

	<b>Bread of Holy Oblation</b>	<b>Fellowship Hour</b>
<b>26 Jan</b>	Everett & Tammy Alvarez Suad Shammam/IMO Kamal Boullata Muhawi Family/IMO George Muhawi	Everett & Tammy Alvarez
<b>02 Feb</b>	Donna Gavin	Open
<b>09 Feb</b>	Leila Ayoub/IMO Charlie Ayoub	Leila Ayoub/IMO Charlie Ayoub
<b>16 Feb</b>	Open	Open
<b>23 Feb</b>	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 Kogok Hall.

**SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH**  
10620 River Road Potomac Maryland 20854 • 301-765-3400 • [www.peterpaulpotomac.org](http://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  
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Dn. Christian Manasseh  
DnChristian@peterpaulpotomac.org

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**Vice Chairperson**  
Ken Bailey  
**Treasurer**  
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**Secretary**  
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Rana Callas  
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Michael El Araj  
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**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 26, 2020**  
**tone 7 / EOTHINON 10**  
**THIRTY-SECOND SUNDAY OF PENTECOST**  
**& FIFTEENTH SUNDAY OF LUKE (“ZACCHAEUS”)**

VENERABLE XENOPHON, HIS WIFE, MARY, AND THEIR TWO SONS,  
ARKADIOS AND JOHN, OF CONSTANTINOPLE;  
TRANSLATION OF THE RELICS OF VENERABLE THEODORE THE STUDITE

**RESURRECTIONAL APOLYTIKION (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 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.

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.

**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.

*Love every man in spite of his falling into sin. Never mind the sins, but remember that the foundation of the man is the same - the image of God.*  
*St. John Kronstadt*

**MAKING GOD REAL**  
*In the Orthodox Christian Home*  
**The Power of Encouragement /Affirmation**

**By Anthony M. Coniaris**

What children need most is encouragement: the encouragement of God, which we have; the encouragement of the Scriptures, which we have; and the encouragement of God’s people, especially parents toward their children, which we do not always have. And which we so desperately need. One person shared that when he was a child, his mother would whisper in his ear as she tucked him into bed. “You’re such a special child, I think God must have sent you to do something special. I hope you find out what it is.” He said, “I didn’t know until years later that she was whispering the same thing to my sister and little brother.” Isn’t this the way Jesus treated people-people like Zacchaeus, the Samaritan woman, Peter who denied him three times, and so many others? Through His forgiveness Jesus encouraged people to grow and achieve their full potential as children of God. This is how Zacchaeus the dishonest tax collector went on to become Zacchaeus the benevolent philanthropist; this is how the adulterous Samaritan woman who had five so-called “husbands” became St. Photini, one of the first evangelists; and this is how the weak, vacillating Peter became Peter the Rock, the chief of the apostles. The encouragement sinners received through Christ’s forgiveness made them new persons.

One of the good points of modern psychology is the emphasis that is placed on affirmation. We all have a deep need to be affirmed, encouraged, and praised. Psychologists have recognized that there is so much tearing down going on in our culture that people are destroying one another with words. One psychologist discovered that the average child receives 431 negative messages on an average day: “Your shirt is filthy . . . Your closet is a mess . . . Your hair is too long . . . Get off the phone-now! etc.” One parent prayed at the end of the day, “Another day gone by and not once did I say, ‘I love you. Dear Lord, forgive me.’”

Criticism keeps telling people they are no good. Yet what people need most is not criticism but encouragement. People have a way of becoming what they are encouraged to be, not what they are nagged to be. How often we try to transmit values by criticism, “Why is your room so messy?” “Why are you so careless about money?” Yet how often do we praise our children when their rooms are neat or when they have handled money well? Values are transmitted far more effectively through praise than through criticism, fear and guilt. One father said that once when his daughter was 11 years old, he asked her, “Cathy, do you know that I love you?” She answered, “I’ve always sort of thought you did, but you’ve never told me.” How long will Cathy have to wait?

