

	Bread of Holy Oblation	Fellowship Hour
03 Mar	Chris Malaska Gaith Kallas & Family/IMO Asmahan Haddad	Spaghetti Luncheon sponsored by the Men's Fellowship
10 Mar	Assaley Family	OCMC Ambassadors
17 Mar	Open	Open
24 Mar	Bellone Family/IMO George F. Khoury — HB & MW	Bellone Family/IMO George F. Khoury
31 Mar	Brown Family/IMO Abraham S. Brown & the health of Lulu M. Brown	Brown Family/IMO Abraham S. Brown & the health of Lulu M. Brown

**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
(401) 300-8238 cell
(240) 489-3494 home

Reverend
Fr. Luke Toumi
friluke@peterpaulpotomac.org
(610) 844-2583 cell
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DEACON
Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

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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, MARCH 3, 2019
TONE 7/EOTHINON 7

SUNDAY OF THE LAST JUDGMENT (MEAT FARE)

MARTYRS EUTROPIOS, KLEONIKOS, AND BASILIKOS OF AMASEA;
HIEROMARTYR THEODORETOS OF ANTIOCH

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.

KONTAKION FOR SUNDAY OF LAST JUDGMENT (Tone 1)

When Thou comest, O God, to earth with glory, and all creatures tremble before Thee, and the river of fire floweth before the Altar, and the books are opened and sins revealed, deliver me then from that unquenchable fire, and make me worthy to stand at Thy right hand, O righteous Judge.

It is impossible to stop our mind, which is ever-moving, from having thoughts, although it is within our power to feed it either with spiritual meditation, or with worldly concerns.

St. Moses the Ethiopian

ANTIOCHIAN VILLAGE CAMP LITURGY

Today, as on the first Sunday of every month, we celebrate the Divine Liturgy using the Antiochian Village Camp Liturgy. All the faithful are encouraged to join our young people under the direction of Kh. Rezanne and the chanters to sing this beautiful Liturgy as a congregation. Please sing along using the newly printed Liturgy Book in your pews.

BREAKING THE GRIP OF DEATH

by Fr. Ted Pulcini

Death is not just some biological process that happens at the end of life. It is an ever-present reality that presses in on us throughout our lives, sometimes more strongly, sometimes less so. Illness, despondency, hostility, aimlessness, malaise, isolation, ignorance, immorality, violence — these and thousands of other aspects of living in today’s world are constant reminders of death’s corrosive effects, chipping away at our well-being.

Certainly medicine and psychology have done their part in helping to fend off some of these “symptoms of death,” but they can go only so far. At its core, death is a spiritual reality. This accounts for why death’s noxious manifestations have been increasing in strength: fewer and fewer people are tending to their spiritual health. Some ignore it completely; others dabble in a “spirituality” of their own construction (a spirituality which inevitably becomes self-serving). Few avail themselves of the therapeutic and healing power of true Christianity spirituality — precisely because it requires a “taming” of the self and a commitment to a discipline that requires us to negate (rather than to pander to) the passions. Yes, the “work” of salvation has been done for us by Christ and is ever offered to us as a gift, but our sanctification requires that we accept that gift appropriately and profitably. Such acceptance requires cooperation on our part, a cooperation in which few seem willing to participate. God has provided all that we need, but are we doing our part?

Great Lent is a time for us to re-orient ourselves and re-commit ourselves to this cooperation. The Fast is meant to give us a good “shake,” to jar us out of our complacency, passivity, and indolence, to awaken us to the riches of grace that are constantly set before us. As St. John Chrysostom said so beautifully, “The table is rich-laden; feast ye royally thereon!”

The banquet of salvation, to which we are invited by the Risen Christ, is an eternal feast to which we are invited, but we must prepare ourselves for it. That is what Great Lent is for: we must prepare ourselves to enter that banquet chamber (see Matthew 22:1-14)! That preparation requires repentance, prayer, self-denial through fasting and almsgiving, and intensified communion with God, especially through the Eucharist and the special liturgical services in which the Holy Spirit is so powerfully present and active.

