

	<b>Bread of Holy Oblation</b>	<b>Fellowship Hour</b>
<b>10 Mar</b>	Assaley Family	OCCM Ambassadors
<b>17 Mar</b>	Alex Cox	Open
<b>24 Mar</b>	Bellone Family/IMO George F. Khoury — HB & MW Barakat Family/IMO Lelia Barakat	Bellone Family/IMO George F. Khoury
<b>31 Mar</b>	Brown Family/IMO Abraham S. Brown & the health of Lulu M. Brown	Brown Family/IMO Abraham S. Brown & the health of Lulu M. Brown
<b>07 Apr</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

**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  
frluke@peterpaulpotomac.org  
(610) 844-2583 cell  
(301) 765-3400 #2 office

**DEACON**  
Dn. Christian Manasseh  
DnChristian@peterpaulpotomac.org

**COUNCIL**  
**Chairperson**  
Carol Laham  
**Vice Chairman**  
Jumana Misleh  
**Treasurer**

Ken Bailey  
**Secretary**  
Abe Fannoney  
**Members**  
Roy Abdo  
Philip Allen  
Jerry Audi  
Nabil Emad  
Michele Forzley  
Salim Habayeb  
Bassem Haddad  
Janet Metz  
Anees Mokhiber

Wayne Parr  
Alganesh Piechocinski  
**CHURCH SECRETARY**  
office@peterpaulpotomac.org

**CHOIR DIRECTOR**  
Kristopher Reese  
choir@peterpaulpotomac.org

**ASSISTANT CHOIR DIRECTORS**  
Marie Hyder  
Mark Buchko

**CHANTERS**  
Amjad Khalil  
Wayne Parr  
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 10, 2019**  
**TONE 8/EOTHINON 8**

**SUNDAY OF FORGIVENESS (CHEESE FARE)**

MARTYR KODRATOS OF CORINTH AND HIS FIVE COMPANIONS;  
ANASTASIA THE PATRICIAN OF ALEXANDRIA;  
NEW-MARTYR MICHAEL OF THESSALONICA

**RESURRECTIONAL APOLYTIKION (Tone 8)**

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

**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 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.

*To bear a grudge and pray, means to sow seed on the sea and expect a harvest.*  
*-Saint Isaac the Syrian*

**MISSION SUNDAY**

Today, Sunday, March 10, 2019 is "Mission Sunday" and we ask that you pray for all the Orthodox missions and missionaries. Today is also Forgiveness Sunday, the last Sunday before Great and Holy Lent. The salvation Jesus made possible is to be shared with the world. Thank you for your prayers for those who hunger and thirst for Christ, for those who have answered the call to carry the truth of the Orthodox Faith to the world.

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 **all are welcome!**

Please reach out to the Orthodox Christian Mission Center (OCMC.org) if you would like to volunteer for a short-term team, as a long-term missionary or donate. There will also be a Mission Information Booth during the Fellowship.

**AN OVERVIEW OF ORTHODOX FASTING**

*Rita Madden*

Moses the lawgiver fasted; David the king fasted; Christ fasted; the apostles fasted; and we fast. Fasting is a timeless discipline.

The New Testament refers to attitudes and principles about fasting but does not detail specific days and foods. Fasting in the Orthodox Church, as we currently know and practice it, has been passed down through Holy Tradition. *Tradition* in the early Christian Church referred to a revelation that was made by God and was delivered to His faithful people through the mouths of His prophets and apostles.

It is a Jewish custom to fast as an act of devotion to God. The early Christians were Jews, and they were accustomed to fasting on Mondays and Thursdays. Then when they became Christians, they took this practice with them and changed it a bit to fit their new Christian context. They started fasting on Wednesdays and Fridays. Wednesday was in remembrance of the betrayal of our Lord, and Friday was in remembrance of His voluntary crucifixion. Still to this day, the Orthodox Church upholds this practice of weekly fasting.

From the beginning of Christianity, Sunday has always been the Lord's Day. It is commemorated as a day of celebration because this is the day of our Lord's Resurrection.

From ancient Christian times until now, fasting was not practiced in its fullness on Sundays. In fact, if the Church is in an extended fasting period leniency on Sundays is always the guideline.

***The Multifaceted Approach to Fasting***

Fasting is much more than just abstaining from foods. When we refer to fasting in the Eastern Orthodox Tradition, we are referring to both the physical and the spiritual fast. In the words of Holy Hierarch Basil the Great (of the fourth century):

*There is both a physical and a spiritual fast. In the physical fast the body abstains from food and drink. In the spiritual fast, the faster abstains from evil intentions, words, and deeds. One who truly fasts abstains from anger, rage, malice, and vengeance. One who truly fasts abstains from idle and foul talk, empty rhetoric, slander, condemnation, flattery, lying, and all manner of spiteful talk. In a word, a real faster is one who withdraws from all evil.*

While fasting, we use three aspects of our spiritual life to allow us to deepen our communion with God. These three are food, prayer, and almsgiving.

