



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, APRIL 21ST, 2024
TONE 5 / EOTHINON 2
FIFTH SUNDAY OF GREAT LENT

**COMMEMORATION OF OUR RIGHTEOUS
MOTHER MARY OF EGYPT**

**HIEROMARTYR JANUARIOS, BISHOP OF BENEVENTO &
COMPANIONS; MARTYR ALEXANDRA THE QUEEN &
COMPANIONS**

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

How is it that the saints see us and our needs and hear our prayers? Let us make the following comparison: Suppose that you were transplanted to the sun and were united to it. The sun lights the whole earth with its rays, it lights every particle of the earth, but you are so small in proportion to the sun, that you would form, so to say, but one ray, and there are an infinite number of such rays. By its identity with the sun this ray takes an intimate part in lighting the whole world through the sun. So also the saintly soul, having become united to God, as to its spiritual sun, sees, through the medium of its spiritual sun, which lights the whole universe, all men and the needs of those that pray.

- 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

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& YOUNG ADULTS**
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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 21 in the Holy Orthodox Church, we commemorate the Hieromartyr Januarios, bishop of Benevento, and his companions; and the Martyr Alexandra the Queen and her companions.

On this same day, the Fifth Sunday of Great Lent, it was ordained that we make remembrance of our Godly Mother Mary of Egypt.

Verses

Spirit rose up, flesh melted away erewhile; hide, O earth, the worn bones of Mary's body.

Once, during the Honorable Fast, the priest-monk Zosimus withdrew into the wilderness. He caught sight of a withered woman named Mary; her hair was white as snow. Mary then told Zosimus that she was born in Egypt and at the age of 12 began to live a life of debauchery in Alexandria for 17 years. One day, she went to Jerusalem to enter the church to venerate the Honorable Cross. However, some invisible force restrained her. In great fear, she gazed upon the icon of the Theotokos in the vestibule and prayed that she be allowed to enter the church, all the while confessing her sinfulness. She was then permitted to enter the church. Having venerated the Cross she again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment she heard a voice saying: "If you cross the Jordan, you will find glorious rest!" Mary left for the wilderness and remained there for 47 years in repentance. She bade Zosimus to come back in one year with Holy Communion, which he did. The following year, on Holy Thursday, April 1, 522, Zosimus discovered Mary's lifeless body, and buried her. Thus, the Lord glorifies penitent sinners. The Church exalts and exemplifies Mary to the faithful in Great Lent as an incentive for repentance that brings entry into the Heavenly Kingdom.

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

RESURRECTIONAL APOLYTIKION IN TONE FIVE

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION OF ST. MARY OF EGYPT IN TONE EIGHT

Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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.

ORDINARY KONTAKION IN 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.

Commemorations

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 Thredeh	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	Lorna Malooley
Steve, Jennifer & family	Antoine Hanna & family	Elizabeth Albinger & family

DEPARTED

Nabeeha Ayoub
 David Newkirk
 Charles Abdelahad
 Sarah Habtemariam Kelit

Special Prayer this Week for

Timothy Dowse	Wyne-Hareg	Elizabeth Carroll
Ruby Maggard	Nabeel Mufarreh & family	Gino Michaels & family
Jeannine & family	Alexander Shamess	Gibran, Larry, Joyce
Abu El Hawa Family	Tedla Zewoldi Family	Piechocinski Family
Leila Ayoub	Raymond Ayoub	Ayoub Family

MEMORIAL

Charles Abdelahad
 Sarah Habtemariam Kelit
 (40 Days)

**Coffee Hour
 Available Dates**

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

Host Coffee Hour



Offer Holy Bread



Holy Bread & Memorial Wheat are offered by **Alganesh Piechocinski** in loving memory of her mother, **Sarah Habtemariam Kelit**, for her 40-day memorial.

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

Today, Teen SOYO are selling **Falafel Sandwiches** after the service to raise funds.

Use Holy Week to recharge & refocus. Do not run on empty battery or without a GPS!

This Week's Services @ 7PM:

Monday: Great Compline

Wednesday: Pre-Sanctified Divine Liturgy

Friday: Little Compline with the Canon of the Raising of Lazarus

Saturday: Matins and Liturgy for the Raising of Lazarus 9:30AM/Great Vespers for Palm Sunday 6:00PM

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.



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!

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



THE EPISTLE

Thou, O Lord, shalt preserve us and keep us from this generation.

Save me, O Lord, for the godly man hath disappeared.

The Reading from the Epistle of St. Paul to the Hebrews. (9:11-14)

Brethren, Christ having appeared a High Priest of the good things to come, through the greater and more perfect tabernacle, not made with hands, that is to say, not of this creation; neither through the blood of goats and calves, but through His own blood, entered in once for all into the holy place, having found eternal redemption. For if the sprinkling of defiled persons with the blood of bulls and goats and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

THE GOSPEL

The reading from the Holy Gospel according to St. Mark. (10:32-45)

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldest do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many."

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



On Repentance

By Metropolitan Saba (Isper)

The term "repentance" scares many people because self-reflection has become undesirable, if not irrelevant. Today's human beings do not want to see their own flaws and shortcomings. They prefer to be praised by everyone, honored in every circumstance. Hiding inside all people are illusions about themselves that they don't want to break. People convince themselves that pride provides psychological comfort, and in their stubbornness, they believe in their own goodness and that they don't make mistakes. They justify themselves by blaming others. Their attitude is, "They are the ones who are wrong," or at best, "I'm not the one who started it." They tell themselves, "I had to protect myself and put an end to their evil!" This is how people avoid self-criticism, allowing their flaws to grow deep within, escaping settings that speak about repentance or blocking their ears to such talk.

