

	Bread of Holy Oblation	Fellowship Hour
17 Mar	Alex Cox	Carol Laham & Paul Bridenhagen
24 Mar	Bellone Family/IMO George F. Khoury — HB & MW Barakat Family/IMO Lella Barakat	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
07 Apr	Lorna Malooley	Open
14 Apr	Mona Ayoub/IMO Mufid K. Ayoub Younes Families	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
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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 17, 2019
TONE 1/EOTHINON 9

FIRST SUNDAY OF GREAT LENT (SUNDAY OF ORTHODOXY)

VENERABLE ALEXIOS THE 'MAN OF GOD,'

PATRICK, BISHOP OF ARMAGH AND ENLIGHTENER OF IRELAND;

VENERABLE THEOSTERIKTOS THE CONFESSOR OF PELECETE
MONASTERY;

VENERABLE MAKARIOS OF KALYAZIN

RESURRECTIONAL APOLYTIKION (Tone 1)

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

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. 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.

A handful of sand, thrown into the sea, is what sinning is, when compared to God's Providence and mercy. Just as an abundant source of water is not impeded by a handful of dust, so also the Creator's mercy is not defeated by the sins of his creation.

St. Isaac the Syrian

AN OVERVIEW OF ORTHODOX FASTING

by Rita Madden

The Purpose of Fasting

The tradition of the Eastern Orthodox Church has always seen fasting as a tool to combat the passions and to open the door to the renewal of the Holy Spirit. In this sense, the Church is viewed as a hospital for our souls. We heal the wounds of our souls with the many different "medicines" (disciplines) the Church offers, and fasting is one of those prescriptions.

St. Innocent of Alaska (1797-1879), in his work *Indication of the Way into the Heavenly Kingdom*, offers us this teaching about what fasting is and why it is necessary:

Fasting is a voluntary self-restriction in food, drink, and pleasure. The purpose of fasting is to quiet or calm and lighten the body and to make it obedient to the soul. Overfilled flesh demands comfort and rest, dis-posing us to laziness, which hinders prayer and medi-tation. In the manner of an unbridled servant, the well-fed body rises up against its master, the soul, and wants to rule over it. While fasting, you should limit not only the type of food (dairy and meat products) but also its amount, restricting yourself to the minimal needs of the body. Then your fasting will become useful.

Fasting has remained an act of dedication to the will of God. We choose to empty ourselves of things of this world to allow ourselves to be more open to God's will for us. That is why the Christian Church at the beginning of its era adopted the practice. of fasting, establishing guidelines for the duration of the fasts and for specific types and quantities of food.

Fasting also serves the great role of making us conscious of our dependence on God. When we are feeling a real bodily hunger, an actual tiredness and exhaustion, these physical feelings can and should turn us inward, leading us to a sense of inward brokenness and contrition.

If we always take our fill of food and drink, we can easily become over-confident in our own abilities, acquiring a false sense of self-sufficiency. Such is the function of physical hunger and tiredness. It works to make us "poor in spirit," aware of our helplessness and our dependence on God's assistance.

Fasting and Feasting

As we continue through this chapter, we will come to understand that it is important to fast so that we can properly feast.

In Eastern Orthodoxy, celebratory days known as feast days are sacred celebrations that commemorate the day of a saint, a holy event, or a holy object. Often we fast for an extended period of time in preparation for a major feast. In a way, the fasting properly sets us up to celebrate. this joyous time. We see that there are times when the Church's prescription (guideline) is not to fast, as we are called to be in celebration mode—PARTY!

The Eastern Orthodox liturgical calendar is alive, and every year we have a rhythm set for us that outlines our periods of fasting and feasting. That is done to commemorate things that happened in the past and are still active in the Church today.

There are twelve major feast days in the liturgical calendar. Hence, we have a rhythm of eating and living established for us. The act of eating, and of not eating for that matter, connects us to something deeper. Remember, we're not just eating to feed the machine. Through eating, we have the special treasure of communing with the Divine.

As mentioned earlier, in the Eastern Orthodox Tradition, we are called to fast on a weekly basis. St. John Chrysostom explains to us that the purpose of this fasting is to prepare us for the partaking of the. Holy Gifts. He explains:

For the pious Christian, Holy Communion is the sacred privilege of being in communion with God Himself. It is a sacred union of his own being with that of his Creator and Redeemer. Thus the pious Christian tries to practice the commandments of God year round. His repentance, confession, prayers, fastings, and almsgiving especially before partaking of Holy Communion are spiritual acts which bring him nearer to God.