Death is tyrannical. Even nature yearns to be free from it. (I am always astounded at how quickly, after only a few days of sun and warmer temperatures, crocuses and daffodils anxiously struggle to push through the death of the frozen earth) We too, in our heart of hearts, yearn for freedom from this tyranny. Great Lent is the time to taste of that freedom, to taste of that eternal banquet of the Kingdom prepared for us by Christ through his Resurrection. As we move toward the celebration of the Resurrection, let us prepare ourselves for that never-ending feast!

Ss. Peter and Paul Orthodox Church News and Events

MARCH IS ANTIOCHIAN WOMEN'S MONTH

CHURCH SCHOOL 2018-2019

Registration for Church School is ongoing using this link: <https://goo.gl/forms/GQ6uQSnltimwJW2>, include your email as most Church school announcements go out to the entire parish. Please list all/allergies.

Check out our new online Church School Newsletter

<https://tinyurl.com/PeterPaulCSoctober>

Apr 7 *Pascha Prep Work

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.

Lay Advisors:

Zaid Sharafudin/Zaid.sharafudin@gmail.com (412) 708-6726 and Marian Azar/azaremarian@gmail.com (703) 297-9638

Mar 03 *Teen SOYO mtg/to follow Liturgy

Mar 16 *Teen SOYO retreat w/Fr. Nicholas Belcher/10a—1p

Mar 16-17 *Teen SOYO overnight retreat @Ss. Peter & Paul

Apr 12-14 *Spring Retreat/Antiochian Village/see flyer in Narthex.

Jun 26-30 *Parish Life Conference/@Antiochian Village (more details to follow)

YOUNG ADULT FELLOWSHIP

The Ss. Peter & Paul YAF welcomes all young people over 20 years of age to join in its social, educational, and outreach activities.

Please contact Wayne Parr at wayneparr@gmail.com or Amal Michael at amal17m@yahoo.com for more information.

Mar 16 *YAF Mtg. w/Fr. Nicholas Belcher/4p

ANTIOCHIAN WOMEN

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

*Please provide your email address to Donna Gavin @crazygavins@verizon.net for future notices.

MEN'S FELLOWSHIP

Mar 03 *Men's Fellowship Spaghetti Luncheon following Liturgy/all are welcome/details to follow

THE SS. PETER & PAUL PARISH LIBRARY & MEDIA CENTER

The new Parish Library and Media Center is up and running. The Center houses the Parish Library, audio visual materials, and Christian educational resources. The Center is located in the lower level inside room accessible from the Serge Malooley Conference Center room. 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 by following its user guidelines. Contact Fr. Isaac, Fr. Luke, or Dn. Christian for access and information.

"EXPLORING OUR FAITH"

Starting on **Wednesday, March 6, 2019**, our Adult Educational Forum "Exploring our Faith" will begin a series of outreach meetings held in both the Virginia and Maryland suburbs of WDC. The first meeting will be held in the home of Dn. Christian & Zeina Manasseh, 2030 Freedom Lane, Falls Church, VA from **7:00p—8:30p**. The topic will be "What is Great Lent?" All are welcome!

"EXPLORING OUR FAITH" THE SS. PETER AND PAUL ADULT RELIGIOUS EDUCATION FORUM

"Exploring Our Faith" meets every other Thursday evening **7:00p to 8:30p** in the Library & Media Center. The next meeting is **Thursday, March 7, 2019**. Fr. Isaac facilitates the Forums using brief presentations as a springboard to open discussion on a variety of topics concerning our faith. ALL ARE WELCOME. Contact Fr. Isaac at frisaac@peterpaulpotomac.org, Fr. Luke at frluke@peterpaulpotomac.org or Kate Niewenhaus at handmaidens20854@gmail.com.

