

	Bread of Holy Oblation	Fellowship Hour
29 Jan	Gabro Family/40-Day Memorial for Selwa Gabro Nader Family/40-Day Memorial for Madelyn Nader Simon Family 1-yr Memorial for Robert Simon, Sr.	Tony Gabro/Mercy Meal for 40-Day Memorial for Selwa Gabro
05 Feb	Marian Erickson/2 yr Memorial for Gloria Thabit Swydan	Falafal Luncheon (Men's Club)
12 Feb	The Family of Tagreed Tawil	The Family of Tagreed Tawil
19 Feb	The Kheirbek Family	open
26 Feb	Mary Misleh	open

FELLOWSHIP HOUR AND BREAD OF HOLY OBLATION

Baking or ordering the Holy Bread of Oblation or providing and serving the refreshments for Fellowship Hour following the Liturgy on Sundays is a great way to practice Christian fellowship among our fellow parishioners. Notice the openings to the left and consider contributing to this vital ministry. Sign-up in the vestibule.

SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH

All Things Are Possible to Him Who Believes

Matins: Sundays 9:30am

Divine Liturgy: Sundays 10:30am

SUNDAY JANUARY 29, 2017

TONE 7/EOTHINON 10

**SEVENTEENTH SUNDAY AFTER PENTECOST
& SEVENTEENTH SUNDAY OF MATTHEW**

**TRANSLATION OF THE RELICS OF IGNATIUS THE GOD-BEARER OF
ANTIOCH**

NEW-MARTYR DEMETRIOS OF CHIOS

APOLYTIKION OF THE RESURRECTION (Tone 7)

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 ST. IGNATIUS OF ANTIOPH (Tone 4)

By choosing the Apostles' way of life, thou hast succeeded to their throne. Inspired by God, thou didst find the way to divine contemplation through the practice of virtue. After teaching the Word of Truth without error, thou didst defend the Faith to the very shedding of thy blood, O Holy Martyr among bishops Ignatius. Entreat the Lord our God to save our souls.

APOLYTIKION OF SAINTS PETER AND PAUL (Tone 4)

O foremost in the ranks of Apostles, and teachers of the world, Peter and Paul, intercede with the Master of all to grant safety to the world and to our souls the great mercy.

KONTAKION OF THE PRESENTATION OF CHRIST (Tone 1)

Thou, O Christ God, Who by Thy Birth, didst sanctify the Virgin's womb, and, as is meet, didst bless Simeon's arms, and didst also come to save us; preserve Thy fold in wars, and confirm them whom Thou didst love, for Thou alone art the Lover of mankind.

"These three things God requires of all the baptized: right faith in the heart, truth on the tongue, temperance in the body."

St. Gregory the Theologian

Priest

Very Reverend
Fr. Isaac Crow
frisaac@peterpaulpotomac.org
(401) 300-8238 cell
(240) 489-3494 home

Deacon

Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

Priest Emeritus

Very Reverend
Fr. George Rados
frgeorge@peterpaulpotomac.org

COUNCIL

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Rashid Haddad

WORSHIP AND EVERY-DAY LIFE:

An Eastern Orthodox View

Very Reverend George Florovsky

3. The basic act of Worship

As a response to God's benevolent and discriminating Providence and to His decisive act of Redemption, in Jesus Christ and through Him, Christian Worship is primarily and essentially an act of praise and adoration, which also implies a thankful acknowledgement of God's embracing Love and redemptive loving-kindness. Moreover, Christian gratitude must be, as it were, 'dis-interested'. Petition and intercession are, on the Christian scale of devotion, but secondary and subordinate, if indispensable, aspects of Christian worship, which should culminate in praise, in doxology. The climax and ultimate goal of Christian worship are *contemplation*, that is — encounter with the Living Lord, and the acquisition of the Holy Spirit. Worship culminates in commanding personal life into the hands of the Lord. On the other hand, God is active in worship no less than the worshipped man himself, or the worshipping Community. Worship is never just a monologue, if it is, a genuine Christian worship, but intrinsically a dialogue and 'conversation'.

Indeed, prayer is not just a recitation of settled formulas, but — at least in intention — an intercourse or conversation with God. This is conspicuous in the classical book of devotion, which links together the Old Dispensation and the New, the Psalter. It is obvious in traditional formularies of devotion, accumulated in the course of Christian history. Of course, there are stages of the devotional ascent, a certain 'ladder' of elevation, which must be climbed up gradually.

