

	Bread of Holy Oblation	Fellowship Hour
18 Mar	Ss. Peter & Paul Church	Nadir & Silvia Tawil
25 Mar	The Brown Family/IMO Abraham Brown & 90th Birthday of Lulu Brown	The Brown Family/IMO Abraham Brown & 90th Birthday of Lulu Brown
01 Apr	Lorna Malooley & Chris Malaska, Mona Ayoub/IMO Mufid Ayoub Palm Sunday	Mary Misleh Palm Sunday
08 Apr	Sam & Margo, Joe & Olivet Ghanem Families Pascha	Sam & Margo, Joe & Olivet Ghanem-Families Pascha
15 Apr	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 vestibule.

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.

PRIEST

Very Reverend
Fr. Isaac Crow
frisaac@peterpaulpotomac.org
(401) 300-8238 cell
(240) 489-3494 home

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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

DIVINE LITURGY VARIABLES ON SUNDAY, MARCH 18, 2018
tone 8 / EOTHINON 8

FOURTH SUNDAY OF GREAT LENT

COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"

CYRIL, PATRIARCH OF JERUSALEM; MARTYRS TROPHIMOS AND EUKARPOS OF NI-COMEDIA AND THOSE WITH THEM; NIKOLAI (VELIMIROVIC), BISHOP OF ZHICHA WHO LABORED IN AMERICA

****DIVINE LITURGY OF ST. BASIL THE GREAT****

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 ST. JOHN CLIMACUS (Tone 8)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save 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 THE ANNUNCIATION (AND GREAT LENT) (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.

Do not think that you have a right to complain when your prayers are not answered. God fulfills your desires in a manner that you do not know.

St. Nectarios of Aegina

Joy in the Christian Life
Lenten Presentation 2018

Kate Niewenhaus

While we can and do work on ourselves physically, we are also called to draw our minds upward, ascetically. We take the physical senses and move them toward an ascetic that becomes habitual over time. As I mentioned a moment ago, each physical sense ties to a corresponding ascetical sense.

Take the examples of sight and hearing. They are tied to vigilance and meditation. Why? If we think about it, these are two ways we process information. We have at our disposal worldly information that can form or deform us; it is both visual and acoustic. Are we sensitive to what information we allow ourselves to receive, or take in? Maybe, the better question today is, how much worldly information is good for our senses? Can we calm the constant agitation that it produces? Does it uplift or drag down?

On the other hand, we have wisdom that is heaven sent. We take in this information visually and acoustically, too: hearing scripture, liturgy, the choir, seeing the icons, incense, vestments and so on. All of this wisdom that is shown and sung out, is meant to transform our soul, to train it to recover visual and acoustic harmony. Yes, it can destabilize us, yet it has the power to reorient. Spiritual sight is tied to vigilance that asks us to be watchful. Spiritual hearing is tied to meditation as it asks us to listen, to hear, to discern what builds up a heart. The point of all of this is to become aware of what can harm and what can heal. The wisdom in the Tradition is tried and true. This is why we have the opportunity and are encouraged to ponder scripture, hymnody, icons. They are meant to refreshes us, to give us joy. Spiritual hearing fine tunes the inner ear. It is able to discern an authentic voice; a voice of instruction, and wisdom. A voice that gives life. The word of God doesn't change, but we do. The still, small voice opens deep expanses within us, and its experience sounds forth from within, to comfort us.

"As the spirit progresses, the intellect communicates its joy to the body too, rejoicing endlessly in the song of love and praise: My heart has trusted in him and I am helped; my flesh flowers again and with all my being will sing his praise. The joy which then fills both soul and body is a true recalling of the life without corruption."

I hope that this will recall for you the time in Eden before the fall.

In each of us, divinity is hidden by sin. Our striving during Lent helps to remind us of this fact. We are called toward divine-personhood by Divine Grace; this is the foundation of our existence.

As we spiritually mature, we learn to see this as axiomatic, that is, a self-evident truth. Yet, Lent is also called the "Light-bearing or luminous fast." How can this also be when we are called to remember how far we have departed from God? And yet, the darkness of sin is pierced by the light of Christ's resurrection.

We have to remember the path. "The Great fast contains not only a summons to repentance, but also the good news from which the repentance itself in engendered—God has united himself forever with man and with the world." Christ united life and death in his incarnation, trampling death by death. Death too, can and must be joyous, like the spiritual spring of the Great Fast, for it too, is life. Repentance is hope, darkness turns to light.

The joy that radiates within a person with the ever-deepening perception of this gift makes him or her want to tell everyone and share it. Christ becomes "all in all," our aim and goal, our desire, everything. God wants us to be joyous light-bearers, this light draws others in.

We joyfully celebrate our inward intimacy, deepening surrender to love, and joy for the fact that we are known through Christ. We can claim a part of the Kingdom, being built now.

This is the joy of the Christian life.