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 coordinators of the group: George & Alma Jean Zaki at (georgezaki@gmail.com or ajmzaki@gmail.com), Alex Cox at (alexcoxells@gmail.com) or Fr. Isaac at (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 03** *Meat Fare Sunday
*Antiochian Village Camp Liturgy
*Men's Fellowship Spaghetti Luncheon following Liturgy/all are Welcome
*Teen SOYO mtg.
- Mar 06** **Exploring our Faith"/off-site meeting/7p-8:30p (see above for more Details)
- Mar 07** **Exploring our Faith"/on-site meeting/7p-8:30p (see above for more Details)
- Mar 09** *Baptism/Alexander George Assaley, IV/12:00p
- Mar 10** *OCMC Presentation by Michael Bosworth
- Mar 11** *Great Lent Begins/Service of the Great Compline/7p (see flyer in Narthex for complete Great Lent Schedule of Services)
- Mar 12** *Parish Council Mtg/7:30p/Serge Malooley Conf Rm (new start time)
- Mar 16** *Teen SOYO Retreat w/Fr. Nicholas Belcher/10a-1p
*Young Adult Fellowship Mtg. w/Fr. Nicholas Belcher/4p
- Mar 16-17** *Teen SOYO Overnight Retreat @Ss. Peter & Paul
- Mar 17** *Ss. Peter & Paul will host the Pan-Orthodox Sunday of Orthodoxy/ Vespers @5:00p/reception to follow in Kogok Hall
- Mar 23** *Baptism/William Jaxson Sullivan/12:00p
- Mar 24** *Memorial Service/George F. Khoury
*Memorial Service/Fahed Masarweh
*Baptism/Luke Behrooz Fekrat/1:30p
- Mar 31** *Second Gathering for Professionals @ Church/more info to follow
- Apr 6-7** *Pastoral Visit /H.E. Metropolitan JOSEPH
- Apr 06** *Baptism/Josephine Elizabeth Procelli/12:00p
- Apr 07** *Church School/Pascha Workshop
*Lenten Meals of Mercy project to follow Fellowship
- Apr 12-14** *Spring Retreat & Pilgrimage to Resting Place of St. Raphael/see flyer in Narthex
- Jun 26-30** *Parish Life Conference/more info to follow

THE EPISTLE

(For Sunday of the Last Judgment)

The Lord is my strength and my praise.

The Lord chastising hath chastised me, but He hath not delivered me over to death.

The Reading from the First Epistle of St. Paul to the Corinthians. (8:8-9:2)

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care, lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you—a man of knowledge—at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

THE GOSPEL

(For Sunday of the Last Judgment)

The Reading from the Holy Gospel according to St. Matthew. (25:31-46)

The Lord said, "When the Son of man comes in His glory, and all the angels with Him, then He will sit on His glorious throne. Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats, and He will place the sheep at His right hand, but the goats at the left. Then the King will say to those at His right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave Me food, I was thirsty and you gave Me drink, I was a stranger and you welcomed Me, I was naked and you clothed Me, I was sick and you visited Me, I was in prison and you came to Me.' Then the righteous will answer Him, 'Lord, when did we see Thee hungry and feed Thee, or thirsty and give Thee drink? And when did we see Thee a stranger and welcome Thee, or naked and clothe Thee? And when did we see Thee sick or in prison and visit Thee?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these My brethren, you did it to Me.' Then He will say to those at his left hand, 'Depart from Me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave Me no food, I was thirsty and you gave Me no drink, I was a stranger and you did not welcome Me, naked and you did not clothe Me, sick and in prison and you did not visit Me.' Then they also will answer, 'Lord, when did we see Thee hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to Thee?' Then He will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to Me.' And they will go away into eternal punishment, but the righteous into eternal life."

MISSION SUNDAY

On Sunday, March 10, 2019 "Mission Sunday", Michael Bosworth, one of our OCMC ambassadors, will offer a presentation on the Mission Trip last November to Guatemala. The OCMC Ambassadors will be offering the Fellowship Hour and there will be a Mission Information Booth during the Fellowship.

All are welcome!

