	Bread of Holy Oblation	Fellowship Hour
26 Mar	Brown Family/3-yr Memorial for Abraham Brown	Brown Family/3-yr Memorial for Abraham Brown
02 Mar	Mona Ayoub/1-yr Memorial for Mufid Fr. Isaac & Kh. Dolly Crow/40-Day Memorial for Fouad Choueiry	Mona Ayoub/1-yr Memorial for Mufid
09 Mar	Farha Family	Farha Family
16 Apr	Lorna Malooley & Holy Bread Baking Class	Sam & Joe Sahouri Ghanem Families
23 Apr	Open	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 MARCH 26, 2017
TONE 7/EOTHINON 7
FOURTH SUNDAY OF GREAT LENT &
LEAVE-TAKING OF THE ANNUNCIATION TO THE THEOTOKOS

THE SYNAXIS OF THE ARCHANGEL GABRIEL; STEPHEN THE CONFESSOR, ABBOT OF TRIGLIA

APOLYTIKION OF THE RESURECTION (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 THE ANNUNCIATION (Tone 4)

Today is the beginning of our salvation, and the manifestation of the mystery from the ages; for the Son of God becometh the Son of the Virgin, and Gabriel proclaimeth grace. Wherefore, do we shout with him to the Theotokos: Rejoice, O full of grace! The Lord is with thee.

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 FOR THE ANNUNCIATION (AND GREAT LENT) (Tone 8)

(**The original melody**)

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.

> "God is Love. Whoever sought to define him would be like a blind person trying to count the grains of sand on the shore at the sea."
>
> ***St. John of the Ladder***

Stewardship Corner/*Theology of Giving Series* – Week 8

Psalm 24: 1-5 … "The earth is the Lord's, and all its fullness, the world and those who dwell therein. For He has founded it upon the seas, and established it upon waters. Who may ascend into the hill and of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart, who has not lifted up his soul to an idol, nor sworn deceitfully. He shall receive blessing from the Lord, and righteousness from the God of his salvation."

"What does this message from God require from me, His loyal and obedient servant?" What must I change in my life to be able to follow this teaching in both word and in deed?"

Priest
Very Reverend
Fr. Isaac Crow
frisaac@peterpaulpotomac.org
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Deacon
Dn. Christian Manasseh
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Priest Emeritus
Very Reverend
Fr. George Rados
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Abraham Fannoney
Sam Khalil

ALTAR
Manager
Peter Aburdeineh

Servers
Captains -
Rashid Haddad
Thomas Zook

LENTEN REFLECTION ON UNDERSTANDING GRIEF

Kate Niewenhous

"What earthly sweetness remains unmixed with grief?" (St. John of Damascus)

Let us now look into our spiritual inheritance. Con't.

Liturgical Cycle and Compline Service

As we wend our way through the liturgical year, and as we take note of our own discipleship of grief, we are reminded that there is both Gethsemane-and- Transfiguration, Cross-and-Resurrection. We come to church mindful that we stand before God himself and encounter one another. We remember that the soul brings human action and thought into perfect harmony with higher aspects of spiritual vision. (ArchBp Chrysostomos) The liturgy, from the start, settles and quiets our souls to be actively and attentively present as it opens our hearts to be receptive to the Word and Sacraments. The liturgy is a movement toward someone who we meet intimately in communion. It is what carries and builds us into a more perfect worshiping body. We can reflect on Jesus' own life and see how he grieved for friends and his own betrayal. His humanity is a guide for us.

Each part of the year contains a focus for us that can be applied to our personal journey while we grieve. Take for example, the Lenten Cycle, and how it carries us toward Pascha. What does it teach us to expect and can that be applied to grieving a loved one?

Starting with the Sunday of Orthodoxy, "we affirm that the Incarnate One became finite and took of flesh and made all of its properties His own. If we cling to the icon of him who we worship, we shall not go astray." (Antiochian.org) Jesus takes on MORTAL flesh. Next Gregory of Palamas teaches us that we can experience God through his "energies" and they can transform us. The third Sunday during Lent is the veneration of the Holy Cross which while solemn also shows to us both victory and joy that is not too far away. His cross saves and comforts us; it reminds us that "partaking of this Tree we are no longer to die but are kept alive." (Schmemann, Great Lent) The fourth week we are led to take note of St. John Climacus' example for our lives: his life of fasting and ascetic efforts renewed his soul and spirit. Our Lenten and grief journey have the same goals--renewal. The fifth Sunday shows us St. Mary of Egypt as a guide—the depth of her fall to the height of her graceful rising. Her life is about endurance through many trials and how she was drawn so close to God. Then, of course, we arrive at Pascha! Christ is Risen from the Dead, he has conquered death. His victory is our gain; "No longer will the dominion of death be able to keep men captive; for Christ hath descended, demolishing and destroying the powers thereof. Hades is bound; the Prophets rejoice with one voice, saying: A Savior hath come for them that have faith. Come forth, ye faithful, for the Resurrection." (Kontakion of the Resurrection)