The Antiochian Women are collecting donations for flowers for the Naach. Please fill out a form (located in the Narthex) and give your form and donation to a member of the Antiochian Women by **March 26**. Contact Linda Shaheen at lshaheen47@gmail.com with any questions.

Ss. Peter and Paul Orthodox Church News and Events

CHURCH SCHOOL 2017-2018

Registration for Church School is ongoing using this link: <https://goo.gl/forms/G06uQSnltimwgvJW2>. Please make sure to register with the church, including your email as most Church school announcements go out to the entire parish. School calendars are now available. We are also in need of snacks/drinks for the children--small and reg. juice boxes, juice pouches, small waters, individually wrapped snacks (PEANUT & TREE NUT FREE).

Check out our new online Church School Newsletter
<https://www.smore.com/t1rhu> There's information about the Pascha Prep Workshop.

Mar 18 *2018 Pascha Prep Workshop and Art Projects due

***Creative Arts Festival**

Flyers with information about this year's theme have been handed out. Flyers also available at the Church School office bulletin board. All entries must be turned in by **March 18th**.

Apr 01 *Palm Sunday/No Church School

Apr 08 *Pascha/No Church School

Apr 29 ***Food For Hungry** boxes due back to the Church School office

TEEN SOYO

Mar 18 *Outreach Program/package meals for less fortunate

Apr 06 *Good Friday Vigil

Apr 20-22*Spring Delegates Meeting in NJ hosted by St. Anthony's Church in Bergenfield. More ...details to follow

May 18-20 ***Tentative**/Service Weekend (serving others in the DC area)

Jun 27- *Parish Life Conference (PLC) at the

July 01 Antiochian Village. More details to follow.

Aug 10-19 *Special Olympics at the Antiochian Village. Please consider volunteering (must be 16 yrs). Sign up at <https://teensoyo.org/wp-content/uploads/2018/01/2018-SO-Application.pdf>

Contact the Lay Advisors for more details:

Zaid Sharafudin / Zaid.sharafudin@gmail.com
Anees Mokhiber / anees_mokhiber@hotmail.com

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 18 *Annual Food Packing Project during Fellowship with off-site lunch to follow at a local restaurant TBD!

Mar 24 *Game Night at St. Mary's/(7223 Roosevelt Ave. Falls Church, VA 22042 /678-273-2173). Vespers @5PM, followed by board games, card games, and any games of your own you would like to bring! A Lenten meal will also be provided. Please RSVP to jwalkerjohnson@gmail.com so we know how much food to prepare.

ANTIOCHIAN WOMEN

Mar 11-24 *Celebrate Antiochian Orthodox Women's Month volunteer for Greeters, Tray, Collection, Reading the Epistle (English & Arabic). Let's show our pride in representing our Orthodox faith.

Contact Donna Gavin at crazygavins@verizon.net.

May 12 *Antiochian Women Fashion Show (see flyer in Narthex for more information)
Congressional Country Club/11:30a

MEN'S MINISTRY GROUP

Mar 25 *Meeting/LL Hall following Liturgy (12:45p). Topics include Annual Golf Tournament & Annual Picnic.

Jun 10 *Ss. Peter & Paul Festive Picnic (**please note new date**)
Bretton Woods

Jun 11 *Ss. Peter & Paul Annual Golf Tournament (**please note new Location**) Reston, VA. More details to follow

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 and 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

CHURCH CALENDAR

Mar 11 *Celebrate Antiochian Orthodox Women's Month 24 (see AW box for more details)

Mar 18 *Church School Pascha Prep Workshop
*deadline for Creative Arts Festival entries (see Church box)

*April Outreach Program/Packing Meals for Less Fortunate/following Liturgy

Mar 24 *Young Adult Fellowship/Game Night at St. Mary's/see YAF box for more details

Mar 25 *Men's Club Mtg./LL Hall/following Liturgy

Apr 01 *Palm Sunday—No Church School

Apr 06 *Teen SOYO Good Friday Vigil (more details to follow)

Apr 08 *Pascha (no Church School)

Apr 20-22*Teen SOYO/Spring Delegates Mtg./see Teen SOYO box for more details)

Apr 29 *Return Food for the Hungry Boxes to Church School Office

May 12 *Antiochian Women Fashion Show/11:30a
@Congressional County Club

Jun 02 *Fund raising Reception for Syrian Orphanages (more details to follow)

Jun 10 *Ss. Peter & Paul Festive Picnic to follow the Liturgy @Bretton Woods

Jun 11 *Ss. Peter & Paul Annual Golf Tournament/Reston VA (more details to follow)

Jun 16 *Baptism Isabelle Nora Briggs/12:00p

Jun 27-
Jul 1 *Parish Life Conference at the Antiochian Village (more details to follow)

THE EPISTLE

The Lord will give strength to His people. The Lord will bless His people with peace.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:16-30)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

TODAY IS THE OUTREACH PROGRAM

This is the third year the Church is sponsoring this outreach program and today, immediately follow the Service during the Fellowship Hour, we will again pack our meals. This program will help so many and impact thousands of lives. But we also need you all to come again and participate. Please, make it a priority and volunteer today. We still need more volunteers from each of the following: The Choir, The Men's Ministry; the Antiochian Women; the Young Adult Fellowship; Teen SOYO, The Council, the ushers and chanters, and the parish at large! We need to show our local community that their Orthodox brethren love and care for them. For more information please see Michele Forzley to volunteer and make a donation.

