good Spirit of Grace may dwell upon us, and upon these Gifts here offered, and upon all Thy People . . .

At this time in the Divine Liturgy the gifts of money for the work of the Church, the propagation of the Gospel and the assistance of the poor and the needy are collected and offered to God.

Parish Life Conference

June 27-30

@ Antiochian Village

**Registration
is now open**



2024 Orthodox Christian Education Conference

June 6 – June 9, 2024

Handing Down the Faith:
Equipped for Every Good Work



OCMC Mission Sunday

***Today our Church is commemorating
Mission Sunday!***

It is the mission of the Orthodox Christian Mission Center (OCMC) to make disciples of all nations by uniting the world to Jesus Christ and his church.

**Learn More About OCMC by Visiting our
Table in the Hall**
or visiting the website at OCMC.org

Young Adults Upcoming events Save the Dates

Sunday, April 14: Grounded in Faith –Helping out with the meal packing

Friday & Saturday, April 19-20: Mini Lenten Retreat: SOYO + YAM with Fr. James and Kh. Gigi Shadid

April 28-May 5 Holy Week & Pascha

Saturday May 4 St. Raphael's Table
Humanitarian Project : 10:30 am -12:30 pm

Sunday, May 12: Grounded in Faith-Post liturgy Fellowship at Church Library

Saturday June 1: St. Raphael's Table
Humanitarian Project : 10:30 am -12:30 pm

Saturday June 1: Orthodoxy on Tap - Starr Hill Biergarten Tysons 7:30-9:30 pm

Sunday, June 9: Grounded in Faith -Post liturgy Fellowship

June 26-30: Parish Life Conference at the Antiochian Village

Saturday, October 19: Young Adults/Professionals Gala