The first act of worship is to realize the Presence of God and all what is implied therein awe and trembling, but love and adoration too. The basic problem is here the problem of attention. It is not a psychological problem, but a deep spiritual and existential problem. The aim is 'encounter'. God is ever present, but one must be aware and cognizant of this 'presence'. God is listening. The aim is to enter into conversation with Him and to await His answer. The goal of prayer is precisely to be with God, and before Him, always. And for this reason prayer must be permanent and unceasing. Actually, the core of prayer is precisely a permanent orientation toward God. One starts with the recitation of ordered prayers, and tries to recite them before God, or rather to speak to God in the words of settled prayers, or in spontaneous words too. But on a certain level of devotion it may happen that the Spirit stops the worshippers and begins to pray *in them* 'with the groanings that cannot be uttered'. At this stage one has to keep silent and to listen, and to be led. The purpose of personal worship is to disappear in one's selfish human personality and become a vehicle of the Spirit. There is no quietism in this devotional practice: the search after Spirit is hard work. On the other hand, personality is not destroyed when one becomes a bearer of the Spirit, — rather it is enhanced and sublimated, raised to a higher level, through its communion with the perfect personality of God.

One begins with supplication and intercession, by articulating one's needs and deficiencies before God. It is a prayer of the neophytes. In fact, God sees and knows our needs and sorrows much better than we ourselves, and He is always ready to intervene and help, even 'before we ask'. Thanksgiving for this Love Divine comes next. It is a higher level. But not the climax, and not the goal. One climbs finally to the disinterested praise and adoration of God, when one comes face to face with His splendour and glory, and praises Him for His unutterable majesty, the majesty of love that passes all knowledge and understanding. It is the level of the Angelic hosts who do not ask or even thank, but are continuously praising God for His eternal glory and majesty and splendour. There is here a normative ascent from human petition to contemplation and adoration.

One may quote at this point an admirable prayer, composed by Metropolitan Philaret of Moscow (1782-1867).

O Lord, I know not what to ask of Thee. Thou alone knowest what are my true needs. Thou lovest me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask either a cross or consolation. I can only wait on Thee. My heart is open to Thee. Visit and help me, for Thy great mercy's sake. Strike me and heal me, cast me down and raise me up. I worship in silence Thy holy will and Thine inscrutable ways. I offer myself as a sacrifice to Thee. I put all my trust in Thee. I have no other desire than to fulfill Thy will. Teach me how to pray. Pray Thou Thyself in me.

Part 3 of 4

Ss. Peter & Paul Church Learning & Media Center

Donations are welcomed in support of the establishment of the new Church Learning and Media Center. . Please send all donations to Ss. Peter and Paul Church earmarked "Library Fund". In addition, donation of books on topics related to the Orthodox Faith, Doctrine, Church History, Liturgy, and Scripture will be gratefully accepted. Please contact Fr. Isaac, Dn. Christian, or Kate Niewenhous for more information.

Ss. Peter and Paul Orthodox Church News and Events

SUNDAY SCHOOL

We have classes for children 3 years old through 12th grade and meet following Communion. Registrations are handled online at <http://tinyurl.com/registerSunSchool>. We are also in need of snacks and juice for the children. Snacks must be **peanut and tree nut free** due to allergies. Individually wrapped snacks such as 100-calorie snacks work best. Juice may be 100% juices or flavored water pouches. We can use both 6-oz as well as 4-oz juice boxes. We are looking for one more teacher for this school year. Please contact peterpaulsun-school@gmail.com.

Feb. 2017

*Food For Hungry People coin boxes will be given out once Lent begins in February.

March 3-5

Visit w/Grace Bishop Nicholas will be visiting our parish the weekend of March 3-5, 2017.

March 4

*Bishop Nicholas is blessing our Church school students with his time for a visit with him on Saturday the 4th from 10:00 am until noon. At noon there will be a Lenten potluck lunch for Church school students as well as Teen SOYO with His Grace. Please make every effort to bring your children to spend valuable spiritual time with our Bishop.

March 5

*There will not be class on Sunday the March 5.

March 19

Creative Arts Festival — must have an entries to us by Sunday March 19th. This year's theme is "My house shall be called a house of prayer for all nations." (Mark 11:17). There will be some time to work on entries during class but children are encouraged to work at home as well. Please let us know if you would like more information.

April 2

Annual Pascha Prep workshop. A sign up for lunch items and volunteers to help with crafts will be coming out sometime in March.

