	Bread of Holy Oblation	Fellowship Hour
08 Mar	Majlaton & Merizian Families/IMO Nimreh Khader	Teen SOYO/Zaatar Sale Majlaton & Merizian Families/IMO Nimreh Khader
15 Mar	Open	Nadim Hallah/IMO Leila Hallah
22 Mar	Fuad & Mary Sahouri Artemis Lampathakis/IMO Yeorgos Memorial Wheat	Fuad & Mary Sahouri
29 Mar	Neam Family/IMO Laurice Neam (HB & MW)	Steve Simon & Family/IMO Selma Simon
05 Apr	Nadir & Silvia Tawil	Nadir & Silvia Tawil

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 at the hallway door leading into 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.

MARCH 8, 2020

PRIESTS

Very Reverend

Fr. Ísaac 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

COUNCIL

Chairperson

Jumana Misleh

Vice Chairperson

Ken Bailey

Treasurer

Michael El-Hage Secretary

Samer Korkor

Members

Jerry Audi

Rana Callas

Elias El-Hage

Nabil Emad

Michele Forzley

Serene Jweied

Sam Khalil

Carol Laham

Janet Metz

Alganesh Piechocinski A.I. Wood

CHURCH SECRETARY

office@peterpaulpotomac.org

CHOIR DIRECTOR

Kristopher Reese choir@peterpaulpotomac.org

ASSISTANT CHOIR

DIRECTORS

Marie Hyder Mark Buchko

CHANTERS

Amjad Khalil

Zeina Manasseh Rezanne Toumi

George Tannous

USHERS

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, MARCH 8, 2020 TONE 5 / EOTHINON 5 FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)

THEOPHYLACT THE CONFESSOR, BISHOP OF NICOMEDIA;
APOSTLE HERMAS OF THE SEVENTY

RESURRECTIONAL APOLYTIKION (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 FIRST SUNDAY OF GREAT LENT (Tone 2)

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

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 SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) (Tone 8)

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

ANNUAL LENTEN COMMUNITY SERVICE PROJECT PACKING MEALS FOR AREA FAMILIES IN NEED

Please join us for Ss. Peter and Paul's Annual Lenten Community Service Project. This is an easy and fun way to connect as a church community and give back to our greater D.C.-area community.

We look forward to seeing you there!

- *When/Where? Sunday, March 29 following Liturgy in the Church hall
- *How many meals will we pack? This depends on how much money we can raise, and how many volunteers we can muster. In the past we packed up to 25,000 meals and we'd love to do the same if not better this year!
- *How can I contribute and sign-up? Please see Serene Jweied (sjweied@gmail.com); Alganesh Piechocinski (algapie52@gmail.com); or Rana Callas (ranacallas@hotmail.com). If you'd like to contribute online, go to the "make a donation" from the stewardship page on the Church's website and select "Meal Packing 2020" in the drop-down.
- *What should I wear? Just bring your two hands and a sensible pair of shoes! Hair nets, aprons, and gloves will be provided.

MAKING GOD REAL In the Orthodox Christian Home

By Anthony M. Coniaris

MAKE LENT A SPIRITUAL SPRING

c. *The Canon of St. Andrew of Crete.* This beautiful service is chanted during the first week of Great Lent and also during the fifth week. Written in the seventh century by St. Andrew, a monk of St. Sabbas monastery near Jerusalem who later became Archbishop of Crete, this inspiring canon is entirely Scriptural. It sets the tone for Lent by expressing the lament of the soul over its separation from God through sin. Between each verse of the poem the penitential refrain of the psalm is repeated: "Have mercy on me, 0 God, have mercy on me:"

Where shall I begin to lament my wretched life's actions? What shall I set for first-fruits, 0 Christ, of this lamenta-

But grant in Thy compassion forgiveness of trespasses. Have mercy on me, 0 God, have mercy on me.

Come, sorry soul, with thy flesh to the Creator of all. Make confession and be far from thy former beastly state. And offer to God tears of repentance.

Have mercy on me, 0 God, have mercy on me.

Adam, the first-formed, I rivalled in my transgressions. Then I found myself naked, stripped bare of my God, And of that royal unending delight because of My sins. I cry like the harlot, I only have sinned.

I have sinned against the Saviour.

Accept now my tears like hers as the ointment.

Have mercy on me, 0 God, have mercy on me.

I have sinned like David and am deep in the mire, But wash me also, 0 Saviour, clean with my tears. Have mercy on me, 0 God, have mercy on me.

I cry like the publican: "Be merciful, Saviour!"

For none of Adam's children have sinned against Thee as I.

Orthodox families may attend the compline services during the first week of Lent where the Canon of St. Andrew of Crete is sung. The beautiful service will help set the tone for the entire season of Lent.