CHURCH SCHOOL

Directors

Samia Zolnerowich

Jennifer Buchko

Teachers

Jumana Misleh

Susan Kozlov

Danielle Bellone

Michelle Zook

Ritamarie Saa

Jennifer Montgomery

Andrew Salem

Dara Potter

Layla Najjar

Caroline Jarboe

Stephen Zolnerowich

Nathaniel Guinn

Elizabeth El-Hage

Anees Mokhiber

AJ Wood

Philip Allen

MEN'S FELLOWSHIP

Sam Khalil

ANTIOCHIAN WOMEN

Donna Gavin

TEEN SOYO

Lay Advisors

Zaid Sharafudin

Marian Azar

Officers

Joud Al-Kallas

Tia Saah

Jacob Azar

Julia Azar

YOUNG ADULT

FELLOWSHIP

Wayne Parr

Amal Michael

FACILITY

MANAGEMENT

Sam Berberian

Alex Cox

RENTAL

COORDINATOR

Barbara Abraham

George Rados

CHARITIES

Sam Khalil

FINANCE

Salim Habayeb

STEWARDSHIP

Zeina Manasseh

GIFT SHOP

Alma Jean Zaki

Gail Bailey

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

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

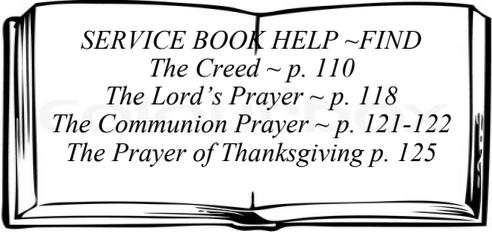
Orthodox Christians
Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin, 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.



Parishioners who remain in our prayers continually

Rt. Rev. Fr. Elias Bitar	Margaret Ashley	Mary Smith
Isabel Threddeh	George Brown	Nabeeha Ayoub
Holly Dubois	Suad Shammas	Robert & Thelma Badwey
Sophie Neam	Miriam Yazge	Barbara Abraham
George & Joan Abraham	Lula Brown	Douglas Kalesh
Michael Buchko, Sr.	Edward Rizkallah	Dorothy Marge
Leila Khoury	Shoke George	Assad & Patricia Khoury
Bob & Shirley Neri	Barbara Mullin	Rene Saah
Joyce Hamaty		

LIVING

Margo Sahouri-Ghanem	Tammy Alvarez	George & Joanna Khoury
Ibtisam Toubaji	Jamie Simon	Sami Korban
Wafa Atiyeh	Nijmeh Zayed	Everett Alvarez
Amber Bennett	Kris, Danielle, & Ezra Reese	Amal Lowry
Tabitha Zolnerowich	Zarour Family	George Ellis
Antonios Barakat & Family	Jamilee Bellone & Family	Asma (Amy) Hamareh-Trey
Dorothy Saba	Chris Malaska & Family	Ester Kavadoy
Gaith Kallas & Family	Tagrid Tawil	

MEMORIAL SERVICE
Asmahan Haddad/7-day

LENTEN MEALS OF MERCY
For the 4th year in a row, our Parish will sponsor a Lenten Outreach project whose goal is to package 25,000 meals for people in need in our local area. Please plan on participating in this Lenten project Meals of Mercy on Sunday, April 7 following Fellowship in the Church Hall. Donations are also needed to raise \$6,250.00 to buy the food stuffs. Please contact Jumana Misleh at (909) 910-4704 or

LENTEN YOUTH RETREAT/SATURDAY, MARCH 16
On Saturday, March 16, our parish will host a one-day Lenten Youth Retreat with Fr. Nicholas Belcher of the Antiochian Archdiocese. Fr. Nicholas will address both Teen SOYO and our Young Adult Fellowship in a Lenten reflection entitled: "The Chief Among Sinners: Christian Humility in an Instagram World".

ATTENTION MEN AND WOMEN OF THE PARISH!
HOLY BREAD BAKING CLASS #2
A second Holy Bread baking class has been scheduled for Saturday, April 20, 2019 at 9am. Sign-up sheet is located in Kogok Hall. Please remember to provide your email address and telephone number so Lorna can contact you. Call or email Lorna with any questions. LornaAM@aol.com or 703-503-3344.

HOLY BREAD OF OBLATION OFFERED BY:
Chris Malaska & Family
Gaith Kallas & Family/IMO Asmahan Haddad

MEMORIAL WHEAT OFFERED BY:
Gaith Kallas & Family/IMO Asmahan Haddad

FELLOWSHIP OFFERED BY:
Spaghetti Luncheon sponsored by the Men's Fellowship