

	Bread of Holy Oblation	Fellowship Hour
22 Mar	POSTPONED Fuad & Mary Sahouri POSTPONED Artemis Lampathakis/ IMO Yeorgos	Cancelled until further notice
29 Mar	POSTPONED Neam Family/IMO Laurice Neam	Cancelled until further notice
05 Apr	Nadir & Silvia Tawil	Cancelled until further notice
12 Apr	Open	Cancelled until further notice
18-19 Apr	Open	PASCHA Sam & Margo Ghanem for Agape Breakfast

**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

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frisaac@peterpaulpotomac.org
(301) 765-3400 #1 office
(401) 300-8238 cell
(240) 489-3494 home

Reverend
Fr. Luke Toumi
frluke@peterpaulpotomac.org
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DEACON

Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

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Vice Chairperson
Ken Bailey
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Michael El-Hage
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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

SUNDAY, MARCH 22, 2020
ZONE 7 / EOTHINON 7
THIRD SUNDAY OF GREAT LENT;
VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

RESURRECTIONAL APOLYTIKION (Tone 7)

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointment-bearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast risen O Christ, granting to the world the Great Mercy.

APOLYTIKION FOR THE HOLY CROSS (Tone 1)

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

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.

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” Blessed are those who, when they see and admit their own sins, which hinder their entrance into the kingdom, weep over them, for they become reconciled to their conscience and are consoled. Those who weep for their sins reach such an inner calm that they are no longer able to become angry and instead become meek.

Archbishop Averky (Taushev)

MAKING GOD REAL
In the Orthodox Christian Home

By Anthony M. Coniaris

How to Read the Bible at Home

“If I had to form a man from childhood as I thought best, I should like to have him choose a few good passages of Scripture and to make him read them often until he knew them by *heart*.” - Bossuet.

During World War II a South Sea islander showed an American GI his copy of the Bible and said, “This is my most prized possession.”

With a hint of disdain, the soldier replied, “We’ve outgrown all that sort of thing, you know.”

“It’s a good thing we haven’t,” the islander shot back. “If it wasn’t for this Bible, you would have been a meal as soon as we laid eyes on you.”

One of the tragedies of many people today is the feeling that they have outgrown the need for God’s word. The disaster they bring upon themselves as a result is tragic. But the person who reads the Bible believing that God is actually speaking to him through what he reads-this person’s life is transformed. He finds healing, wholeness, power, peace, forgiveness, love and purpose.

A Few Case Histories

Let us examine a few case histories of how this has actually happened in the lives of people.

Most of us remember how Paul’s life changed completely after he heard the word of God on the road to Damascus. Some of us recall that the conversion of Augustine the great sinner to Augustine the great saint and bishop happened when he picked up the Bible one day and read a passage that spoke to his soul. But these are old examples. They happened long ago. They do not seem as real as what happens today. So let us take a look at how the Bible has helped people in our day.

Example No. 1. Some years ago we had a famous biochemist from the University of Minnesota, Dr. Fred Smith, address one of our District G.O.Y.A. Conferences in Minneapolis. He delivered one of the most inspiring talks I have ever heard. All of us who were present felt the presence of God that evening. What I did not know at that time was that Dr. Smith had previously been an agnostic. He had rejected the Christianity of his youth. What brought him back to Christ was a Bible verse he heard one day that he simply could not get out of his mind. It was this Bible verse that brought him back to Christ-this time as a truly committed Christian. He became one of the most convincing supporters of Christianity on the University campus. Until his death a few years ago he held a weekly Bible class in his home. From agnostic to Christian because of a Bible verse!

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 *POSTPONED: 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 *CANCELLED: 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 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 thru 4-16/see Linda Shaheen
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 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@peterpaupotomac.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 *POSTPONED: Church School Creative Arts entries due
Mar 28 *CANCELLED: 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
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 with further questions.

THE EPISTLE

(For the Third Sunday of Great Lent)

O Lord, save Thy people and bless Thine inheritance.

To Thee, O Lord, have I cried, O my God.

The Reading from the Epistle of St. Paul to the Hebrews. (4:14-5:6)

Brethren, since we have a High Priest, Who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we have not a high priest who is unable to sympathize with our weaknesses, but One Who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. He can deal gently with the ignorant and wayward, since he himself is beset with weakness. Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. And one does not take the honor upon himself, but he is called by God, just as Aaron was. So also Christ did not exalt Himself to be made a high priest, but was appointed by Him Who said to Him, "Thou art My Son, today I have begotten Thee"; as He says also in another place, "Thou art a priest forever, after the order of Melchizedek."

THE GOSPEL

(For the Third Sunday of Great Lent)

The Reading from the Holy Gospel according to St. Mark. (8:34-9:1)

The Lord said, "If any man would come after Me, let him deny himself and take up his cross and follow Me. For whoever would save his life will lose it; and whoever loses his life for My sake and the Gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when He comes in the glory of His Father with the holy angels." And Jesus said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the Kingdom of God come with power."

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:

Postponed until Further Notice

FELLOWSHIP OFFERED BY:

Postponed until Further Notice

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	Rt. Rev. Daniel Griffith
Kh. Rebecca Alford	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
 Yeorgos Lampathakis
 Ted Milkovich

LIVING

Archpriest Isaac & Kh. Dolly	Fred & Sherrie Zacharia	Michael Piechocinski
Ramona Dora	Halim & Hayat Barakat	Artemis Lampathakis & Family
Ibrahim Mazen Saah	Ceffen Franus	Nyla Louh
Sami Korban	Vilma Bellone	Daoud Khairallah
Audree Yacoub	Patrick Farah	Lily Farhoud
Adam Farah	Sam & Marie Khalil & Family	Deena Khalil Gakos
Nawal Musleh	Sam Hamameh	
Asma Hamameh-Trey		
Edward, Ritamarie, Emilia & Viviana Saa		

OCMC NEWS

We are thankful our Ss Peter and Paul short-term missionaries Mike Bosworth and Sam Khalil returned safely from their medical mission in Aguacate, Guatemala late this past Sunday evening. The mission was highly successful! Sam helped many with eyeglasses, and Mike served many functions with his EMT background as well as handyman work with a seminarian to help upgrade the long-term missionary housing. They were immersed in the Lenten journey through daily Matins and evening prayers!

With children home from school, a good thing to do as a family is to go to ocmc.org, and select a long-term missionary to read about together, and then pray as a family for that missionary. From visits to Ss Peter and Paul by long-term missionaries, we hear of the immense challenge of the job. Each of the long-term missionaries has *asked fervently for our prayers!* (Perhaps an older child can research a missionary, report to the family, then lead a prayer. Children may even be inspired to draw or write to the missionaries.)

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