Fasting

Another Orthodox discipline for Lent is fasting. The Triodion tells us that Adam lost paradise because he failed to keep the fast. During Lent we are called to gain paradise by keeping the fast. For a discussion of this discipline, please refer to the chapter on fasting in this book.

For Further Reading

Parents who wish for more detailed material about Lent which they can discuss with their children are referred to the following excellent book:

Great Lent by Fr. Alexander Schmemann (highly recommended).

From the Triodion

The Lenten spring has come, The light of repentance . . .

Let us receive the announcement of Lent with joy! For if our forefather Adam had kept the fast,

We would not be deprived of paradise . . .

While fasting physically, brothers,

Let us also fast spiritually; Let us loose every knot of iniquity,

Let us tear up every unrighteous bond,

Let us distribute bread to the hungry and welcome to our homes those who have no roof over their heads

So that we may receive great mercy from Christ our God

Part 3 of 3

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://tinvurl.com/v48hecxe

*Orthodoxy Sunday/students will participate in a procession

Mar 22 *Creative Arts Entries due

Apr 05 *Church School Pascha Prep Workshop/LL Conf. Rm

Apr 12 *Palm Sunday/no Church school

Apr 19 *Pascha/no Church school

May 17 *High School Senior Recognition Day

May 24 *Memorial Day Weekend/no Church school

May 31 *Sunday School Celebration

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.

*Zaatar Sale during Fellowship/we need help & Supplies. Sign-up sheet coming soon. *Sunday of Orthodoxy/St. Sophia Cathedral/5p see page 2 for more details.

Mar 28 *Golf Excursion/more info to follow

*Lenten Service Prict/packing meals for families in Need/following Liturgy

*Delegates meeting at the Antiochian Village Apr 3-5

*Holy Friday Vigil/all nightery

*Bible Bowl @Antiochian Village during PLC Jun 27

Lav Advisors: see list on page 2. For more info on any of the Teen SOYO events see Tala Natour or talanatour05@yahoo.com

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 amal 17m@vahoo.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

March *Antiochian Women's Month

*Easter Naach Collections/see Linda Shaheen

Mar 07 *Tea with Ladies of St. George (more info to follow) Mar 13-15 *Annual Lenten Retreat/Antiochian Village (see Flyer

In Narthex and/or Donna Gavin for more info)

Apr 28 *Primary Election Day Bake Sale (more info to follow) *Bakeless Bake Sale/AOCWNA/Helen Khalil

*The St. George Ladies Myrrh Bearing have invited the Antiochian Women of Ss. Peter and Paul Church to

> attend a one-day retreat at St. George. All are welcome to attend. More info to follow.

*Fashion Show/Westwood Country Club, Vienna, VA Looking for awesome models for the fashion show. Please consider volunteering. (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.

"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

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.

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

*Antiochian Women's Month March

*Easter Naach Collections (see Linda Shaheen)

*Teen SOYO Zaatar Sale

*Orthodoxy Sunday/Church School students will participate in the procession

*Sunday of Orthodoxy/St. Sophia Cathedral/5p (see 2nd page of Bulletin for more info)

*Professionals Gathering/March 12/4:30p - 6:00 p/see below for more

Mar 13-15 *Antiochian Women Annual Lenten Retreat/Antiochian Village (See flyer in Narthex and/or Donna Gavin for more info)

*Community Night/more info to follow

Mar 22 *Church School Creative Arts entries due

Mar 28 *Teen SOYO Golf Excursion/more info to follow

*Annual Lenten Community Service Project-Packing Meals for Area Families in Need/following Liturgy in Kogok Hall (see box on page 1 for more info) Teen SOYO to help

Apr 03-05 *Eastern Dioceses Annual Lenten Pilgrimage & Spring Retreat/ Antiochian Village & open to all (see below and/or Abe Fannoney for Apr 05

*Church School Pascha Prep Workshop/LL Conf. Rm.

Apr 12 *Palm Sunday/no Church school

Apr 19 *Great & Holy Pascha Apr 28

*Primary Election Day Bake Sale/more info to follow)

May 03 *OCMC Annual Dinner/more info to follow

May 9 *Antiochian Women's Fashion Show/Westwood County Club.

Vienna, VA (see flyer in Narthex)

*High School Senior Recognition

May 22-25 *Family Camp at the Antiochian Village/register now

Jun 24-28 *2020 Parish Life Conference/Antiochian Village/more info to follow

PROFESSIONALS GATHERING

The next Professionals Gathering will be held on March 12 from 4:30 - 6:00 p.m. at Wiley LLP (1776 K St. NW, easy access from red & orange metro line or parking in building available). With thanks to our gracious host, Carol Laham, food and drink will be served. We look forward to seeing you -- we welcome all, at any level of seniority. Kindly RSVP to me at skorkor@gmail.com by March 9.