The spiritual lessons we learn through liturgy and through these particular weeks gives spiritual refreshment to those times of our life when we are knocked off balance by the death of a loved one. Sometimes, in moments of deep silence while we grieve, suddenly a "still small voice" calls to us and a glimmer of hope is sparked. "For tribulation worketh patience, and patience, experience, and experience, hope; and hope maketh not ashamed." (RO 5:3-5) In the Compline services, the Psalmist's prayers strike a tone many times about grief and its expression in relation to our fallen nature. He prays, "A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise." (PS 50) "But as for me, I am poor and needy; O God come unto mine aid. My helper and my deliverer art Thou, O Lord; make no long tarrying." (PS69) and "I meditated on all Thy works, I pondered on the creations of Thy hands. I stretched forth my hands unto Thee; my soul thirsts after Thee like a waterless land. Quickly hear me, O Lord; my spirit hath fainted away. (PS142) Also included in Compline are prayers for those who hasten to the Virgin for comfort, "be thou ever present unto me as merciful, compassionate and well disposed; in the present life be thou a fervent intercessor and helper, repelling the assaults of adversaries and guiding me to salvation." (Compline) This may not take away our grief but it will make it more bearable.

Our traditional doctrines act as a fence that both surrounds and places in front of us what is reasonable to expect in a life with Christ, that is, patient endurance of all crosses that come to us and willingness to commit to a deep remembrance of the unbounded mercy that God has for us. He knows our suffering intimately and he knows that we gain by the virtues of patience, fortitude and forbearance.

Part 3 of 4

Ss. Peter & Paul Church Learning & Media Center

Donations are welcomed in support of the establishment of the new Church Leaning 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 peterpaulsundayschool@gmail.com.

Apr 2
Annual Pascha Prep workshop. A sign up for lunch items and volunteers to help with crafts will be coming out sometime in March.

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

TEEN SOYO

Mar 26
Teen SOYO Mtg/LL Serge Malooley Conf. Rm./12:30p

Apr 02
Teen SOYO participating in April Outreach/local area meal packing event

Apr 14
Great Friday Vigil

May 19-21
Spring Delegates' Mtg. (more info to follow)

YOUNG ADULT FELLOWSHIP
The Ss. Peter & Paul Young Adult Fellowship seeks to gather young adults (20-40 years of age) together in the ministry worship, witness, service, and fellowship. These include study groups, outreach projects, potluck dinners, and other social and charitable gatherings. For more information contact Jad Ibrahim Jr. at jad.ibrahim.jr@gmail.com or Dn. Christian Manasseh at dnchristian@peterpaulpotomac.org.

Apr 02
April Outreach Program:Volunteering Event: following services volunteering in conjunction w/other Church groups (Men's Club, Teen SOYO, Antiochian Women, Parish Council) packing meals. (see previous page)

ANTIOCHIAN WOMEN
March 2017 Antiochian Orthodox Women's Month
Let's make a strong showing, representing our Christian Orthodox sisterhood from **March 12—March 29**. Please contact Donna Gavin at crazygavins@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.

Antiochian Women/Luncheon & Fashion Show
On May 13 the Antiochian Women are hosting a Luncheon & Fashion Show 11:30am at Congressional CC. Tickets are $55.00. See Rida Boulos at Frita18@aol.com. For raffle donations contact Hala Paskaleva. Flyers are located in Narthex

ATTENTION MEN AND WOMEN OF THE PARISH If you wish to learn how to bake Holy Bread, a class will be held on **April 1, 2017, at 9am to 1pm in the Church kitchen**. We will make enough loaves to take the parish through our many services including Palm Sunday and Pascha. A sign up sheet is posted by the Holy Bread/Coffee Hour schedule on the wall by the entrance to Kojok Hall. You'll be informed as to what to bring to class.
For more information, contact Lorna Malooley; 703-503-3344

MEN'S CLUB
Jun 07 *Golf Tournament
Jun 25 *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. Fr. Isaac facilitates the meetings using brief presentations as a springboard to open discussion on a wide range of topics concerning our Faith. Meetings will resume after Pascha. Please contact Fr. Isaac at frisaac@peterpaulpotomac.org or Kate Niewenhous at handmaidens20854@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 (alexcoxsells@gmail.com) or Fr. Isaac (frisaac@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