***If a Child Lives with . . .***

- If a child lives with criticism, she learns to condemn.*
- If a child lives with hostility, he learns to fight.*
- If a child lives with fears, she learns to be apprehensive.*
- If a child lives with jealousy, she learns to feel guilty.*
- If a child lives with encouragement, he learns to be confident.*
- If a child lives with tolerance, she learns to be patient.*
- If a child lives with praise, he learns to be appreciative.*
- If a child lives with acceptance, she learns to love.*
- If a child lives with approval, he learns to like himself*
- If a child lives with fairness, he learns what justice is.*
- If a child lives with honesty, she learns what truth is.*
- If a child lives with security, he learns to have faith in himself and in those about him.*
- If a child lives with friendliness, she learns that the world is a good place in which to live.*

*Anonymous*

# 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>

## 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.

**Feb 21-22** \*St. Mary's Winter Retreat. See Tala Natour for more info.

**Lay 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](mailto: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](mailto:crazygavins@verizon.net)

**2020**  
**Feb 23** \*Antiochian Women/Club Mtg./LL Conf. Rm to Follow Church School

**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 [rdsaah@gmail.com](mailto:rdsaah@gmail.com) (more details to follow)

## 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 Sam Khalil [sk1943@aol.com](mailto:sk1943@aol.com) or Fred Zacharia at [fredzach@verizon.net](mailto:fredzach@verizon.net) for more information.

## OCMC News

- *Everyone* is cordially invited to a meet and talk with Jennifer Rice, a **long-term missionary** to Guatemala on **Saturday evening, February 15<sup>th</sup> at 7:30 PM** at St. Katherine's Greek Orthodox Church, Falls Church, Virginia, Chelpon Hall (small hall on the right side of the church) for coffee and dessert, and most of all, good fellowship learning about Orthodox Christianity in Mexico and Guatemala! *We hope everyone, and especially teens and young people may come to this presentation. (Jennifer was a high school teacher, and would enjoy talking with young people.)* Contact Bosworths for more information, as Jennifer will be staying with them that weekend in February.
- Our short-term missionaries to Guatemala (Sam and Mike) have just purchased their tickets for travel. Be sure to chat with them on other updates on their mission trip!

## "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](mailto: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

**Feb 08** \*Community Night/6p-9p (see below for more info)

**Feb 17** \*Church office closed/Federal Holiday

**Feb 23** \*Antiochian Women/Club Mtg./LL Conf. Rm to Follow Church School

**March** \*Antiochian Women's Month

**Mar 02** \*Great Lent

**Mar 07** \*Tea with Ladies of St. George (more info to follow)

**Mar 08** \*Sunday of Orthodoxy

**Mar 13-15** \*Antiochian Women Annual Lenten Retreat/Antiochian Village

(See flyer in Narthex and/or Donna Gavin for more info)

**Apr 3-5** \*Eastern Dioceses Annual Lenten Pilgrimage & Spring Retreat/Antiochian Village & open to all (see below and/or Abe Fannoney for more info)

**Apr 19** \*Great & Holy Pascha

**May 9** \*Antiochian Women's Fashion Show/Westwood County Club, Vienna, VA (more details to follow)

**Jun 24-28** \*2020 Parish Life Conference/Antiochian Village (see below for more info)

## COMMUNITY NIGHT

**Saturday, February 8th/6p-9p**

Bingo game to support charity and Magic Show to entertain the children. It's a potluck dinner so bring your favorite dish!

## THE EPISTLE

(For the Thirty-second Sunday after Pentecost)

*The Lord will give strength to His people.*

*Ascribe to the Lord, O sons of God; ascribe to the Lord honor and glory.*  
**The Reading from the First Epistle of St. Paul to St. Timothy. (4:9-15)**

Timothy, my son, the saying is sure and worthy of full acceptance. For to this end we toil and strive, because we have our hope set on the living God, Who is the Savior of all men, especially of those who believe. Command and teach these things. Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity. Until I come, attend to the public reading of scripture, to preaching, to teaching. Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you. Practice these duties; devote yourself to them, so that all may see your progress.

