



# 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

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**SUNDAY, MARCH 10TH, 2024**  
**TONE 7 / EOTHINON 7 SUNDAY OF THE LAST**  
**JUDGMENT (MEAT FARE)**

**MARTYR KODRATOS OF CORINTH AND HIS FIVE**  
**COMPANIONS; ANASTASIA THE PATRICIAN**  
**OF ALEXANDRIA**

**\*\*Divine Liturgy of St. John Chrysostom\*\***

Do not let pass any opportunity to pray for anyone, either at his request or at the request of his relatives, friends, of those who esteem him, or of his acquaintances. The Lord looks favorably upon the prayer of our love, and upon our boldness before him. Besides this, prayer for others is very beneficial to the one himself who prays for others; it purifies the heart, strengthens faith and hope in God, and enkindles our love for God and our neighbor. When praying, say this; 'Lord, it is possible for Thee to do this or that to this servant of Thine; do this for him, for Thy name is the Merciful Love of Men and the Almighty.'

- St. John of Kronstadt

**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**  
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**ANTIOCHIAN WOMEN**  
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Svitlana Sweat

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& YOUNG ADULTS**  
Sbdn. Chris Abdelahad  
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**ST. IGNATIUS ORDER**  
Jumana Mislch

**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 March 10 in the Holy Orthodox Church, we commemorate Martyr Kodratos of Corinth and his five companions; and Anastasia the patrician of Alexandria.

Today, we commemorate the Second and impartial Coming of our Lord Jesus Christ.

### *Verses*

*When the Judge of all sitteth to judge the earth,  
Come now! Mayest Thou judge me worthy of Thy voice!*

It is the Sunday of the Last Judgment—known also as Meat Fare Sunday—the lesson of which occurs in today’s Holy Gospel. Jesus illustrates to us God’s ineffable goodness and His great love for mankind. And so lest some who are lazy should loiter and spend the time appropriate to their salvation in the pursuit of sin, and be suddenly overtaken by death, the divine Fathers decree that on this day the remembrance of the Second Appearance of Christ may be celebrated. The intention is to remind them that, as God is good and loving to mankind, He is also a very righteous Judge Who recompenses each according to his deeds. Our Lord teaches us that when we minister to our brother or sister, we really minister to Him. This brings us righteousness and life eternal.

By Thine ineffable love for mankind, O Christ God, make us worthy of Thy devoted voice, number us among Thy righteous ones and have mercy on us. Amen.

## RESURRECTIONAL APOLYTIKION IN 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.

## 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 SUNDAY OF LAST JUDGMENT IN TONE ONE

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

Commemorations

**For the Health of these Parishioners**

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

**DEPARTED**

Archpriest. Joseph Allen  
 Kh. Joan Allen  
 George Charles  
 Afifi Charles  
 Toufik Alloush  
 Aniseh Yazeji  
 Richard Albinger  
 Youska Peters  
 Departed members of Allen Family  
 \*Mishelle Hauli  
 \*Kh Virginia Massouh  
 \*Ramona Dora

**Special Prayer this Week for**

Timothy Dowse    Wyne-Hareg    Victor & Linda Joubran & Family  
 Ruby Maggard    Maha, Flavio & family    Gino Michaels & family  
 Jeannine & family    Elias, Christian & family    Gibran, Larry, Olivia, Issam  
 Alloush Family    Joe, Sarah, Gabriel    Svitlana, Alexandra, Isabel  
 Allen Family    Dagher Family    Salloum Doumit Family  
 Phillip, Raghda, Julia, Joseph, Seham, Riad, Suzanne, Imad, Leia, Lena, Mark, Betsy, Anna, Dana  
 Michael Bosworth    Kh. Valerie, Joe, Kristin, Elizabeth, & Caroline

**Coffee Hour Available Dates**

April 28    May 26  
 May 12    June 9  
 May 19    June 16

Host Coffee Hour

Offer Holy Bread



**Holy Bread & Coffee Hour** are offered by **Phillip & Raghda Allen** in loving memory of their Departed Family Members and for the health of their Family.

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

## Coming Up @ Ss. Peter & Paul

Thursday, March 14th, **Book Club** @ 8:30 pm (zoom).

Forgiveness Sunday, March 17th, **Forgiveness Vespers** to follow the Divine Liturgy. PLAN ON ATTENDING.

Monday, March 18th, **Great Lent Starts**. Weekday Services on Mondays, Wednesdays, and Fridays. Schedule included below.

Friday, April 19th, **Cocktail Reception to Support Noursat TV Channel**. Details on the church website .

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

Starting in April, on the first Saturday of every month, St. Raphael's Table is a new ministry to serve our homeless neighbors in DC through preparing meals and toiletry bags delivered in person. More details to come.

