

	Bread of Holy Oblation	Fellowship Hour
12 Jan	Metody Tilev/IMO Atanas & Ivanka Layla Shaheen/IMO Hayfa Assalley	Metody Tilev/IMO Atanas & Ivanka Parish Council/In Honor of His Eminence The Most Reverend Metropolitan JOSEPH
19 Jan	George & Grace Malouf CassisFamily/Memorial Wheat	Michael & Nadia El-Hage & Denise Bolus
26 Jan	Everett & Tammy Alvarez Soad Shammias/IMO Kamal Boullata	Open
02 Feb	Donna Gavin	Open
09 Feb	Leila Ayoub/IMO Charlie Ayoub	Leila Ayoub/IMO Charlie Ayoub

**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 Kogok Hall.

**SS. PETER AND PAUL ANTIOCHIAN ORTHODOX
CHURCH**

10620 River Road Potomac Maryland 20854 • 301-765-3400 • www.peterpaulpotomac.org

Kindly keep all cell phones turned off or muted while in Church. Thank you.

PRIESTS

Very Reverend
Fr. Isaac Crow
frisaac@peterpaulpotomac.org
(301) 765-3400 #1 office
(401) 300-8238 cell
(240) 489-3494 home

Reverend
Fr. Luke Toumi
frluke@peterpaulpotomac.org
(301) 765-3400 #2 office
(610) 844-2583 cell

DEACON
Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

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Vice Chairperson
Ken Bailey
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Michael El-Hage
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Jerry Audi
Michael El Araj
Abraham Fannoney
Sam Khalil

ALTAR Manager
Peter Aburdeineh

SERVERS
Captains -
Andrew Erickson
Rashid Haddad
Thomas Zook

SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH
Antiochian Orthodox Christian Archdiocese of North America
H.E. Metropolitan JOSEPH

Archbishop Primate
All Things Are Possible to Him Who Believes

Matins: Sundays 9:30am
Divine Liturgy: Sundays 10:30am

SUNDAY, JANUARY 12, 2020
tone 5 / EOTHINON 8
SUNDAY AFTER THE THEOPHANY OF CHRIST
MARTYR TATIANA OF ROME AND THOSE WITH HER;
MARTYR PETER ABSALOM OF PALESTINE;
VIRGIN-MARTYR EUTHASIA;
MARTYR MERTIOS OF MAURETANIA

APOLYTIKION OF THE THEOPHANY OF CHRIST (Tone 5)

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 THE THEOPHANY OF CHRIST (Tone 1)

When Thou, O Lord, wast baptized in the Jordan, worship of the Trinity wast made manifest; for the voice of the Father bore witness to Thee, calling Thee His beloved Son. And the Spirit in the likeness of a dove confirmed the truth of His word. O Christ our God, Who hast appeared and enlightened the world, glory to 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 OF THE THEOPHANY OF CHRIST (Tone 4)

*(**The original melody**)*

On this day Thou hast appeared * unto the whole world, * and Thy light, O Sovereign Lord, * is signed on us who sing Thy praise * and chant with knowledge: Thou hast now come, * Thou hast appeared, O Thou Light unapproachable.

Someone is tested through the trials of life. It is there that you see if he has real love, a true spirit of sacrifice. And when we say that someone has the spirit of sacrifice, we mean that at the time of danger he does not consider himself but thinks of others.

*Elder Paisios of Mount Athos
Spiritual Counsels Vol. II Spiritual Awakening 228*

When Are We in Condition to Receive Holy Communion?

In the Orthodox Christian Home

By Anthony M. Coniaris

Fulton Oursler tells about an incident in his childhood when his mother, after dressing him in his Sunday best, warned him not to get off the front steps. “We’ll be walking over to see your aunt,” she promised, “and I want you to be neat.”

He waited obediently until the baker’s son came along and called him a sissy. Soon they got into a fight and the next thing Fulton knew he was sitting in the middle of a mud puddle. With a twinge of conscience he returned to the front steps.

Presently, down the street came the ice-cream peddler, pushing his cart. Forgetting his disobedience, Fulton ran indoors and begged his mother for a penny.

“Just look at yourself!” she exclaimed. “You’re in no condition to ask for anything.”

There are many persons who feel the same way about receiving Communion. How often we hear people say, “I’m in no condition to receive Communion.” When is a person “in condition” to receive Communion?

