

	Bread of Holy Oblation	Fellowship Hour
24 Mar	Bellone Family/IMO George F. Khoury Barakat Family/IMO Leila Barakat Margo Sahhour-Ghanem & Family/IMO Fahed Masarweh	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	Parish Council on the visit of H.E. Metropolitan JOSEPH
14 Apr	Mona Ayoub/IMO Mufid K. Ayoub Younes Families	Open
21 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 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
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COUNCIL
Chairperson
Carol Laham
Vice Chairman
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Salim Habayeb
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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 24, 2019

tone 2/EOTHINON 10

**SECOND SUNDAY OF GREAT LENT: ST. GREGORY PALAMAS
& FOREFEAST OF THE ANNUNCIATION**

VENERABLE ZACHARIAH THE RECLUSE AND ARTEMON,
BISHOP OF SELEUCIA;
NEW-HIEROMARTYR PARTHENIOS,
PATRIARCH OF CONSTANTINOPLE

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

RESURRECTIONAL APOLYTIKION (Tone 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION FOR THE FOREFEAST OF THE ANNUNCIATION (Tone 4)

Today the preludes of universal joy move us to sing the prefestal hymn; for behold, Gabriel cometh, bringing the good tidings to the Virgin, and shall cry to her: Rejoice, thou who art full of grace; the Lord is with thee.

APOLYTIKION FOR ST. GREGORY PALAMAS (Tone 8)

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 THE FOREFEAST OF THE ANNUNCIATION (Tone 4)

*(**On this day Thou hast appeared**)*

At the great Archangel's voice, * O Theotokos, * the All-holy Spirit came * upon thee and thou didst conceive * Him that is one in essence and throne * with God the Father, O Adam's recovery.

Every Divine Liturgy is a new Annunciation since the One, Holy, Catholic and Apostolic Orthodox Church stands in the Most Immaculate Theotokos' place. While the body of the Church — through the mouth of the Celebrant Priest — says: *send down thy Holy Spirit upon us*, he repeats in a way the Ever-virgin's word: "Behold the handmaid of the Lord, be it unto me according to thy word."

St. Justin the Martyr

AN OVERVIEW OF ORTHODOX FASTING

by Rita Madden

How Fasting Focuses Us

St. John of Kronstadt, in his work *My Life in Christ*, notes:

It is necessary for a Christian to fast, in order to clear his mind, to rouse and develop his feelings, and to stimulate his will to useful activity. These three human capabilities we darken and stifle above all by "surfeiting, and drunkenness, and cares of this life" (Lk. 21:34).

The rhythm of fasting and non-fasting days helps us to focus on why we are eating in a particular way on a certain day. For example, not long ago, I was talking with a spiritual father and friend named Paul; he comes from a British background.

He shared with me some of his food-centered cultural treats, one of which was putting milk in his coffee and tea. Yet when he wakes up on a Wednesday and wants to have some milk in his coffee, he instantly thinks, "Ah, it's Wednesday; I'm *not* having milk in my coffee today." He says that's an instant reminder to turn him toward prayer.

Because we eat every day and because eating is a basic necessity of life, the act of eating and drinking can, be an immensely powerful reminder that will help us focus on God first.

For over two thousand years, the ancient church calendar has provided us, with guidance when it comes to eating. Simply put, it is this: "God first, food second." We use this aspect of eating (or not eating) to deepen our union and our communication with God.

The Degrees of Fasting

There are various levels of fasting in the Orthodox Tradition, but it is extremely important to note that the Orthodox Church never reduces fasting to a legalistic practice. These are guidelines that have been set out for us.

We are all at different points in the food aspect of our fasting practice, but if this practice of refraining from certain foods and amounts of foods is not accompanied with prayer and almsgiving, then we are highly advised by many Church Fathers and saints to just eat whatever we want.

