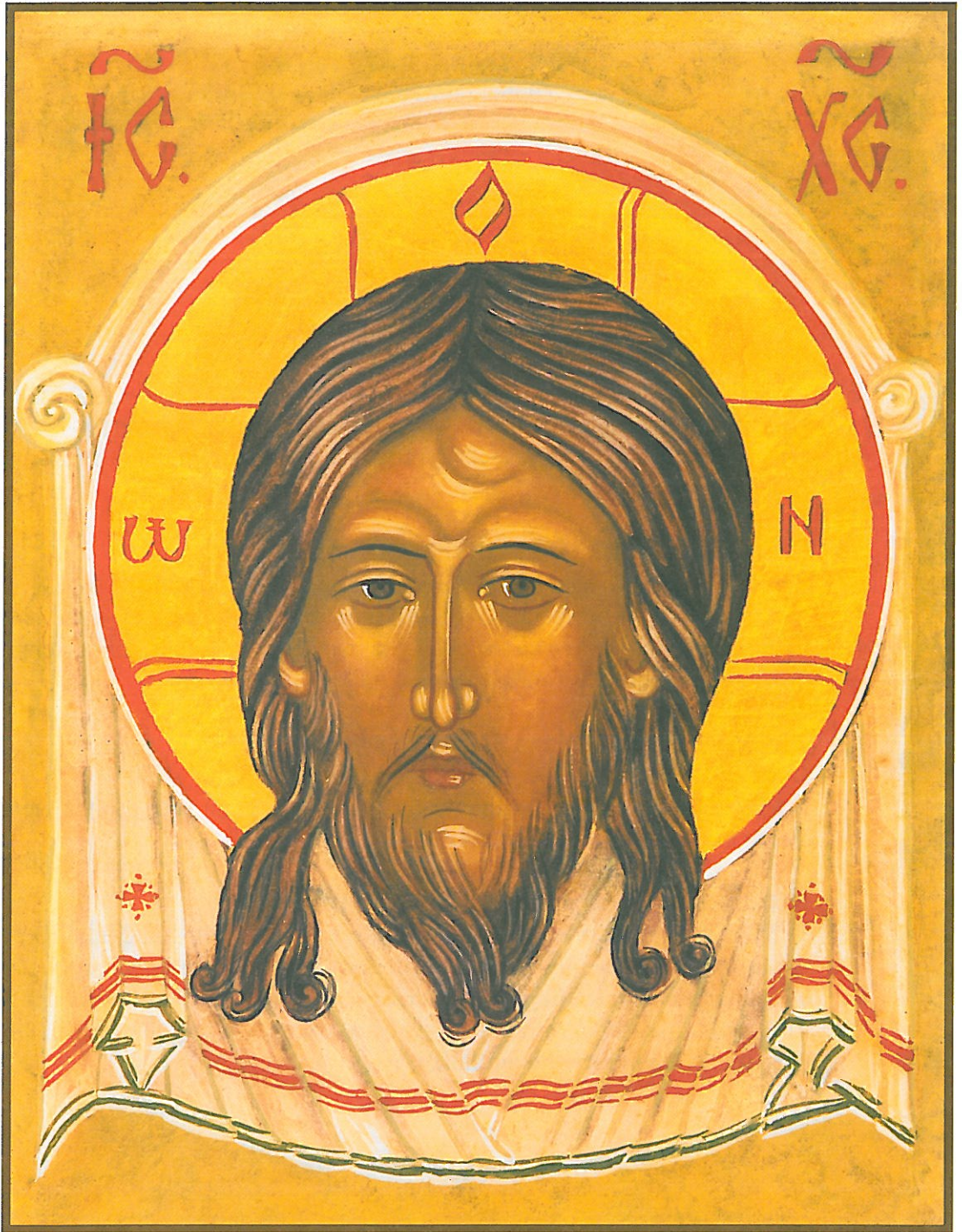


MARCH 2, 2014



# SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH

*All Things Are Possible to Him Who Believes*

## **Priests**

Very Reverend  
Fr. George Rados  
frgeorge@peterpaulpotomac.org  
Very Reverend  
Fr. Isaac Crow  
frisaac@gmail.com

**Matins:** Sundays 9:30am

**Divine Liturgy:** Sundays 10:30am

**Confessions:** call to schedule

## **COUNCIL**

### **Chairman**

David Jackson

### **Vice Chairman**

George Salem

### **Secretary**

Caroline Emad

### **Treasurer**

Abdullah Daoud

### **Members**

Frank Abdow

Jerry Audi

Rida Boulos

Anita El-Araj

Gary Farha

Dr. Bassem Haddad

Maha Jweied

Lorna Malooley

Wayne Parr

Steve Simon

Metody Tilev

**Sunday, March 2, 2014**

Sunday of Forgiveness (Cheese Fare)

**On this day we commemorate:** Martyr Hesychios the Senator;  
Theodotos, bishop of Cyrene in Cyprus; Virgin-martyr Euthalia of Sicily;  
Arsenius, bishop of Tver

## **RESURRECTIONAL APOLYTIKION (Tone 3)**

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the great mercy.