COME ONE, COME ALL

The Men's Fellowship is having an outing to Audi Field to see the new and exciting XFL. March 8, 3PM Kickoff (leave from church after Liturgy). It's the DC Defenders vs. St Louis Battlehawks (Both teams won their first game). Cost per ticket approximately \$25.00 (We think). If you are interested, contact Bob Simon or Abe Fannoney. We need to know attendance by February 29. Come out for friendship and fun. Hope to hear from you.

THE EPISTLE

Blessed art Thou, O Lord, the God of our fathers. For Thou art just in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:24-26, 32-40)

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets; who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword: they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (1:43-51)

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote. Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

SUNDAY OF ORTHODOXY VESPERS/ST. SOPHIA CATHEDRAL MARCH 8 AT 5:00PM

His Grace, Bishop Joachim, of the Greek Archdiocese, will be the speaker for the Sunday of Orthodoxy Vespers at St. Sophia located at 2815 36th Street, NW Washington DC.

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.

CHURCH SCHOOL Directors

Samia Zolnerowich Jennifer Buchko

Teachers lumana Misleh

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

MEN'S FELLOWSHIP Sam Khalil

ANTIOCHIAN WOMEN

Donna Gavin

Nathaniel Guinn

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

RENTAL COORDINATOR

Abe Fannoney

Barbara Abraham George Rados

CHARITIES & ST. IGNATIUS Sam Khalil

> FINANCE Frank Abdow

STEWARDSHIP Zeina Manasseh

> **GIFT SHOP** Gail Bailey Meghan Zotó

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.

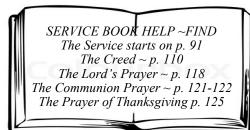
PLEASE DO NOT ENTER OR EXIT THE SANCTUARY AS

- 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.



HOLY BREAD OF OBLATION OFFERED BY:

Majlaton & Merizian Families/IMO Nimreh Khader 40-Day

MEMORIAL WHEAT & MIDDLE EASTERN SWEETS WITH GRAPES OFFERED BY:

Majlaton & Merizian Families/IMO Nimreh Khader 40-Day

FELLOWSHIP OFFERED BY:
Teen, SOYO/7 aatar, Sale

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

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

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 George Farhat Muhaw Douglas Kalesh Naim Mousa Ayoub Yeorgos Lampathakis April Lillicotch Nimreh Khader |zat |ssa |Laurice

LIVING

Archpriest Isaac & Kh. Dolly

Ramona Dora	Fred & Sherrie Zacharia	Michael Piechocinski
Anastacia Lampathakis	Ibrahim Mazen Saah	Halim & Hayat Barakat
Sami Korban	Geffen Franus	Rícky M. Ayoub
Audree Yacoub	Vilma Bellone	Daoud Khairallah
Adam Farah	Patrick Farah	Nyla Louh
Lily Farhoud	Nawal Musleh	Antonio Basile & Family
Cy Shaheen	Lillicotch Family	Siham Ayoub & Family
Yousef	Ghada	Joe
Adib	Tamara	Fadi
Nina	Joseph	Naya
Izzat	Aniesa	Yara

MEMORIAL SERVICE
Nimreh Khader/40-Day

Arya Nader Randa

Jackob Danny & Karen Boulos Leo, Sophia & Marielle Lopez

Artemis Lampathakis & Family Edward, Ritamarie, Emilia & Viviana Saa

Artems Lampatriakis & Laming

Duke, Lynn & Samantha Guthrie & Pete Carter

OCMC NEWS

<u>Thank you</u> for your prayers for our **Ss Peter and Paul short-term missionaries Mike Bosworth and Sam Khalil**. They arrived in Aguacate, Guatemala this past Friday to support the medical clinic attached to the seminary. The clinic in Aguacate opens tomorrow, and will be in operation all this week. There are two medical missions annually—one in March and another in November.

Come and See...

"The Orthodox mission experience cannot be described in words, but one has to 'come and see' the work of God to fully understand it." Everyone at Ss Peter and Paul is invited to "come and see" the efforts underway in the mission field by participating on an OCMC Mission Team. (For example, we hope to have a team bring some of our youth to help at Project Mexico!) It starts with an application, and then the staff at OCMC will walk you through the rest of the preparation steps. You will receive fundraising tips, travel with a group, and make a lasting change in the lives of those you minister to. Many Team members report back that their own life has been changed. Apply today! Contact OCMC at teams@ocmc.org or apply online at https://www.ocmc.org/about/open_teams.aspx.