April 9 & 16

No class on the 9th (Palm Sunday) and the 16th (Pascha).

TEEN SOYO

Feb 05

Teen SOYO Mtg/12:30p/LL Conf. Rm.

Feb 17-20

Winter Camp/Antiochian Village

Mar 04

Retreat w/Bishop Nicholas & Teen SOYO of sister churches St. George & St. Mary

Mar 12

Teen SOYO Mtg/LL Conf. Rm./12:30p

Mar 25

Visit to a Soup Kitchen

YOUNG ADULT FELLOWSHIP

All young adults in the parish (20-40 years of age) are encouraged to participate in this important ministry of the church. The fellowship is planning a number of activities for the new year including resumption of its study group meetings, potluck dinners, and Orthodox-on-Tap get togethers. For more information contact Jad Ibrahim Jr. at jad.ibrahim.jr@gmail.com, Lizzy Cassar or Dn. Christian Manasseh at dnchristian@peterpaulpotomac.org.

ANTIOCHIAN WOMEN

Feb 12

Ladies Auxiliary Mtg/1p/following Fellowship

March 2017 Antiochian Orthodox Women's Month

Let's make a strong showing, representing our Christian Orthodox sisterhood from March 12 through March 29. Please contact Donna Gavin at craigavins@verizon.net to sign up for the following:

Greet and hand out bulletins

Read the Epistle in Arabic and English

Take the collection

We would love to hear from you.

May 13

Luncheon & Fashion Show @ Congressional CC. More details to follow

MEN'S CLUB

Jan 31, 2017

Men's Club Mtg./7:00p/LL Conf. Rm. All men are urged to attend

Feb 05, 2017

Falafal Lunch

Feb 11, 2017

Dinner Dance (see flyer in Narthex)

Jun 07, 2017

Golf Tournament

Jun 25, 2017

Ss. Peter & Paul Picnic/Bretton Woods Rec Ctr (more details to follow)

"EXPLORING OUR FAITH" THE SS. PETER AND PAUL ADULT RELIGIOUS EDUCATION FORUM

"Exploring Our Faith" will meets every other Thursday evening from 7:15pm to 8:30pm in the lower level conference room. The next meeting is **Thursday, February 9, 2017**. Fr. Isaac facilitates the meetings using brief presentations as a springboard to open discussion on a wide range of topics concerning our Faith. Please contact Fr. Isaac at friisaac@peterpaulpotomac.org or Kate Niewenhous at handmaiden20854@gmail.com for more information. ALL ARE WELCOME...

SS. PETER & PAUL OUTREACH VISITATION MINISTRY

The outreach ministry seeks to visit and to assist the elderly, the sick, and those who are housebound, shut-in, or living in nursing homes. Volunteers are needed who are willing to call and to visit and to reach out to our elderly brethren.

All those willing to help please contact the coordinators of the group: George & Alma Jean Zaki (georgezaki@gmail.com or ajmzaki@gmail.com), Alex Cox (alexcoxells@gmail.com) or Fr. Isaac (friisaac@peterpaulpotomac.org). Our Parish is grateful for this ministry remembering that when we visit the sick and the infirm we visit Christ himself.

CHURCH CALENDAR

2017

Jan 31	*Men's Club Mtg./7:00p/LL Conf. Rm.
Feb 01	*Divine Liturgy/Feast Of The Presentation Of The Lord/7:00p
Feb 05	*Falafal Lunch (in lieu of Coffee hour) *Teen SOYO Mtg/12:30p/LL Conf. Rm.
Feb 09	*Adult Education Forum LL Conf. Rm. @7:15p
Feb 11	*Dinner Dance (Valentine Day Party)
Feb 12	*Ladies Aux Mtg/1p
Feb 23	*Adult Education Forum LL Conf. Rm. @7:15p
Feb 14	*Parish Council Mtg./7p
Feb 17-20	*Winter Camp/Antiochian Village
Mar	*Antiochian Orthodox Women's Month (see above for more info)
Mar 3-5	*Visit of H.G. Bishop NICHOLAS to Ss. Peter & Paul
Mar 04	*Church School Retreat w/Bishop Nicholas/10am-noon *Teen SOYO Retreat w/Bishop Nicholas & sister churches St. George & St. Mary/1p-4p
Mar 12	*Teen SOYO Mtg/LL Conf. Rm./12:30p
Mar 19	*Creative Arts Festival (see above for more info)
Mar 25	*Teen SOYO visit to a Soup Kitchen
Apr 02	*Annual Pascha Prep Workshop (see above for more info)
May 13	*Antiochian Women/Luncheon & Fashion Show @Congressional CC/more details to follow

THE EPISTLE

(For the Seventeenth Sunday after Pentecost)

Make your vows to the Lord your God, and perform them.