## **Church Secretary**

Janet Tate  
office@peterpaulpotomac.org

## **Choir Director**

John Slanta  
slanta@verizon.net

## **Chanters**

Wayne Parr  
George Tannous

## **TROPARION of Ss. Peter & 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.

## **Ushers**

Jerry Audi  
Michael El Araj  
Abraham Fannoney  
Sam Khalil

## **KONTAKION for Forgiveness Sunday (Tone 6)**

O Thou Who guidest to wisdom, and givest understanding and intelligence,  
the Instructor of the ignorant, and Helper of the poor, strengthen my heart  
and grant it understanding, O Master. Give me word, O Word of the Father;  
for behold, I shall not refrain my lips from crying to Thee, O merciful One,  
have mercy upon me who am fallen.

## **ALTAR**

### **Manager**

Peter Aburdeineh

### **Servers**

Captains -

Robert Bridenhagen

Nicholas Zolnerowich

## THE EPISTLE (For Sunday of Forgiveness)

*Sing praises to our God, sing praises. Sing praises to our King,  
sing praises. O clap your hands, all ye nations.*

### **The Reading from the Epistle of St. Paul to the Romans (13:11-14:4)**

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

### **THE GOSPEL Matthew (6:14-21)**

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

#### **SUNDAY SCHOOL**

##### **Directors**

Samia Zolnerowich  
Jennifer Buchko

##### **Teachers**

Nicole Kyriakos  
Susan Kozlov  
Michelle Zook  
Jennifer Montgomery  
Ranya Eid  
Leila Taweel  
Hala Paskaleva  
Razan Abdallah  
Caroline Jarboe  
Anthony Eid  
Stephen Zolnerowich  
Anees Mokhiber

##### **Men's Club**

Bill Zook

##### **Ladies Auxiliary**

Ann Marie Moses

##### **Teen SOYO**

Robert Bridenhagen  
Layla Najjar  
Nick Zolnerowich  
Sarah Salem  
Phillip Allen  
Reema Guegel

##### **Fellowship of St. John**

Christine & Samer Korkor  
Christian & Zeina Manasseh

##### **Adornment**

Shams Akkawi

##### **Facility Management**

Bob Simon,  
George Rados Jr  
Nick Nahas

##### **Rental Coordinator**

Barbara Abraham

##### **Charities**

Sam Sahouri Ghanem

##### **Cultural**

Sami Najjar

##### **Finance**

Gary Farha

##### **Stewardship**

Lorna Malooley

### **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 enter the sanctuary quietly during the Divine Liturgy.

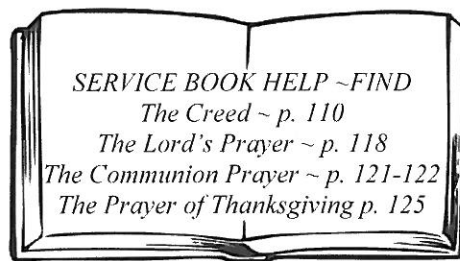
#### **PLEASE DO NOT ENTER OR EXIT THE SANCTUARY AS**

- 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 IS OFFERED BY: Mary Misleh**

**JELLOWSHIP HOUR IS OFFERED BY: John & Jumana Misleh & family**

# 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

Margaret Ashley

Abe, Lulu & George Brown

Issa Shammas

Ralph Farha

## LIVING

Richie Kogok

Nawal Musleh

Thelma & Bob Badwey

Mark Ghanim

Mary, Justin, Marc, Elizabeth & Robert  
Misleh

Michael Rafeedie & family

Lillian Zarou & family

Judy Gamble & family

Misleh family

Alexander, Natilia & Eleni Misleh

Madanat family

Baby George Michael Madanat

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

Badia Sackleh 1922

Norma Malahi 1915

Ramez Sarkis

Ellen & Essa Rafeedie

Hanna Misleh

Suleiman Rafidi

Mikhaeel Madanat

Jamileh Madanat

Sami Madanat

Nadia Madanat

Maiada Maamarbachi

Victoria Fanous

Freda Dacy

## Saints Peter and Paul Orthodox Church News

### ART FESTIVAL

The creative arts workshop is today, March 2nd from 12:15-2:00pm. A pizza lunch is provided for those who RSVPed to peterpaulsundayschool@gmail.com. All Sunday school students are invited to work on their entries for the festival during the workshop.