Have you ever had the feeling on a particular occasion that you shouldn’t take Communion? Many of us have that feeling occasionally. We feel unworthy; we feel that it would be hypocritical to take Communion; we feel that we aren’t “good enough” to participate. I think this is a good feeling to have before Communion. No Christian should ever come to Communion with the feeling that he deserves to come because he is “good enough.” If anyone has this feeling, he should not come. For this is a good sign that he is not good enough; that his soul has been poisoned by the sin of pride.

There is one thing we should always remember about Communion. And it is this: When the Lord Jesus invites us to Communion, He is calling us not to PERFECTION but to CONFESSION. If we are not “good enough” -as none of us is- then let us repent and come to confession to receive the Lord’s forgiveness, to let Him cleanse us, to let Him make us worthy. “Him that cometh to me I will in no way cast out,” said Jesus.

It is important to let our children know when they are in condition to receive Christ. We must keep the door open for them to keep coming to this great sacrament which unites us to Christ and to each other.

Ss. Peter and Paul Orthodox Church News and Events

CHURCH SCHOOL 2019-2020

We encourage all of our students to attend liturgy on Sundays. Please use the following link to register your children for the 2019-2020 Church School Year : <http://tinyurl.com/registerSunSchool>. For Newsletter <https://tinyurl.com/y48hecxe>

Jan 12 *No Church School

TEEN SOYO

Ss. Peter & Paul Teen Youth Ministry Group (Teen SOYO) is open to all teens of the Parish (13— 19 years). The teens meet regularly for social, spiritual, and community outreach events.

Lav Advisors: see list on page 2

YOUNG ADULT FELLOWSHIP

The Ss. Peter & Paul YAF welcomes all young people over 21 years of age to join in its social, educational, and outreach activities. Please contact Amal Michael at amal17m@yahoo.com for more information.

ANTIOCHIAN WOMEN

*Please pay your annual dues of \$25 to help support our outreach and charitable projects. **All women are members and are welcome.** Checks can be given to Janet Metz.

*For future notices and any questions, please provide your email address to Donna Gavin at crazygavins@verizon.net

Jan 12 *Christmas Luncheon/1:00p/Wildfire @Tysons Corner (see Lorna Malooley for more information)
Jan 19 *Book Club Meeting/following Liturgy (*Our Thoughts Determine our Lives: The Life & Teachings of Elder Thaddeus of Vitovnica*)
March *Antiochian Women's Month
Mar 07 *Tea with Ladies of St. George (more info to follow)
Mar 13 *Annual Lenten Retreat/Antiochian Village (see Flyer in Narthex and/or Donna Gavin for more info)
Spring *Bakeless Bake Sale/AOCWNA/Helen Khalil
May 9 *Fashion Show/Westwood Country Club, Vienna, VA Looking for awesome models for the fashion show. Please consider volunteering. Contact Riham Saah rdsaaah@gmail.com (more details to follow)

"EXPLORING OUR FAITH": ON WHEELS

Will be back on the road again soon. If you are interested in hosting one of these every-other-week week-night meetings, please send Fr Luke an email (frluke@peterpaulpotomac.org). He will check in with you on the dates the work best for you.

We are looking forward to moving these bi-weekly meetings around so its closer to your home at some point. Our goal is to drive no more than 15 minutes to get there.

If you are willing to host one of these meetings in the future, here is the deal: Number of attendees can be limited to fit in your space. You can host as few as 5 people if that is all you can seat (on-floor seats are premium). Only hot drinks are served. No food involved. Meeting time can be: 7:00-8:30 or 7:30-9:00 pm.

THE SS. PETER & PAUL PARISH LIBRARY & MEDIA CENTER

houses the Parish Library, audio visual materials, and Christian educational resources. Donations of books or materials related to the history, tradition and teaching of the Church and the Orthodox Faith are welcome. All are welcome to use the center. Please contact the Church office for more details.

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 to visit, and to reach out to our elderly brethren. All those willing to help please contact the Church office.