### The Antiochian Orthodox Christian Women of North America

Is awarding *grants to help women*

with the cost of education or training in the minimum amount of \$500.00 each!

**The deadline to receive the application and material is**

**June 1, 2024**

**Scan the QR Code for More Information and to Apply**

(Scroll down the page and click on the link for "2024 Application for Antiochian Women Scholarship")



### Washington Wizards Teen Outing

**Saturday, March 23** (Game is at 8:00 PM)

Join us at Capital One Arena for a fun Teen SOYO outing to watch the Washington Wizards!

Capital One Arena: 601 F Street NW, Washington, DC 20004

For parking: <https://spothero.com/>



### PROJECT MEXICO HOMEBUILDING

**May 24th through August 14th**

Week-long or multiple week construction teams

Great for teens and tweens, adult team leaders!

Contact *Svitlana Sweat, Ss P&P missions committee*



## Book Club

Thursday 8:30 pm - 9:30 pm

March 14

March 28



### 1st & 3rd Tuesday

**Bible Study**

**(8:30 pm/Zoom)**

REGISTER HERE



### Forever Young!

**First Thursday of the Month**

April 4th, May 2nd, June 6th

**Fitness & Fun in**

**April Meeting!**

11-2pm



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



There is a box at the candle stand to donate coins or small bills to the

**Orthodox Christian Mission Center**

We are grateful for your generosity!

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



## THE EPISTLE

*The Lord will give strength to His people.*

*Ascribe to the Lord, O sons of God, ascribe to the Lord glory and honor.*

### **The Reading from the First Epistle of St. Paul to the Corinthians. (8:8-9:2)**

Brethren, food will not bring us closer to God; for neither if we eat, are we the better, nor if we do not eat, are we the worse. But take heed lest by any means this authority of yours become a stumbling block to those who are weak. For if anyone sees you, as someone who has knowledge, reclining at a table in an idol's temple, will not the conscience of the one who is weak be emboldened to eat of the things sacrificed to idols, and through your knowledge the weak brother perishes, for whom Christ died? And thus, sinning against the brethren, and wounding their conscience when it is weak, you sin against Christ. Therefore, if food causes my brother to stumble, I will not eat meat forever, lest I cause my brother to stumble. Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are not you my work in the Lord? If to others I am not an apostle, yet at least I am to you; for the seal of my apostleship are you in the Lord.

## THE GOSPEL

### **The reading from the Holy Gospel according to St. Matthew. (25:31-46)**

The Lord said, "When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

### ***Bakeless Bake Sale to Support Widowed Clergy Wives***

In lieu of baking an item to donate and sell at a bake sale, we ask that you simply make a donation in the amount of what a baked item would cost to make. Donations for this project can be received **online under Antiochian Women and then under the subfund - Bakeless Bake Sale**. Checks can also be made payable to **Ss. Peter & Paul Ladies Society** earmarked **Bakeless Bake Sale** on the outside envelope as well as on the memo line of your check.

***Thank you once again for your annual support of our Antiochian Women project!***

## **Destructive Criticism**

***By Metropolitan Saba (Isper)***

Tatiana Goricheva is a Russian philosopher who, along with some of her companions, came to the Orthodox faith after a long search and going astray. She came to the Orthodox faith with uncompromising strength and vigor. In one of her writings, she says that the Christian in (communist) Russia lives a personal, silent witness, as a kind of protest against the errors in society and the restrictions imposed on the Church. In other words, the Christian's direct reaction to the mistakes of others is to avoid them in his own behavior and life, and not by pointing them out to others.

Her readers are struck by the spiritual depth of her writings that makes them wonder why this depth is not found in all those who know Christ. Seeing a mistake in an area is a positive thing, as it motivates you to correct it, but to focus on a mistake in others while ignoring it in yourself is a dangerous thing that must be addressed. The Holy Scripture says, "Why do you look at the speck in your brother's eye, but do not care about the speck in your own eye?" (Matthew 7:3). There is constant chatter in church circles. Confusion about everything. Questioning every action and initiative. Endless criticism. Endless demands. The result is spiritual and moral decline, both individually and collectively. As the Proverb says, "When words are many, transgression is not lacking" (10:19). There is a big difference between destructive and constructive criticism.

Constructive criticism of something means that you are well aware of its dimensions, have a firm grasp of the situation, and see, with a keen eye, the areas of success and failure, strengths and weaknesses, aiming to correct the negative by improving the positive. Criticism in this sense is a scientific work, carried out by experts who seek a positive goal.

On the other hand, destructive criticism is the product of gossip and superficial talk that seeks to attack. It does not distinguish between the deed and the doer. In fact, the criticism is not so much about the work as it is about the person doing the work. Destructive criticism leads to discouragement, frustration, despair, and demoralization of the person.