## THE GOSPEL

(For the Fifteenth Sunday of Luke—"Zacchaeus")

**The reading from the Holy Gospel according to St. Luke. (19:1-10)**

At that time, Jesus entered Jericho and was passing through. And there was a man named Zacchaeus; he was a chief tax collector, and rich. And he sought to see Who Jesus was, but could not, on account of the crowd, because he was small of stature. So he ran on ahead and climbed up into a sycamore tree to see Jesus, for He was to pass that way. And when Jesus came to the place, He looked up and said to him, "Zacchaeus, make haste and come down; for I must stay at your house today." So he made haste and came down, and received Him joyfully. And when they saw it they all murmured, "He has gone in to be the guest of a man who is a sinner." And Zacchaeus stood and said to the Lord, "Behold, Lord, the half of my goods I give to the poor; and if I have defrauded anyone of anything, I restore it fourfold." And Jesus said to him, "Today salvation has come to this house, since he also is a son of Abraham; for the Son of man came to seek and to save the lost."

## CHAIRTY OF THE MONTH

The Charity for January, 2020 is Syrian Orphanages.

## 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](mailto: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**

Sam Khalil

## **ANTIOCHIAN WOMEN**

Donna Gavin

## **TEEN SOYO**

### **Lay 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.

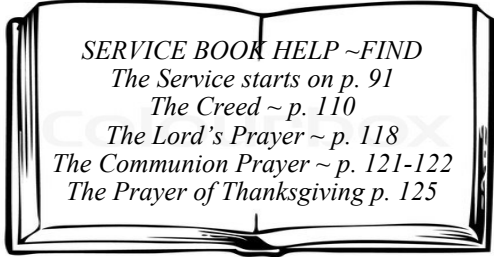
**Welcome to Ss. Peter and Paul**  
 To encourage our worship in a proper spirit of prayer and devotion, we respectfully ask you to enter the sanctuary quietly during the Divine Liturgy.

**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.



**HOLYBREAD OF OBLATION OFFERED BY:**  
 Everett & Tammy Alvarez  
 Suad Shammas/IMO Kamal Boullata  
 The Muhawi Family/IMO George Farhat Muhawi

**MEMORIAL WHEAT OFFERED BY:**  
 The Muhawi Family/IMO George Farhat Muhawi

**FELLOWSHIP OFFERED BY:**  
 Everett & Tammy Alvarez

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**

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

**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	Adam Farah	Patrick Farah
Paul Misleh	James & Nora Ayoub	Lorna Malooley & Family
Daoud Khairallah	Nancy Nye & Mubarak Awad	The Kalesh Family
Lily Farhoud	Siham Ayoub & Family	Shammas & Boullata Families
Jesscia Huang	Mullin & Lewis Families	Amir, Sarah & Abraham Abu-El-Hawa
Muhawi Family		

Everett, Thomasine, Bryan, Marc, Jennifer, Caleb, Genevieve  
 Thelma, Bob & Family  
 Lidia, Ghassan, Adeeb, Farah & Hiba & Families  
 Edward, Ritamaric, Emilia & Viviana Saa

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**

Fr. George Rados  
 Barbara Mullin  
 George Farhat Muhawi  
 Douglas Kalesh  
 Abdallah Ayoub  
 Charlie Ayoub  
 May Woodward  
 Shakir T. ILyas  
 Roujina K. ILyas  
 Everett Alvarez, Sr.  
 Sally Alvarez  
 Eddie Khorey  
 Kamal Boullata

**MEMORIAL SERVICE**  
 Kamal Boullata/6 months  
 George Farhat Muhawi

**2020 ANNUAL LENTEN PILGRIMAGE & SPRING RETREAT**  
 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.

**2020 PARISH LIFE CONFERENCE**  
 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.