### FIRST WEEK OF GREAT LENT 2014

Please note: Wednesday March 5<sup>th</sup>—only for the first week of Lent—there will be no Pre-Sanctified Liturgy served at Ss. Peter & Paul Church. Fr. George is out of town, and Fr. Isaac will be giving a presentation at St. George Greek Orthodox Church in Bethesda, MD. The Faithful are invited to attend the Pre-Sanctified Liturgy *that* Wednesday, **March 5<sup>th</sup>** at 6:30pm at St. George's Greek Orthodox Church, 7701 Bradley Blvd, Bethesda, MD. The first Akathist service at Ss. Peter & Paul will be served on Friday, March 7<sup>th</sup> at 7:00pm, followed by a pot-luck supper and lecture in Kogok Hall.

### BYZANTINE MUSIC WORKSHOP

The next Byzantine Music workshop will be held Saturday, April 5<sup>th</sup> from 1:00-4:00pm. Intended to introduce attendees to the art of Byzantine chanting, sessions are open to all. Registration forms are available in the vestibule.

Contact Fr. Isaac Crow at frisaac@gmail.com or 301-765-9188.

### ANTIOCHIAN WOMEN FASHION SHOW

Mark your calendars for the 11<sup>th</sup> Annual Ladies Fashion Show Luncheon held at the Congressional Country Club on Saturday, May 10<sup>th</sup> at 11:30am. More information to follow. Questions? contact Rida Boulous at Frita18@aol.com.

### CATECHISM

Comes to us this week from Fr. Dr. Cornel Todeasa in his Practical Guide to Living the Orthodox Life entitled: Seek First the Kingdom!

### OUR LENT OF FAITH, HOPE AND LOVE

During Great Lent, we, the followers of Christ, are expected to make substantial progress in our spiritual lives by cultivating our Christian virtues. As St. Athanasius says,

*Fasting is a simple act. Because a real work of virtue is accomplished by him who not only abstains from food but every evil thing as well. In other words, if you fast certain foods but do not control your mouth against evil pronouncements, lie, perjury or accusation of your neighbor, if all these come out of your mouth you have wasted all your effort.*

The virtues that we are required to work on, above all, are **faith, love and hope**. These virtues are in relationship with the three dimensions of Lent: **abstinence, almsgiving and prayer**. Practicing abstinence helps our humility and faith. Giving alms strengthens our generosity and love, while offering prayer raises our hope.

**Fasting as abstinence from some foods is done in faith.** If fasting is done apart from faith, it is not fasting. Fasting is not like dieting, for successful dieting brings slim and vain bodies. Fasting, which is done in faith, brings humility. It slims and strengthens the **soul**. We keep the fast because God gave it to us. Jesus sets the perfect example of how to keep the fast when He says, *"When you fast do not fast as hypocrites . . . who like to appear to man to be fasting."* Our fasting is not for public display, but only for God Who is in the "secret place." And He *"who sees in secret will reward us openly"* (Matthew 6:18).

We should not compare our fasting with others, or even worse, judge others on their Lenten performance. The Pharisee in the Parable was judging his fellow man, and for this reason, his prayer was not valuable. We should fast like the Pharisee but also have the humility of the Publican — then our fasting covers a wide spectrum.

## Saints Peter and Paul Orthodox Church News

We should only measure how we carry out our own fasting by asking ourselves, "Did we do better at fasting today than we did yesterday, or than last year?" With humility, we should judge ourselves and consider the fact that our keeping of Lent, as anything else, is imperfect and that its worthiness is considered only by God.

**Fasting as almsgiving is an extension of our love.** Love without giving is dead. We can take love only if we give love. When we give, we have love for others and we have life. When we don't give, we become selfish, egotistical, and we nurture death in ourselves.

There is a beautiful illustration about the relationship between giving and life. In the Holy Land, there are two Seas. The Sea of Galilee is full of life. Many fish live in its water. The seashore is abundant in vegetation and life. The other is the Dead Sea where nothing grows. Its seashore is a desert.