Moreover, many wrongly believe that repentance means regret, sorrow, and sadness in their quest for joy and happiness. Why would they then accept something that spoils their happiness? Why would they demand more burdens for themselves? Repentance, in their minds, is associated with misconceptions influenced by distorted upbringings, plus erroneous teachings and spirituality that are particularly evident in medieval Western Christian literature, which has spread its culture everywhere. The Christian West knows a form of repentance that is distorted, exaggerated and rigid. Thus, repentance became a horrible punishment founded on penances, depression, fear, and submission of the flesh to suffering and contempt.

In Orthodox theology, however, repentance signifies a new birth, a spiritual cleansing from within. It is a continuous self-correction, a perpetual awareness of not persisting in sin and error, a continuous rise from every fall, and a constant striving to what is better. It is a state of yearning not to be distanced from God, our beloved.

We embark on the path of repentance when realizing we are lost, estranged from our fatherly home. This is clearly illustrated in the parable of the Prodigal Son. When the rebellious son lost all his wealth and fell into bad company, poverty and destitution, he came back to himself and remembered his father's house, longing for the dignity and honor he had with his father. The world with all its pleasures is captivating, promising a sought-after happiness that is in fact ephemeral, deceptive, and shallow. The joy of this world fades quickly in the face of any difficulty or distress.

However, the hardness of the human heart – which stems from yearning for happiness that is ignorant of the joy of living with God – pushes us to sin again and seek a false consolation, instead of cultivating intimacy with God and the sweetness of His companionship. People, in general, tend to be more concerned with what is tangible and perceptible. However, God, the all-merciful, allows us to face numerous trials to realize our delusion, granting us the possibility to liberate ourselves from it so that we may know our true home, just as the Prodigal Son did.

Unless one experiences the humiliation of being away from home and the absence of peace for which

he longs because of his sin, he will not return to his Father's house. Additionally, he will not experience the joy and richness of repentance.

The Apostle Paul defines Christian repentance as follows: "Forgetting what lies behind and reaching forward to what lies ahead" (Philippians 3:13). The Orthodox Church focuses, in its teaching about repentance, on the two aspects: forgetting and reaching forward. The Church moves us beyond sin and toward virtues. Perhaps the most beautiful description of repentance came from Saint John Climacus: "It is exchanging one love for another: exchanging the love of earthly things for the love of heavenly things." Therefore, we often notice that those who have known God after living far from Him have experienced deep repentance, a depth that those who are like the "elder son" inside the house in the gospel parable do not usually enjoy.

But can we forget what lies behind if we do not understand it or know any better? Hence, self-reflection (coming back to ourselves) and self-examination are the first steps in our journey of repentance. When taking these steps become constant, they generate continuous spiritual alertness and heightened awareness, allowing us to sense the negative effects of our sins whether in word, deed or thought. At that moment, we rush to discard them, replacing them with their virtuous counterparts.

This is how we ascend to true life. The life of repentance moves us up the ladder of divine ascent step by step, until we reach the fullness and abundance of life in Christ. Repentance is not an independent act with its own time frame, requirements and completion. No, it is a journey of life, or if you will, a lifestyle, sometimes requiring concentration on a specific aspect. However, it does not stop there, nor does it ever end. It is a life of wakeful, conscious, peaceful vigilance, aware of its reality, forever aspiring to transcend it. It is a life open to God, to people, to spiritual energies, and to deified humanity. It is a life not content with reality but continually elevates it. It is constantly ascending until it reaches the stature of Christ. The model for those who live a life of repentance is the following verse from the Apostle Paul: "I can do all things through Christ who strengthens me" (Philippians 4:13).

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Young Adults Upcoming events Save the Dates

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



His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Prot. no.: 157/2024

Palm Sunday
April 28, 2024

To be read from the pulpit and printed in the bulletin.

Venerable Hierarchs, Reverend Clergy, and Christ-loving Faithful of this Archdiocese,

May you have much joy on this glorious feast of Palm Sunday!

Today we see Christ riding triumphantly into the Holy City of Jerusalem and the crowds welcoming Him with praise and loving service, as they shout “Hosanna!” and lay down palm branches and even their own clothes as a carpet for His entrance. Let us likewise open our hearts to Him and welcome Him into our lives. Let us praise Him not just with hymns at church but also by confessing His goodness in our daily prayers and in our conversations with others. Let us lay down for Him a welcoming carpet of generous deeds toward our neighbors and faithful obedience toward Him. May we thus receive Him to rule in our hearts as our delivering King, and may we remain loyal to Him in word and deed—not betraying and abandoning Him, like the crowds in Jerusalem long ago.

As is our custom in this archdiocese, today we also remember our Father in Christ, His Beatitude Patriarch John X, and all our brothers and sisters of the Patriarchate of Antioch in its historic homeland of the Middle East. As we proclaim this ancient Faith in the New World, they are keeping it alive in the apostolic and historic places of its beginnings. Yet many of them continue to suffer from the aftermath of wars, disasters, and economic collapse. For this reason, we invite you to contribute today toward the patriarchate and its humanitarian work. Through your donations you can provide some comfort to our brothers and sisters in need, showing solidarity with them as one Body in Christ. Please give generously.

Wishing you all a deeply meaningful Holy Week and a glorious Pascha, I remain,

Yours in Christ,

A handwritten signature in blue ink that reads "SABA". The signature is stylized and written in a cursive-like font.

✠ SABA

Archbishop of New York and Metropolitan of All North America

For online donations, please choose “Special Collection-Patriarchate” from the drop-down list. Mark your cash or check donation in the same way.