In Judah God is known; His Name is great in Israel.

The Reading from the Second Epistle of St. Paul to the Corinthians. (6:16-7:1)

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore, come out from them, and be separate from them," says the Lord, "and touch nothing unclean; then I will welcome you, and I will be a Father to you, and you shall be My sons and daughters," says the Lord Almighty. Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

THE GOSPEL

(For the Seventeenth Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (15:21-28)

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But He did not answer her a word. And His disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before Him, saying, "Lord, help me." And He answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

Feast of the Presentation of our Lord Jesus Christ

The Feast of the Presentation of our Lord, also called "The Meeting of our Lord" falls on February 2, 2017. This year we will celebrate the Feast on its eve on Wednesday, February 1, 2017 at 7:00pm with an evening Divine Liturgy.

Rejoice, O Virgin Theotokos, full of grace, for from thee arose the Sun of justice, Christ our God, lighting those who are in darkness. Rejoice and be glad, O righteous elder, carrying in thine arms the Deliverer of our souls, Who granteth us Resurrection.

*Apolytikion of the Presentation
Tone 1*

SUNDAY SCHOOL

Directors

Samia Zolnerowich
Jennifer Buchko

Teachers

Jumana Misleh
Susan Kozlov

Michelle Zook
Christine Morin

Lizzy Cassar
Caroline Jarboe

Chrissy Mackoul
Anees Mokhiber

Philip Allen
AJ Wood

Jennifer Montgomery
Dina Saah

Stephen Zolnerowich

Men's Club

Sam Khalil

Antiochian Women

Carol Laham

Teen SOYO

Advisor

Jamilee Bellone

Officers

Danielle Bellone
Kinda Callas
Maya Saah

Joud Al-Kallas
Juliana Natour

Young Adult Fellowship

Jad Ibrahim, Jr.
Lizzy Cassar

Adornment

Shams Akkawi
Jamil Hermes

Facility Management

Sam Berberian
Nick Nahas
Bob Simon

Rental Coordinator

Barbara Abraham

Charities

Sam Sahouri Ghanem

Finance

Salim Habayeb

Stewardship

Lina Eid

Orthodox Christians

Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin, have fasted from the night before taking communion, and seek to live in charity and love with their neighbors. Persons conscious of grave sin must first be reconciled with God and the Church through the Sacrament of Penance (Confession and Absolution). A frequent reception of the Sacrament of Penance is encouraged for all.

Non-Orthodox

We welcome to this celebration of the Eucharist those Christians who are not fully united with us. It is a consequence of the sad divisions in Christianity that we cannot extend to them a general invitation to receive Communion. Orthodox believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of the community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist, and for which we must all pray.

Not Receiving Communion

Those not receiving sacramental communion are encouraged to express in their hearts a prayerful desire for unity with the Lord Jesus and with one another by receiving a piece of blessed bread following the dismissal prayers.

Welcome to Ss. Peter and Paul

To encourage our worship in a proper spirit of prayer and devotion, we respectfully ask you to enter the sanctuary quietly during the Divine Liturgy.

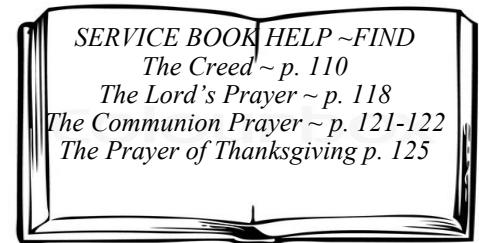
PLEASE DO NOT ENTER OR EXIT THE SANCTUARY AS

- the clergy censes the sanctuary
- the congregation is standing, or
- during the Little Entrance with the Gospel
- during the Reading of the Epistle and the Gospel
- Please enter the sanctuary upon the completion of
- the sermon
- the Great Entrance with the Holy Gifts
- the Prayers of Consecration p. 112-113
- the Hymn to the Theotokos "It is Truly Meet"

Please follow the directions of the ushers during Communion and dismissal; refrain from using cell phones in the narthex; and be considerate of those praying and converse in the hall, outside or downstairs.

Visitors

If you are visiting our parish, please let us get to know you. Complete a visitor card you will find in your pew, and drop it in the ushers tray or the collection box.



