

	Bread of Holy Oblation	Fellowship Hour
15 Mar	Nadim Hallal/IMO Leila Hallal Gabriel Hakim/IMO Genevieve Hakim	Cancelled until further notice
22 Mar	Fuad & Mary Sahouri Artemis Lampathakis/IMO Yeorgos Memorial Wheat	Cancelled until further notice
29 Mar	Neam Family/IMO Laurice Neam (HB & MW)	Cancelled until further notice
05 Apr	Nadir & Silvia Tawil	Cancelled until further notice
12 Apr	Open	Cancelled until further notice

**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.**

**PRIESTS**

Very Reverend  
Fr. Isaac 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

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Jumana Misleh  
**Vice Chairperson**  
Ken Bailey  
**Treasurer**  
Michael El-Hage  
**Secretary**  
Samer Korkor  
**Members**  
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Rana Callas  
Elias El-Hage  
Nabil Emad  
Michele Forzley  
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Zeina Manasseh  
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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 15, 2020**  
**tone 6 / EOTHINON 6**  
**SECOND SUNDAY OF GREAT LENT**

**COMMEMORATION OF GREGORY PALAMAS, ARCHBISHOP OF THESSALONICA**  
MARTYR AGAPIOS OF PALESTINE AND THOSE WITH HIM;  
APOSTLE ARISTOBOULOS OF THE SEVENTY, FIRST BISHOP OF BRITAIN;  
NEW-MARTYRS MANUEL OF CRETE AND PARTHENIOS

**RESURRECTIONAL APOLYTIKION (Tone 6)**

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

**APOLYTIKION FOR ST. GREGORY PALAMAS (Tone 8)**

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

**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.

“*For anything that is quickly obtained is also easily lost, whereas everything found with toil is also kept with careful watching.*”  
*St. Isaac the Syrian*

***MAKING GOD REAL***  
***In the Orthodox Christian Home***

**By Anthony M. Coniaris**

**Internalizing the Faith Through Love**

Studies have shown that children learn from those they love. If they love you, children will eagerly accept your faith and your value system. If they do not love you, they will rebel. Hence, the importance of creating a family atmosphere where love prevails. This cannot be done without God and family prayer, without carving out time to be completely present to God and to each other. Someone said, “Whom you would change, you must first love.” A child comes to know God’s love through the love he experiences from his parents.

The first icon of God a child ever sees is the icon of mother or father leaning over the crib. The love of parents is not just an analogy for the love of God; it reveals God’s love. The child learns to love by first being loved in the home. Children can love because they were first loved (I John 4:10; 4:19). And for this, the role of the parents is central. Thus, the most important thing in a family is LOVE, that the parents love each other. Only thus, can they create an atmosphere at home where love prevails. “Now abide faith, hope and love. The greatest of these is love.”.

Bruno Bettelheim, the famous child psychologist, said that a child’s moral choices are not based on abstract choices of right and wrong. They are based on the people he loves and admires. In Bettelheim's words, “The question for the child is not, ‘Do I want to be good?’ but ‘Whom do I love and want to be like?’” When Augustine, for example, wrote about the person who was most instrumental in converting him to Christianity, Bishop Ambrose of Milan, he said, “That man of God received me as a father and showed me kindness. I began to love him, at first not as a teacher of truth, but as a person who was kind to me. Who can estimate the value of a parent who radiates the love and kindness of Christ to his/her children? In the words of Mother Teresa, “Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting . . . Spread love everywhere. First of all in your own house.” Our children will not be *argued* into faith by logical arguments. They will be *loved* into faith, just as the prodigal son was not *argued* but *loved* back to the Father.

## 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/y48hecxe>

### CHURCH SCHOOL CANCELLED UNTIL FURTHER NOTICE

**Mar 22** \*Creative Arts Entries due  
**Apr 05** \*AWAITING FURTHER NOTICE: Church School Pascha Prep Workshop/  
**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.

**Mar 28** \*POSTPONED: Golf Excursion/more info to follow  
**Mar 29** \*POSTPONED: Lenten Service Prjct/packing meals for families in Need  
**Apr 3-5** \*POSTPONED: Delegates meeting at the Antiochian Village  
**Apr 17** \*Holy Friday Vigil/all nightery  
**Jun 27** \*Bible Bowl @Antiochian Village during PLC

**Lav Advisors:** see list on page 2. For more info on any of the Teen

### 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](mailto: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](mailto:crazygavins@verizon.net)

**March** \*Antiochian Women's Month  
 \*Easter Naach Collections thru 4-16/see Linda Shaheen  
**Apr 28** \*Primary Election Day Bake Sale (more info to follow)  
**Spring** \*Bakeless Bake Sale/AOCWNA/Helen Khalil  
**May 02** \*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.  
**May 9** \*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](mailto:sk1943@aol.com) or Fred Zacharia at [fredzach@verizon.net](mailto: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](mailto: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.