It's helpful to have a rhythm of eating worked out for us, especially living in this modern culture with so many foods, flavors, and choices available at our taste buds' tips. In fact, people are constantly seeking such a rhythm through all sorts of diet plans.

In my field of work, I get asked this all the time. People say to me: "Rita, I would like an outline of when, what, and how much I should be eating." Humans need rituals; they need a rhythm. We crave structure and direction. Much of what the diet-seekers intuitively feel they need is rooted in the past and outlined to the ancient Eastern Orthodox liturgical calendar.

Part 2 of 3

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/GQ6uQSNltimwggJW2>, 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/PeterPaulCOctober>

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 16-17 *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.

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 Dr. 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 or 703-503-3344.

CHURCH CALENDAR

- Mar 16-17** *Teen SOYO Overnight Retreat @Ss. Peter & Paul
Mar 17 *Memorial Service for Nihad, Arkade, Andre, & Maher Azar
*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
*Memorial Service/Leila Barakat
*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 04 *Exploring our Faith: "On Wheels"/7:30p—9:00p/Virginia location to be determined.
Apr 6-7 *Pastoral Visit /H.E. Metropolitan JOSEPH
Apr 06 *Baptism/Josephine Elizabeth Procelli/12:00p
Apr 07 *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
Apr 21 *Palm Sunday
Apr 28 *Pascha
Jun 26-30 *Parish Life Conference/more info to follow

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."

WELCOME FR. NICOLAS BELCHER

Ss. Peter and Paul Church welcomes this weekend our guest, Fr. Nicholas Belcher, Spiritual Director for Youth (SOYO) and Young Adult ministries in the Diocese of New York and Washington DC. Fr. Nicholas will be leading our Teen SOYO Lenten Retreat and meeting with our young adults. Tonight Fr. Nicholas will be the main speaker at the Pan-Orthodox 'Sunday of Orthodoxy' Great Vespers hosted by our Parish.

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

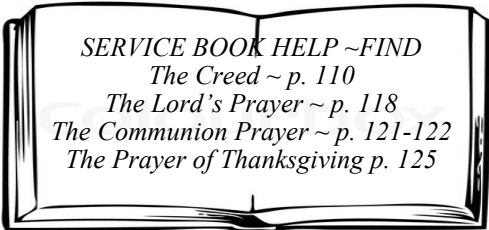
Orthodox Christians
Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin, 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 Jean	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	Joanna Khoury	Ibtisam Toubaji
Jamie Simon	Sami Korban	Nijmeh Zayed
Amal Lowry	Asma (Amy) Hamareh-Trey	Zarour Family
Antonios Barakat & Family	Jamilee Bellone & Family	Vilma Bellone
Richard Fannoney	Tagrid Tawil	Joanna Khoury
Sheryl & Joe Gangi	Deena Gakos	Kera Tomlin
Thomaseena & Alex Cox	John & Helen Moses	Joseph Gavin
Anne Marie Gavin	Patricia Bottash	George Ellis
Paul Bridenhagen, Carol Laham, & Robert Bridenhagen		

DEPARTED
Fr. George Rados
VR Fr. Maximos Moses
Oussama Zarour
Leila Barakat
George F. Khoury
Asmahan Haddad
Juliette Abu-Dayyeh
Daisy Atigeh
Samia Stumo
Laura, William, Edward,
Richard, & Henry Abraham
Norma Azar
Mary Bashoor
Bertha Aed
Frances & Charles Cox
Ann Kalill
Alex, Sadie, Thomas, Harry,
& Evelyn Hier
Janie & Grady Cox
Albert (Butch) Moses
Nihad Azar
Arkade Azar
Andre Azar
Maher Azar
Sonia Belcher

MEMORIAL SERVICE
Nihad Azar, Arkade Azar, Andre Azar, Maher Azar

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 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 following the Liturgy through April 14th. Thanks to all!

HOLY BREAD OF OBLATION OFFERED BY:
Alex Cox
Jack Azar/IMO Nihad, Arkade, Andre, and Maher Azar

FELLOWSHIP OFFERED BY:
Carol Laham & Paul Bridenhagen