CHURCH CALENDAR

Jan 11-12 *Pastoral Visit by His Eminence Metropolitan JOSEPH
Jan 12 *Antiochian Women/Christmas Luncheon/1:00p/Wildfire @Tysons Corner
Jan 18 *Need Volunteers to take down the Christmas decorations/10a.
 *Community Night/6p-9p/look for email with details to follow
Jan 19 *Book Club Meeting/following Liturgy (*Our Thoughts Determine our Lives: The Life & Teachings of Elder Thaddeus of Vitovnica*)
March *Antiochian Women's Month
Mar 07 *Tea with Ladies of St. George (more info to follow)
Mar 08 *Sunday of Orthodoxy
Mar 13 *Antiochian Women Annual Lenten Retreat/Antiochian Village (See flyer in Narthex and/or Donna Gavin for more info)
Apr 3-5 *Men's Fellowship Annual Lenten Pilgrimage & Spring Retreat/Antiochian Village & open to all (see Men's Fellowship box and/or Abe Fannoney for more info)
May 9 *Antiochian Women's Fashion Show/Westwood County Club, Vienna, VA (more details to follow)
Jun 24-28 *Parish Life Conference/Antiochian Village (see Men's Fellowship box below for more info).

MEN'S FELLOWSHIP

The Men's Fellowship ministry of Ss. Peter and Paul is to serve the church through charitable outreach, educational and service projects which strengthen and deepen the faith of its members and develop a fellowship of Orthodox Christian servants. Contact Abe Fannoney at afannoney@gmail.com or Fred Zacharia at fredzach@verizon.net for more information.

- 1. VOLUNTEERS NEEDED:** We will be taking down the Christmas decorations in the church on Saturday, January 18 starting at 10 AM. Help is needed. Please mark your calendar and come to help.
- The Eastern Dioceses will be holding its Annual Lenten Pilgrimage & Spring Retreats on April 3-5, 2020 at the Antiochian Village. **This retreat is open to everyone.** In addition to Liturgy and services, there will be a number of speakers who will lead us in retreats for teens, young adults, parish council members and others. There will also be a visit to the grave site of Saint Raphael. Last year's retreat sessions were very successful and informative. Let's see that Ss Peter & Paul is represented this year.
- The annual Eastern Diocese Parish Life Conference will take place at the Antiochian Village on June 24-28, 2020. In addition to the visit and service at the grave site of Saint Raphael, events include liturgical services, speakers, social events, the annual Bible Bowl and oratorical contest. Everyone is welcome to part or all of the Conference. Please mark your calendar and let's see that Ss Peter and Paul is well represented this year.

THE EPISTLE

Sunday after Theophany of Christ)

Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.
The Reading from the Epistle of St. Paul to the Ephesians. (4:7-13)

Brethren, grace was given to each of us according to the measure of Christ's gift. Therefore, it is said, "When He ascended on high He led a host of captives, and He gave gifts to men." (In saying, "He ascended," what does it mean but that He had also descended into the lower parts of the earth? He who descended is He who also ascended far above all the heavens, that He might fill all things.) And His gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.

THE GOSPEL

(For the Sunday after Theophany of Christ)

The reading from the Holy Gospel according to St. Matthew. (4:12-17)

At that time, when Jesus heard that John had been arrested, he withdrew into Galilee; and leaving Nazareth he went and dwelt in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled: "The land of Zebulun and the land of Naphtali, toward the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned." From that time Jesus began to preach, saying, "Repent, for the kingdom of Heaven is at hand."

HOUSE BLESSINGS

After celebrating the Feast of Theophany and the Blessing of the Water, starts the season of **house blessings**.

This is an opportunity for the priest to meet every family and to know them more. It also brings the blessing of the church community to each and every household and neighborhood, especially that our homes are the small churches which make up the entire church community.

If you are interested in scheduling a house blessing, please contact Fr Luke (frluke@peterpaulpotomac.org).

Please consider a time when your entire family is present, especially little and not-so-little children.