Abba Hyperechius, one of the Desert Fathers, tells us, "It is better to eat meat and drink wine and not to eat the flesh of one's brethren through slander." And Saint John Chrysostom asks us, "for what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters?" Abba Isidore, a Desert Father, advises us, "If you fast regularly, do not be inflated with pride, but if you think highly of yourself because of it, then you had better eat meat. It is better for a man to eat meat than to be inflated with pride and glorify himself."

Let us remember all the aspects of fasting when we practice it. God does not need us to fast. In reality, God does not need us to do anything. We fast because we want to fast. We desire to put the tools of purification to work to bring us into closer union with Him.

You might be well-advised to work with your spiritual father to come up with a plan for your fasting practice. Those who have recently become Orthodox are often advised by their spiritual father not to keep the whole extensive fast but maybe start by simply removing meat from their diets on fasting days. (This alone is a big challenge for many, especially because our modern-day diet has become so meat-heavy.) Slowly, as new Orthodox Christians develop in the faith and disciplines, they can take their fasting practices to the next level.

Let's reflect on where we are right now with our fasting practices, and let's think of what we can do to make this practice a deeper discipline.

If fasting is a completely new practice for you, it would be helpful to read the plethora of valuable websites and books on the Eastern Orthodox practices of fasting. In addition, you may want to start by setting a realistic goal for your practice based on the suggestions throughout this chapter.

ORTHODOX CHRISTIAN FASTING GUIDELINES

Meat, dairy, and eggs would be the first major food groups to move away from.

Fish with a backbone is the next food to move away from. Alcohol and oils would be the next foods to avoid. *Xerophagy* is a Greek word meaning "dry eating." This is attained when all of the foods mentioned above are excluded and when intake of foods usually consists of boiled vegetables, fruits, nuts, and bread.

Strict fast is when no food or drink is consumed other than water, if needed.

Note: These are guidelines. The Eastern Orthodox Church has never reduced fasting to a legalistic scheme that requires following dietary rules. Throughout its history, the Church has always held that these practices are not for all. If, for example, someone is dealing with a specific health condition or if there are other legitimate reasons, special dispensations are granted to the believer.

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/G06uQSnltimwgvJW2>, 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>

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
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.

Thru April 14 *The Antiochian Women will be collecting donations for the adornment of the Naach in the church hall following the Liturgy through April 14th. Please see Linda Shaheen in the Hall following the Liturgy. Thanks to all!

Mar 29-31 *The Antiochian Women's Lenten Retreat at the Antiochian Village. For more information see Flyer in Narthex.

MEN'S FELLOWSHIP

Apr 20 *Lunch4Men: 0-100/12p—3p/men of all ages invited to attend.

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.

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, April 4, 2019 at the home of Bashar & Rana Callas, 2820 Norborne Place, Oakton, VA from 7:30p—9:00p.** 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.

SS. PETER AND PAUL PROFESSIONALS GATHERING

The second gathering of our professionals will be held in the LL Conference Room on **Sunday, March 31**. All professionals are invited and are welcome. For more information contact Sam Korkor at skorkor@gmail.com.
12:15p-12:45p **Networking & snacks**
12:45p-2:00p **Meeting**

CHURCH CALENDAR

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
*Landscaping Planning Meeting/5p
Mar 29-31 *Antiochian Women's Lenten Retreat/see flyers in Narthex
Mar 31 *Second Gathering for Professionals/LL Conf. Rm,
/12:15p-12:45p Networking & Snacks/12:45p-2:00p meeting
Apr 04 *Exploring our Faith: "On Wheels"/7:30p—9:00p/Virginia location
See above box for more information
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 14 *Final day for donations for the adornment of the Naach
*Landscaping Planning Meeting/5p
Apr 20 *Holy Bread Baking Class/9:00a/see above box for more info
*Lunch4Men: 0-100/12p-3p/Men of all ages welcome
*Lunch4Men: 0-100/12p—3p men of all ages are invited to attend
Apr 21 *Palm Sunday
Apr 28 *Pascha

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!"

