

	Bread of Holy Oblation	Fellowship Hour
26 Jan	Everett & Tammy Alvarez Suad Shammas/IMO Kamal Boullata Muhawi Family/IMO George Muhawi	Everett & Tammy Alvarez
02 Feb	Donna Gavin	Open
09 Feb	Leila Ayoub/IMO Charlie Ayoub	Leila Ayoub/IMO Charlie Ayoub
16 Feb	Open	Open
23 Feb	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

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

PRIESTS

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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/y48ecxe>

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 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

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
May 9 *Bakeless Bake Sale/AOCWNA/Helen Khalil
*Fashion Show/Westwood Country Club, Vienna, VA
Looking for awesome models for the fashion show.
Please consider volunteering. Contact Riham Saah rdsah@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 or Fred Zacharia at 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 15th 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). 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).

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
Sara Ayoub
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 Isaacs

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 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.

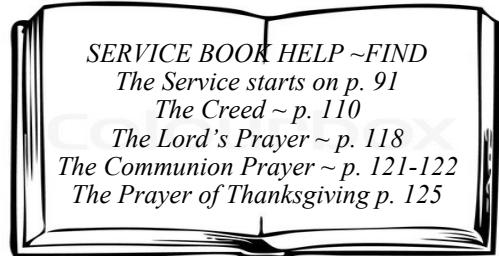
PLEASE DO NOT ENTER OR EXIT THE SANCTUARY AS

- 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:

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

LIVING

Archpriest Isaac & Kh. Dolly

Ramona Dora	Fred & Sherrie Zacharia	George Ellis
Yeorgos Lampathakis	Anastacia Lampathakis	Ibrahim Mazen Saah
Sami Korban	Geffen Franus	Halim & Hayat Barakat
Audree Yacoub	Vilma Bellone	Ricky M. Ayoub
Paul Misleh	Adam Farah	Patrick Farah
Daoud Khairellah	James & Nora Ayoub	Lorna Malooley & Family
Lily Farhoud	Nancy Nye & Mubarak Awad	The Kalesh Family
Jesscia Huang	Siham Ayoub & Family	Shammas & Boullata Families
Muhawi Family	Mullin & Lewis Families	Amir, Sarah & Abraham Abu-EHawa

Everett, Thomasine, Bryan, Marc, Jennifer, Caleb, Genevieve
Thelma, Bob & Family
Lidia, Ghassan, Adeeb, Farah & Hiba & Families
Edward, Ritamarie, 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.