### 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

**March** \*Antiochian Women's Month  
 \*Easter Naach Collections thru 4-16/see Linda Shaheen  
**Mar 22** \*Church School Creative Arts entries due  
**Mar 28** \*POSTPONED: Teen SOYO Golf Excursion/more info to follow  
**Mar 29** \*POSTPONED: Annual Lenten Community Service Project-Packing Meals for Area Families  
**Apr 03-05** \*POSTPONED: Eastern Dioceses Annual Lenten Pilgrimage & Spring Retreat  
**Apr 05** \*AWAITING FURTHER NOTICE: 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/see Barbara Bosworth for more info.  
**May 9** \*Antiochian Women's Fashion Show/Westwood County Club, Vienna, VA (see flyer in Narthex)  
**May 17** \*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  
 Teen SOYO Bible Bowl on 6/27

### ANTIOCHIAN WOMEN'S EDUCATIONAL GRANT

Each year the Antiochian Orthodox Women of North America awards grants, in the amount of \$500.00 each. The grant is meant to help women with the cost of education or training which they have undertaken to improve their circumstances or those of their families. The scholarships are awarded during the NAB Summer Meeting in July. The qualifications and requirements along with the application can be found at <https://www.antiochian.org/regulararticle/480> Please contact Donna Gavin at [crazygavins@verizon.net](mailto:crazygavins@verizon.net) with further questions.

### THE EPISTLE

*O Lord, Thou wilt preserve us and keep us from this generation.  
 Save me, O Lord, for the godly man hath disappeared.*

### **The Reading from the Epistle of St. Paul to the Hebrews. (1:10-2:3)**

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

### THE GOSPEL

### **The Reading from the Holy Gospel according to St. Mark. (2:1-12)**

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

### 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.

### POSTPONED

### **2020 ANNUAL LENTEN PILGRIMAGE & SPRING RETREAT**

The Eastern Dioceses Annual Lenten Pilgrimage & Spring Retreats on **April 3-5, 2020 at the Antiochian Village will be rescheduled.**

### POSTPONED

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

We have decided to postpone the meal packing event. We will confirm the new date as soon as we can.

In the meantime, thank you to all who have contributed to the service project, so far. And thank you to everyone who had signed up to volunteer.

### **CHURCH SCHOOL**

#### **Directors**

Samia Zolnerowich  
 Jennifer Buchko

#### **Teachers**

Jumana Misleh  
 Susan Kozlov  
 SaraAyoub  
 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 Isaac

### **YOUNG ADULT**

#### **FELLOWSHIP**

Amal Michael

#### **FACILITY**

### **MANAGEMENT**

Sam Berberian  
 Abe Fannoney

#### **RENTAL**

### **COORDINATOR**

Barbara Abraham  
 George Rados

### **CHARITIES &**

### **ST. IGNATIUS**

Sam Khalil

#### **FINANCE**

Frank Abdow

### **STEWARDSHIP**

Zeina Manasseh

#### **GIFT SHOP**

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 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 Service starts on p. 91  
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:

Nadim Hallal/IMO Leila Hallal  
Gabriel Hakim/IMO Genevieve Hakim

## MEMORIAL WHEAT IS OFFERED BY:

Nadim Hallal/IMO Leila Hallal

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

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  
V. Rev. Fr. Maximos Moses  
Yeorgos Lampathakis  
Bertha Aed  
Albert (Butch) Moses  
Ted Milkovich  
Leila Hallal  
Genevieve Hakim  
Jebrayel Mounayer

## LIVING

Archpriest Isaac & Kh. Dolly	Fred & Sherrie Zacharia	Michael & Alganesh Piechocinski
Ramona Dora	Ibrahim Mazen Saah	Halim & Hayat Barakat
Anastacia Lampathakis	Geffen Franus	Nyla Louh
Sami Korban	Vilma Bellone	Daoud Khairallah
Audree Yacoub	Patrick Farah	Lily Farhoud
Adam Farah	Danny & Karen Boulos	Charles Ayoub
Nawal Musleh	Angelika Giavis	Edward, Ritamarie, Emilia & Viviana Saa
Artemis Lampathakis & Family	Sam & Marie Khalil & Family	Deena Khalil Gakos
Amir & Sarah Abu-El-Hawa	Nadim Hallal	Reem Hallal
Louis Hallal	Gabriel Hakim & Family	Norma, Carolyn, Souheil, Wadad
Loma Malooley & Family		

## CHURCHING

Abraham Abu-El-Hawa

## MEMORIAL SERVICES

Leila Hallal/40-day  
Genevieve Hakim/7-day

## OCMC NEWS

Thank you for your prayers for Ss Peter and Paul short-term missionaries **Michael Bosworth and Sam Khalil** who spent this past week serving at the medical clinic in Aguacate, Guatemala where over 40,000 people have become Orthodox. Mike and Sam are currently flying back from Guatemala (through Tuxtla and Mexico City, Mexico), and will arrive home later tonight!

Thank you for great kindness, as \$30.00 was donated to OCMC box at the candle counter this week. *Prayers for missionaries* and stewardship is much needed and appreciated.

**Everyone** is invited to the OCMC Dinner on May 3<sup>rd</sup>! In addition to the Director of Project Mexico, three long-term missionaries will be in attendance. (*It is remarkable to meet and speak with long-term missionaries, nearly "living saints in our midst" as they truly change their lives to bring Christ to many.*) The missionaries at the dinner will include **Father Bill Black (Kenya)**, and **Deacon Thomas and Elizabeth Manuel (Guatemala)**! For questions about the banquet or to purchase a ticket, please contact Paula Massouh at [pmassouh@aol.com](mailto:pmassouh@aol.com).