Feast of the Annunciation

The Feast of the Annunciation of The Mother of God which always falls on March 25 will be celebrated tomorrow evening (Monday, March 25) starting at 6:00pm with the Matins Service and Divine Liturgy at 7:00pm. Please note: The Festive Liturgy replaces the Lenten Great Compline service and fish is eaten for Annunciation.

Visit of H.E. Metropolitan JOSEPH

On Saturday, April 6th and Sunday, April 7th, we will welcome H.E. Metropolitan JOSEPH our Arch Pastor and Father in Christ for his annual Parish visit. Sayedna will be meeting with Teen SOYO and our Young Adults on Saturday, April 6 and all the Parish is invited to greet him at the Lenten Luncheon following Divine Liturgy on Sunday, April 7.

Please plan on participating in the Lenten food packing outreach that day from 1:30pm — 3:00pm in the Church Hall.

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

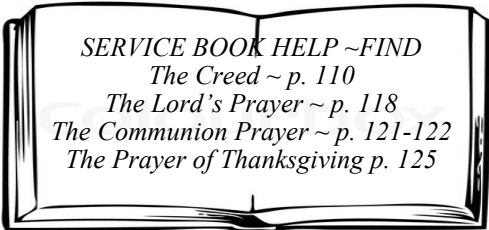
Orthodox Christians
Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin,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

LIVING

Margo Sahouri-Ghanem & Family	Ibtisam Toubaji	Jamie Simon
Sami Korban	Nijmeh Zayed	Asma (Amy) Hamarch-Trey
Antonios Barakat & Family	Tagrid Tawil	George Ellis
Jamilee Bellone & Family	Vilma Bellone	Joanna Khoury
Patrick Mokhiber	Gladys Laham	Paul Misleh
William, Helen & William Jr. Sullivan	Bruce, Reema & Luke Fekrat	Lorna Malooley & Family
Denise Bolus & Family	Odette El-Hage & Family	Magdy Hennien
Michael & Nadia El-Hage & Family	Chris Malaska & Family	Samia Zolnerowich & Family

MEMORIAL SERVICES
George F. Khoury/40-day
Leila Barakat/40-day
Fahed Masarweh/40 day

DEPARTED
Fr. George Rados
Leila Barakat
George F. Khoury
Asmahan Haddad
Juliette Abu-Daygeh
Daisy Atiyeh
Samia Stumo
Norma Azar
Mary Bashoor
Sonia Belcher
Ruth Bosworth
Catherine & John Bolus
Shawki El-Hage
Julian John El-Hage
Fahed Masarweh
Mariam Barakat
Mariam Cassis
Elias Cassis
Mona Makhool
Yasmeen Naoum
Youssef Naoum
Wafa Nasr
Nassim Nasr
George Atiyeh

HOLY BREAD OF OBLATION OFFERED BY:
Jamilee & Rainier Bellone/IMO George F. Khoury
Margo Sahouri-Ghanem & Family/IMO Fahed Masarweh
Barakat Family/IMO Leila Barakat

MEMORIAL WHEAT OFFERED BY:
Jamilee & Rainier Bellone/IMO George F. Khoury
Margo Sahouri-Ghanem & Family/IMO Fahed Masarweh
Barakat Family/IMO Leila Barakat

FELLOWSHIP OFFERED BY:
Jamilee & Rainier Bellone/IMO George F. Khoury

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 area. 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.

CALLING ALL GARDENERS!
The gardens and landscape of the grounds of St. Peter and Paul are getting new attention this year. Your input on plant selection, garden bed design and location is welcome and needed. Please join Michele Forzley, who is leading the landscape process at 5pm on March 29 or April 12 for an hour to review the plans for clean up and restoration of the property and learn where there will be new garden beds, large pots for seasonal plants and tree/shrub replacement. We are also planning an area for bridal photography. Your ideas are welcome and gardeners are welcome