CHURCH SCHOOL

Directors

Samia Zolnerowich

Jennifer Buchko

Teachers

Jumana Misleh

Susan Kozlov

Rose Ansara

Chrissy Mackoul

Michelle Zook

Dina Saah

Dara Potter

Claudia Rabie

Christine Morin

Jennifer Montgomery

Caroline Jarboe

Stephen Zolnerowich

Anees Mokhiber

AJ Wood

Philip Allen

MENS CLUB

Sam Khalil

ANTIOCHIAN WOMEN

Carol Laham

TEEN SOYO

Lay Advisors

Zaid Sharafudin

Anees Mokhiber

Officers

Kinda Callas

Julia Allen

Joud Al-Kallas

Josian Azar

Tia Saah

YOUNG ADULT

FELLOWSHIP

Wayne Parr

Amal Michael

ADORNMENT

Shams Akkawi

Jamil Hermes

FACILITY

MANAGEMENT

Sam Berberian

Nick Nahas

Bob Simon

RENTAL

COORDINATOR

Barbara Abraham

CHARITIES

Sam Sahouri Ghanem

FINANCE

Salim Habayeb

STEWARDSHIP

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

Margaret Ashley	Brian Briggs	Mary Smith
Isabel Thredek	George Brown	Nabeeha Ayoub
Everett Alvarez	Holly Dubois	Robert & Thelma Badwey
Edmond & Sophie Neam	Miriam Yazge	Barbara Abraham
George & Joan Abraham	Lulu Brown	Martin Pinkstaff
Suad Shammass	Mary Bazargan	Michael Buchko, Sr.
Edward Rizkallah	Dorothy Marge	Douglas Kalish
Charles Cox		

DEPARTED
 Vr. Rev. Maximus Moses
 Presvytera Barbara Voyziakis
 Helen White
 Yasmine Ayoub
 Albert (Butch) Moses,
 Bertha Aed
 Naim and Helweh Tawil
 Farag Naim Tawil
 Issa Zanayed
 Yusra Zanayed
 Fadel Taweel
 Doris Kogok

LIVING

Fr. Isaac Crow & Kh. Dolly
 Rt. Rev. Fr. Elias Bitar
 Leila Khoury
 Louise Magelli
 Mark Buchko
 Joyce Kogok
 Betty Adam
 Rima Rizkallah & Family
 Asma Hamameh Trey
 Rene Saa
 Kevin Schwab
 The Tawil family
 Eddie Zanayed

Bob Petrossian
 Julia Fayad
 Debbie Brown
 Robert & Joyce Najjar
 Nabil Barbari
 George & Joanna Khoury
 Vilma Bellone
 Assad & Patricia Khoury
 Judy & Frank Zuccarello
 The Zanayed family

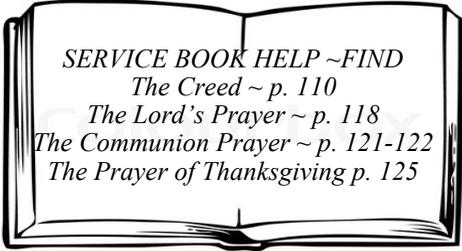
Orthodox Christians
 Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin,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



FUNDRAISER TO SUPPORT SYRIAN ORPHANAGES
 The Ss. Peter and Paul Parish Council is sponsoring a special fundraising event as part of its charity outreach in support of the Orphanages of the Convents of Saidnaya and Maaloula Syria. Please save the date of Saturday, June 2, 2018 at 6:30pm for this event. Contact Phillip Allen at rpallen1@yahoo.com for information to help organize the project.

KITCHEN RENOVATION NEEDS YOUR INPUT
 Our hall kitchen is over 20 years old and in need of an update. Because this project involves the entire parish, our Parish Council is seeking input from everyone. We welcome any and all suggested changes for the purpose of setting up our kitchen for parishioner and outside rental use for the next 20 years and beyond. Please email your ideas to John Abraham at: ViceChair@peterpaulpotomac.org.
 We especially want to hear recommendations from our parish cooks—those of you who prepare meals during the year and those who work in the kitchen during the intense weeks of preparation before and during Bazaar weekend. You know what works and what doesn't work, and we respectfully ask you to share your thoughts and ideas with us. Our goal is to make the kitchen work better for all of us in the days ahead.

HOLY BREAD OF OBLATION OFFERED BY:
 Ss. Peter & Paul Church

FELLOWSHIP OFFERED BY:
 Nadir & Silvia Tawil