HOLY BREAD OF OBLATION OFFERED BY:

Gabro Family/40-Day Memorial for Salwa Gabro

MEMORIAL WHEAT

The Gabro Family/40-Day Memorial for Salwa Gabro
The Simon Family/1 Year Memorial for Robert Simon, Sr.

FELLOWSHIP/MERCY MEAL OFFERED BY:

The Gabro Family/40-Day Memorial for Salwa Gabro

Commemorations

For the servants of God that they may have mercy, peace, health, salvation and visitation, pardon and remission of sin; the Lord God remember them in his Kingdom always: now and ever, and unto ages of ages

Parishioners who remain in our prayers continually

Archpriest George Rados

Margaret Ashley	Brian Briggs	Mary Smith
Helen White	Isabel Thredoh	George Brown
Holly Dubois	Thelma Badwey	Everett Alvarez
Edmond & Sophie Neam	Tesia Yonkers	Barbara Abraham
George & Joan Abraham	Lulu Brown	

For the Servants of God departed this life: the Lord God remember them in his kingdom always: now and ever, and unto ages of ages

DEPARTED

Salwa Gabro
George Jatim
Gabriel Basharian
Amin Youseff
Iesa and Fahima Gabro
Khatcho and Rose Gabriel
Victor Manuel Sanchez
Hanna and Nejme Gabro
Joseph, Fouad and Wardé Gabriel
Samira, Mary, Christian and Fadi Gabro
Walter and Evelyn Coury
Abed El-Karim Bechara
Jack Marina
Robert & Selma Simon
James & Edma Simon
Madelyn & Mitchell Nader
Jack & Mary Moses
Eugene Moses
Albert & Elizabeth Nader
Gloria Nader
Dolly Nader
Katherine & William Slanta
Eli Mitr Habib
George Habib, Sr.
Georges & Barbara Moujaïs
Elias & Selma Habib
Shehadeh & Latifah Moujaïs
Inola Sawaya
Alain Shashaty
Selwa Khalil
Martha Ayoub
Gabriel Eidi
Farag Tawil
Sam & Kathryn Haddad

LIVING

Leena Haddad	Debbie Brown	Christine Malaska
Janice	Jazel Haddad	Ann Marie Moses
Mazen Saah	Tony Moussa	Mark Abdow
Leila Khoury	Sue Fannoney	Lorna Malooley
Mary Bazargan	Jamil Gabro	Kate Nierenhous
JJ Coury,	Doha, Tony, Samar, and Mike Gabro	The Simon Family
Libia Sanchez	Nancy Louh,	Mitch, Andrea & Kate Nader
Rodi Bechara	Terra Coury Bechara	Nader Family
Joseph Jude Coury II	Christina Gabro	Haddad Family
Amber Coury	Michelle Gabro	Moses Family
Joseph Gabro	Christopher Gabro	Michael Gabro,
Matthew Gabro	Simon, Luke, Jake, and Ben Bechara	Ethan Gabro
Halim Sawaya Family	Tony Shashaty Family	Mourir Moujaïs and Moujaïs Family
Haifa, George, Jr., Selma, Sylvia, Pierre, Christine, Michael Matthew, Natalie & Lory Habib		
Nyla Louh		

MEMORIALS:

Salwa Gabro/40-Day
Madelyn Nader/to-Day
Robert Simon, Sr./1-Year

The Charities Committee wants your input.

The parish of Saints Peter & Paul has a robust charity program, assisting our local, national, and international community with charity donations. We have made a difference in the lives of literally thousands of people with your kind generosity. Last year alone, our Outreach program was a huge success bringing so many people of our parish together to support those in need in our local community. Our goal each year is to find three worthy local charities, three worthy national charities, and three worthy international charities for our support. (And we also do collections at the direction of the Archdiocese when asked.) When the charities have an orthodox connection, it is an added bonus, but not a requirement since we are not an insular church as so eloquently spoken by His Beatitude, Patriarch John.

Thus, we very much want the input from parishioners as to charities they think we should contribute to in 2017. Please note that there are so many charities to choose from that we try not to repeat from one year to the next.

Please provide the name of the organization you wish considered for the monthly collection to the any of the following committee members: Ann Marie Moses, Carol Laham, and Sam Sahouri Ghanem.

Our 2016 Charities Included:

The Children's Relief Fund
IOCC
St. George Hospital
Archdiocese/WV Flood Victims

Friends of the Hogar Rafael Ayau
Outreach
Water.org