Constructive criticism focuses on a project, work, idea, or theory in order to correct, reform and enrich. Destructive criticism focuses all its energy and hatred on the person or persons involved.

The constructive critic is equipped with the necessary means to be helpful. He knows when, how, and where his criticism will bear good fruit. He chooses words wisely and finds the appropriate times to present better ideas. He knows all aspects of the matter, so his criticism leads to constructiveness. The destructive critic, on the other hand, is an ignorant person who seeks to attack, insult, destroy, spread pessimism, and prevent joy in the moment, highlighting the wrongdoings of others due to his own narrow-mindedness, selfishness, and negativity.

The constructive critic is driven by understanding, while the destructive critic is driven by anger. The constructive critic seeks to improve and foster initiatives out of goodwill and love, while the destructive critic kills every endeavor, spreading frustration because of his spiritual darkness.

You can be positive and constructive, contributing to and supporting all good work, perpetuating and expanding it; or you can be the complete opposite. If you consider yourself a true Christian, you are forced to be in the first category. Your faith, if it is alive, always pushes you in your striving for spiritual growth, virtues, self-knowledge, and purification. A true Christian demands improvement of himself first. He seeks to live his convictions, not to impose them on others through force. He understands the words of the gospel are directed at him, not reading them as a condemnation of others. This is why he does not dwell on pitfalls. By experiencing his own weakness, he sympathizes with the weakness of others and has mercy on them. He is a person who longs to actualize the Kingdom of God wherever he is, and realizes that the Kingdom of God is not just any place, but within him, first and foremost. He works on himself, and shares with others whatever he finds useful, and sees in himself the ability to contribute to it.

If someone else does a good deed, you rejoice in it, even if imperfect. If you are a faithful Christian, you extend a helping hand to him, forgive his shortcomings, without attacking or injuring him. If you are negligent and abstain from the work of love, without contributing even a grain of wheat to a destitute and hungry person, then you should be completely silent, and ashamed of yourself, if you raise your voice in destructive criticism or protest. Take care of your brethren before you ask them to take care of you. You have no right to demand help from anyone, but you have a duty to yourself to provide it. If you are a true Christian, you rejoice for your brother when you see him succeed.

How widespread and painful is the spiritual and moral decay in the heart of the people! There are those who toil and sacrifice their time, health, and money for the Church, despite the imperfections in their work and service. When you do not serve but rather limit yourself to attacking those who do as best as they can, then you are acting contrary to what your faith teaches you, and you are hurting yourself and others.

If you knew how much work so many people do voluntarily in your Church, then you would be ashamed of how little you may be doing in comparison and adopt a more positive and constructive attitude. God has given you great potential. If you have spiritual eyes, look within yourself and see it, silence your destructive criticism, become like the faithful over the little, and become worthy of our Lord's words: "I will set you over much; enter into the joy of your Lord" (Matthew 25:21).

## 2024 Saints Peter and Paul Lenten Community Service Project Packing Meals for Area Families in Need

Please join us on Sunday, April 14, for our annual Lenten community service project. This year, we aim to pack 25,000 meals for area families in need. This will cost \$8,750.00. And we know that with everyone working together, we can meet this ambitious target!

The meal packs will be distributed equally among food pantries in Washington, D.C., Maryland, and Virginia so we can help as many of our neighbors as possible. We hope you'll take part in this fulfilling and fun way to connect as a Church family and give back to our greater D.C.-area community.

***A Lenten lunch will be provided for all volunteers.  
We look forward to seeing you on the 14th!***

### ***Additional details:***

**Where?** Kogok Hall, following Liturgy.

**How can I contribute?** Please go to "make a donation" from the stewardship page on the Church's website and select "Charity Drive" in the drop-down menu.

Or you may see/contact Sarah Shames (sarahshames@yahoo.com), Serene Jweid (sjweid@gmail.com), or Steve Zolnerowich (stephenz2@verizon.net).

**Should I bring anything?** Hair nets, aprons, and gloves will be provided. Just bring your enthusiasm and be sure to wear a pair of sensible shoes!



Parish Life Conference  
June 27-30

@ Antiochian Village

***Registration is now open***



### ***Lent & Holy Week Schedule***



***Young Adults Connect >>***



### ***Young Adults Upcoming events - Save the Dates***

**Sunday, March 10:** Grounded in Faith - Post liturgy Fellowship at Church Library

**Saturday, March 23:** Vespers followed by discussion with Fr. Luke, hosted by a parishioner

**Saturday, April 13:** Vespers and Dinner - Talk with Fr. Anastasios from Cameron

**Sunday, April 14:** Grounded in Faith -Post liturgy Fellowship at Church Library

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

**April 28-May 5** Holy Week & Pascha

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

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

**Saturday, October 19:** Young Adults/Professionals Gala