**In food:** We avoid the consumption of certain types of foods, and we decrease the amount of food consumed.

**In prayer:** We commit to spending more time in prayer.

**In almsgiving:** We spend more time helping those in need, giving from a willing spirit and a loving heart.

*Part 1 of 3*

**CHEESEFARE SUNDAY (Forgiveness Sunday)**

Today to mark our entrance into the season of Great Lent, the Service of 'Forgiveness Vespers' will be held at 1:30p following Fellowship hour. Let us start our journey to Pascha by asking forgiveness from God and from each other in obedience to the Lord's commandment.

# 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/GQ6uQSNltimwgvJW2>, 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 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.

**On-going thru April 14** \*donations are being accepted for the adornment of the Naach. Please see Linda Shaheen in the Hall following the Liturgy.

### 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.

### SS. PETER AND PAUL PROFESSIONALS GATHERING

**On Sunday, March 31, 2019 from 1:15p-2:30p** the second meeting of our Professionals will be held in the Lower Level Conference Room. All professionals are invited and are welcome. For more information contact Sam Korkor at skorkor@gmail.com.

### EXPLORING OUR FAITH: "On Wheels"

The Adult Educational Forum "Exploring Our Faith" has begun a series of outreach meetings held in both Virginia and Maryland suburbs of Washington DC. The next meeting will be held on Thursday, March 21, 2019 at the home of Henry and Myriam Sakai, 18440 Crownsgate Circle, Germantown, MD from 7:30p—9:00p. The topic will be: "The Spiritual Meaning of Illness" All are welcome; please contact Fr. Isaac or Fr. Luke for information or to volunteer your home for a future meeting.

### 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.

### 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](mailto:LornaAM@aol.com) or 703-503-3344.

### CHURCH CALENDAR

- Mar 10** \*Cheesefare Sunday (Sunday of Forgiveness)/Vespers following Fellowship @1:30p
- \*OCMC Presentation by Michael Bosworth
- \*Churching Ezra Michael Reese and Isadora Victoria Rabie
- 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 13** \*Liturgy of the Presanctified Gifts/7:00p
- Mar 15** \*The Service of the Akathist/7p/Lenten Potluck Dinner
- 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 18** \*Service of the Great Compline/7p (see flyer in Narthex for complete Great Lent Schedule of Services)
- Mar 20** \*Liturgy of the Presanctified Gifts/7:00p
- Mar 21** \*Exploring our Faith: "On Wheels"/7:30p—9:00p. see above box for more info
- Mar 22** \*The Service of the Akathist/7p/Lenten Potluck Dinner
- 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 25** \*Feast of the Annunciation of the Theotokos/Matins @6p, Divine Liturgy @7p
- Mar 27** \*Liturgy of the Presanctified Gifts/7:00p
- Mar 29** \*The Service of the Akathist/7p/Lenten Potluck Dinner
- Mar 31** \*Second Gathering for Professionals/1:15p-2:30p/LL Conf. Rm.
- 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
- Apr 20** \*Holy Bread Baking Class/9:00a/see above box for more info
- Jun 26-30** \*Parish Life Conference/more info to follow

## 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

(For Sunday of Forgiveness)

**The Reading from the Holy Gospel according to St. 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.

### 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".

## CHURCH SCHOOL

### Directors

Samia Zolnerowich

Jennifer Buchko

### Teachers

Jumana Misleh

Susan Kozlov

Danielle Bellone

Michelle Zook

Ritamaria 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

## 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		

## DEPARTED

Fr. George Rados  
Gail Gicas  
Oussama Zarour  
Leila Barakat  
George F. Khoury  
Asmahan Haddad  
Juliette Abu-Daygeh

## 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	Ester Kavadoy	Richard Fannoney
Gaith Kallas & Family	Tagrid Tawil	Christopher, Danielle & Ezra Michael Reese
Fadi, Chaidia, Isabella & Isadora Rabie		Alexander (III), Jamie, & Alexander (IV) Assaley
Joanna Khoury	Vilma Bellone	

## CHURCHING

Ezra Michael Reese  
Isadora Victoria Rabie

## LENTEN MEALS OF MERCY

For the 4<sup>th</sup> 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 are. 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 Jumana\_madanat@yahoo.com to offer donations.

## ANTIOCHIAN WOMEN

The Antiochian Women will be collecting donations for the adornment of the Naach in the church hall after Liturgy through April 14th. Thanks to all!

## 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.

## SERVICE BOOK HELP ~FIND

The Creed ~ p. 110  
The Lord's Prayer ~ p. 118  
The Communion Prayer ~ p. 121-122  
The Prayer of Thanksgiving p. 125

HOLY BREAD OF OBLATION OFFERED BY:  
Assaley Family

FELLOWSHIP OFFERED BY:  
OCMC Ambassadors