The source of water for both is the Jordan River in which Our Lord was baptized. Why is there such a difference between the two? The explanation is simple. The Sea of Galilee receives the water then lets it pass through, giving it away. By giving away what it receives, life abounds in it. The Dead Sea keeps all of the water. It is stagnant.

It does not regenerate. Salt accumulates and all life in it is killed.

**There is a link between our prayers and the virtue of hope.** We pray because we believe and hope that God listens to us and that He is a loving God who forgives us. We pray and hope that we will be with Him in His Kingdom at His Second Coming. Through prayer, our hope grows stronger.

There is another important factor that makes Lent very compelling and that is the Last Judgment. Remembering that the day will come when we have to stand in front of the Heavenly Judge will help us turn away from the vanities of the world.

Lent is a self-imposed famine (abstinence), similar to the one the Prodigal Son suffered. This abstinence helped him to realize that the world, with its goods, will vanish, but that in the house of the Father,

there is plenty. Lent helps us to see the heavenly treasures, which will really satisfy us— the heavenly food and drink and the Living Water.

Like the Prodigal Son, we should also have that repentance and make the great return to the Father and His Kingdom. Lent is about the turnaround to the Lost Paradise. It is not easy, but the promise and the rewards are great.



### LOOKING AHEAD *Upcoming events...*

*Special Note: The Tuesday evening Adult Education Classes are suspended during Great Lent. All the faithful are encouraged to attend the Wednesday and Friday night Lenten services, and Friday night presentations.*

- Mar 2 - Sunday School Workshop @12:30pm
- Mar 3 - Lent begins
- Mar 5 - Pre-Sanctified Liturgy @6:30pm **at St. George's Church in Bethesda, MD**
- Mar 7 - Akathist Service @ 7pm followed by Byzantine Hymnology Lecture/Supper
- Mar 8 - House Blessing @5pm
- Mar 9 - House Blessing @1:45pm
- Mar 11 - Parish Council Meeting @7pm
- Mar 12 - Pre-Sanctified Liturgy @7pm
- Mar 14 - Akathist Service @7pm followed by Orthodox Iconography Lecture/Supper
- Mar 16 - Baptism of Isabella Rabie @11am
- Mar 19 - Pre-Sanctified Liturgy @7pm
- Mar 21 - Akathist Service @ 7pm followed by Eucharistic Preparation Lecture/Supper
- Mar 29 - Baptism of Angelina Robinson @1pm
- Mar 30 - Baptism of Ava Audi @1pm
- Apr 5 - Byzantine Music Workshop @1-4pm followed by Arabic Liturgy @5pm

## LENT IS A SPIRITUAL RETREAT

A number of churches conduct retreats for their people. These groups recognize that retreats are essential for the spiritual renewal of Christian believers. They recognize that people cannot know what it means to live the Christian way unless they come together for the special help that retreats give.

What is a retreat? How does it operate? In a retreat, a group of people get together in a place removed from their everyday business, working and family life. They get away from the distractions of the world and try to concentrate on the life of the spirit. It is a detachment from the constant hum-drum of the things that fill our lives. But it is a detachment with a purpose: to give people a chance for personal communion with themselves, with others and with God.

Our Church has a retreat for its faithful every year. It is the GREAT FAST, often called the GREAT LENT, which precedes the Feast of Pascha. It is a pilgrimage to Christ. The Church prepares its faithful for this retreat. For four Sundays, the Church gets people ready for this spiritual experience that continues for the six weeks of Lent.

One of the things the Gospel tells us is that we must forgive others their sins against us. God will not forgive us of our sins unless we forgive those who have wronged us in any way. It is no wonder that in many parishes a Sunday is designated as "Forgiveness Sunday," with special emphasis on the forgiveness of one another. The rule for forgiveness is clear: we are forgiven in measure to the forgiveness we grant others.

So during Great Lent, let us use this time to be led away from what is harmful or sinful. Let us move towards what is holy and beneficial.

*Icon by Nataliya Zharsky*

The Orthodox Weekly Bulletin . . . . . Vestal, Cliffwood, New Jersey . . . . . Litho in U.S.A.

### FELLOWSHIP HOUR AND BREAD OF HOLY OBLATION

	BREAD OF HOLY OBLATION	FELLOWSHIP HOUR
9		
16		Raja & Benitta Khoury
23		
30		
Apr 6		
13	Nahla George	Mary Misleh
20		~Paschal Agape Breakfast~
27		

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.