CHURCH SCHOOL

Directors

Samia Zolnerowich
Jennifer Buchko

Teachers

Jumana Misleh
Susan Kozlov
SaraAyoub
Michelle Zook
Beth Davis
Alma Jean Zaki
Jennifer Montgomery
Kinda Callas
Dara Potter
Stephen Zolnerowich
Caroline Jarboe
Elizabeth El-Hage
Jaren Sams
Philip Allen
Nathaniel Guinn

MEN'S FELLOWSHIP

Abe Fannoney

ANTIOCHIAN WOMEN

Donna Gavin

TEEN SOYO

Lav Advisors

Stephen Zolnerowich
Riham Saah
Ken Bailey
Juliana Natour
Maya Saah
Kinda Callas
Sanaa Natour

Officers

Tia Saah
Nick Shahin
Tala Natour
Rylee Isaac

YOUNG ADULT

FELLOWSHIP

Amal Michael

FACILITY

MANAGEMENT

Sam Berberian
Abe Fannoney

RENTAL

COORDINATOR

Barbara Abraham
George Rados

CHARITIES &

ST. IGNATIUS

Sam Khalil

FINANCE

Salim Habayeb

STEWARDSHIP

Zeina Manasseh

GIFT SHOP

Alma Jean Zaki
Gail Bailey
Meghan Zoto
George Zoto

Commemorations

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 Service starts on p. 91
 The Creed ~ p. 110
 The Lord's Prayer ~ p. 118
 The Communion Prayer ~ p. 121-122
 The Prayer of Thanksgiving p. 125

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.

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.

Parishioners who remain in our prayers continually

Rt. Rev. Fr. Elias Bitar Kh. Rebecca Alford	Rt. Rev. Daniel Griffith Kh. Ann Anderson
Ann Marie Moses Isabel Thredch Joyce Hamaty Holly Dubois Sophie Neam George & Joan Abraham Michael Buchko, Sr. Leila Khoury Bob & Shirley Neri Brian Briggs	Kevin Pinkstaff Nabeeha Ayoub Barbara Mullin Suad Shammas Miriam Yazge Lulu Brown Edward Rizkallah Shoke George Douglas Kalesh
	Nijmeh Zayed Allison Ayoub Egge George & Chris Brown Robert & Thelma Badwey Barbara Abraham Ibtisam Toubaji Dorothy Marge Assad & Patricia Khoury Ted Milkovich

DEPARTED
 Fr. George Rados
 Atanas & Ivanka Tilev
 Hayfa Assalley
 Susan Shahade

LIVING

Archpriest Isaac & Kh. Dolly	Fred & Sherric Zacharia	George Ellis
Ramona Dora	Anastacia Lampathakis	Ibrahim Mazen Saah
Yeorgos Lampathakis	Geffen Franus	Halim & Hayat Barakat
Sami Korban	Vilma Bellone	Ricky M. Ayoub
Audree Yacoub	Michael Piechocinski	George Hyder
Paul Misleh	Layla Shaheen & Family	Martha Haddad
Amir & Sarah Abu-El-Hawa	Lorna Malooley & Family	Metody & Juliana Tilev & Family
James & Nora Ayoub	Layla Shaheen & Family	Patrick Farah
George Rados & Family		
Edward, Ritamarie, Emilia & Viviana Saa		
Lidia, Ghassan, Adeeb, Farah & Hiba & families		
Taso, Michele & Timothy Markatos		

MEMORIALS
 Atanas & Ivanka Tilev
 Hayfa Assalley/40-day

CHURCHING
 Ava Chiara Eisnaugle.

HOLY BREAD OF OBLATION OFFERED BY:
 Metody Tilev & Family/IMO Atanas & Ivanka Tilev
 Layla Shaheen/IMO Hayfa Assalley

MEMORIAL WHEAT:
 Metody Tilev & Family/IMO Atanas & Ivanka Tilev
 Layla Shaheen/IMO Hayfa Assalley

FELLOWSHIP OFFERED BY:
 Metody Tilev & Family/IMO Atanas & Ivanka Tilev

The Parish Council/In Honor of His Eminence The Most Reverend Metropolitan JOSEPH

OCMC News

**Here are just some of the upcoming short-term OCMC mission teams:

- June 17-26 **Columbia:** Offer the teaching of the Orthodox faith northern Columbia. Help foster a deeper understanding of Orthodoxy for the children, youth and adults of these newly established communities.
- June 17-30 **Guatemala:** Offer youth and adult catechism, experience worship services, and encourage the faithful in Guatemala where people desire to learn and deepen their faith.
- June 22 - July 4 **Indonesia:** Assist the Orthodox Church in Indonesia by being part of the youth and family-focused ministry in Bali.

Please chat with **Sam and Mike, our current Ss Peter and Paul short-term missionaries about their upcoming medical mission!