Mar 26	*Teen SOYO Mtg/LL Conf. Rm./12:30p
Mar 27	*Service of the Great Compline @7:00p
Mar 29	*Liturgy of the Presanctified Gifts @7:00p
Mar 31	*Service of the Akathist @7:00p
Apr 01	*Lorna's Holy Bread Baking Class/9a
Apr 02	*April Outreach Program (see previous page)
	*Annual Pascha Prep Workshop (see above for more info)
Apr 03	*Service of the Great Compline @7:00p
Apr 05	*Liturgy of the Presanctified Gifts @7:00p
Apr 08	*Divine Liturgy/Lazarus Saturday9:00am
Apr 9	*Palm Sunday/Divine Liturgy & Procession of the Palms
	*No Church School (Palm Sunday)
Apr 16	*Holy Pascha
	*No Church School (Pascha)
May 13	*Antiochian Women/Luncheon & Fashion Show @Congressional CC/more details to follow
May 19-21	*Teen SOYO Spring Delegates' Mtg. (more info to follow)

THE EPISTLE
(For the Fourth Sunday of Great Lent)
The Lord will give strength to His people. The Lord will bless His people with peace.
The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

THE GOSPEL
(For the Fourth Sunday of Great Lent)
The Reading from the Holy Gospel according to St. Mark. (9:16-30)

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."

IOCC FUNDRAISER/SAVE THE DATE
On Saturday, June 3, 2017, Ss. Peter & Paul Church will sponsor a Fund Raising Reception in the Church Hall from 6:00p-9:00p in support of "Syrian Relief Programs" of the International Orthodox Christian Charities (IOCC).

This important event will be open to all the Parish, to the local Churches and to the public at large. With the Civil War in Syria entering its sixth year the scale of suffering, and the humanitarian needs are immense. Please plan on attending and supporting this event. More information will follow soon.

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

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.

SERVICE BOOK HELP ~FIND
The Creed ~ p. 110
The Lord's Prayer ~ p. 118
The Communion Prayer ~ p. 121-122
The Prayer of Thanksgiving p. 125

HOLY BREAD OF OBLATION OFFERED BY:

Prepared by George Brown and offered by the Family of Abraham Brown in his memory

FELLOWSHIP OFFERED BY:

Prepared by George Brown and offered by the Family of Abraham Brown in his memory

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

LIVING

Leena Haddad
Janice
Mazen Saah
Leila Khoury
Mary Bazargan
Mariam Yazge
Gladys, George, Alexi Choueiry
Saah Family
Claudia García
Lu Brown
Yasmin Courtright
Jazel Haddad
Tony Moussa
Elaine Buchko
Shiblie Family
Ann Marie Moses
Sheila Joseph & Family
Habib, Hind & Paul Debs
Melinda Fannoney
Deborah Brown
Sam, Donna, Sarah, Sammy, Lexi Brown
Mickey, Johnny, Annie, Georgia Sines
Steve, Jennifer, Helena, Catherine, Stephen, Giselle Brown
George, Chris, Jenna, Anna, Georgi, Laila, Bryleigh 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

Janan Shiblie
Fouad Choueiry
Paul Joseph
Yousef Isa Saah
Abraham S. Brown
Adieb Brown
Sam & Mary Brown
John & Sadie Nassif
Ernie and Sadie Nassif
Albert Nassif
Helen and Albert Haje
Ernestine and Sam McLoota
John Nassif
Terry Smith
Sabrina Edmiston
Jackie Corry
Carl Nerenberg
Glode (Bud) Requa
Madelyn Nader
Evelyn Hier
Rashida Mourad
Nicholas Mourad
John Mourad

The Antiochian Women/Preparation of the Naach
On Friday, April 14 from 10:30am – 3:00pm all welcome all who wish join in for the preparation of the Naach. A covered Lenten dish to share is appreciated and please bring your pruners. We are still taking donations for the flowers used to decorate the Naach.

April Outreach Program Just as we did last year, the Church is sponsoring an OUTREACH Program on April 2 immediately after church. Last year, thanks to your generous donations of time and money we had well over 100 volunteers who helped us pack over 20,000 meals to reach those in our local area who are less fortunate than we are. The event created a sense of community and love that we all felt and we appreciate all of those who participated. **We are doing it again!** The more money we raise the more meals we can pack. With $6250 we can pack 25,000 meals. Think about all of the lives we can help. But we also need you all to come again and participate. Please, make it a priority on April 2 and put it on your calendar! We are looking for no fewer than 12 volunteers from each of the following: The Choir, The Men's Ministry; the Antiochian Women; the Young Adult Fellowship; Teen SOYO, The Council, the ushers and chanters, and the parish at large! People of all ages can participate in this wonderful event. We need to show our local community that their Orthodox brethren love and care for them. Please see Carol Laham to make a donation or sign up to pack the meals.