



SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHRISTIAN CHURCH

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE OF NORTH AMERICA

"All Things Are Possible to Him Who Believes" (Mark 9:23)

Metropolitan SABA
Primate of the Antiochian
Archdiocese

PRIEST
Rev. Fr. Luke Toumi
frluke@peterpaulpotomac.org
(301) 765-3400 office
(610) 844-2583 cell

DEACON
Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

PASTORAL ASSISTANT
Sbdn. Chris Abdelahad
Chris@peterpaulpotomac.org

COUNCIL
Chairperson
Ken Bailey
Vice Chairperson
Jamil Hermes
Treasurer
Scott George
Secretary
Sarah Shamess
Members
Thomas Bray
Thomaseena Cox
Elizabeth El-Hage
Wissam El Hage
Joe Gavin
Zaki Horany
James Isaac
Richard Mahan
Vanessa Mourad
Maria Zacharias
Stephen Zolnerowich

CHURCH SECRETARY
Nidale El Achkar
office@peterpaulpotomac.org
(301) 765-3400 ext. 0

SUNDAY, MARCH 24TH, 2024
TONE 1 / EOTHINON 9
**FIRST SUNDAY OF GREAT LENT (SUNDAY OF
ORTHODOXY)**

**VENERABLE ZACHARIAH THE RECLUSE AND ARTEMON,
BISHOP OF SELEUCIA**

****Divine Liturgy of St. Basil the Great****

The Holy Fast of Forty Days (Great Lent) is the greatest fast, one which every Christian must observe without grumbling. A person who possesses bodily health must not protest about the fast, and he is inexcusable if he does not keep it. During the forty-day period of the fast, a Christian ought to attend church services regularly.

- St. Raphael of Lesbos

Great Vespers: Saturday 6:00 pm
*Check the Calendar
for possible cancellation*
Matins: Sundays 9:20am
Divine Liturgy: Sundays 10:30am
Confessions: By appointment

CHOIR DIRECTOR
Kristopher Reese
choir@peterpaulpotomac.org
**ASSISTANT CHOIR
DIRECTORS**
Marie Hyder
Mark Buchko

CHANTERS
Amjad Khalil
Zeina Manasseh
George Tannous
Rezanne Toumi

USHERS
Jerry Audi
Michael El Araj
Abe Fannoney
Sam Khalil
Steve Simon

CHURCH SCHOOL
Directors
Samia Zolnerowich
Jennifer Montgomery
SundaySchool@peterpaulpotomac.org

MEN'S FELLOWSHIP
Sam Khalil

ANTIOCHIAN WOMEN
Svitlana Sweat

**TEEN SOYO
& YOUNG ADULTS**
Sbdn. Chris Abdelahad
President: Samuel Griffin
Vice President: Kiernan El-Hage
Secretary: George Manasseh
Treasurer: Alexander Nassif
Social Media: George Boyle

RENTAL
Coordinator
George Rados
Sales Coordinator
Denise Bolus

**CHARITIES
COORDINATOR**
Stephen Zolnerowich
Paula Massouh

ST. IGNATIUS ORDER
Jumana Misleh

GIFT SHOP
Gail Bailey

• We welcome all our guests and visitors worshipping with us at the Divine Liturgy.
• Please let our ushers know that you are visiting with us today. We would love to stay in touch!
• Please know that Holy Communion is offered to Orthodox Christians, after preparing themselves through prayers, fasting, & confession.
• Non-Orthodox visitors are welcome to receive blessed bread at the end of the Divine Liturgy & share food with us at coffee hour.

THE SYNAXARION

On March 24 in the Holy Orthodox Church, we commemorate Venerable Zachariah the recluse and Artemon, bishop of Seleucia.

On this same day, the First Sunday of the Fast, we make remembrance of the restoration of the holy and venerable Icons, which took place through the ever-memorable Sovereigns of Constantinople, Michael and his mother, Theodora, during the patriarchate of Saint Methodios the Confessor.

Verses

*I rejoice, as I see them fittingly reverence
The icons formerly unfittingly banished.*

This restoration was accomplished in the year 843. Theodora's husband was an iconoclast. After his death, Theodora venerated an icon of the Theotokos in front of Patriarch Methodios. The other faithful in the church did the same, venerating all the icons, considering them to be representations of their original elements, not idols. Theodora prayed to God to forgive her husband during the first week of Great Lent; and on the First Sunday of the Fast, she led the way in hanging up the icons to adorn the churches.

O invariant Icon of the Father, through the intercessions of Thy holy Confessors, have mercy on us. Amen.

RESURRECTIONAL APOLYTIKION IN TONE ONE

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 THE FIRST SUNDAY OF GREAT LENT IN TONE TWO

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. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

APOLYTIKION OF SS. PETER AND PAUL IN TONE FOUR

O foremost in the ranks of Apostles, and teachers of the world, Peter and Paul, intercede with the Master of all to grant peace unto the world, and to our souls the Great Mercy.

KONTAKION FOR SUNDAYS IN GREAT LENT (AND AKATHIST SATURDAY) IN TONE EIGHT

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 the Health of these Parishioners

John & Lily Bitar	Showke George	Christo & Mary Christakis
Suad Shammass	Victor, Linda & Family	Hanneh Daoud
Mike & Dorothy Marge	Ibrahim Saah	Vilma Bellone
Michael Shihadi	Joanna Khoury	Sherrie Zachariah & family
Nadim Zarour	Michael Amouri	
Qustandi & Nahida Kaibni	Tagreed Tawil & Family	Nour & Anastasia & Sonny
Nuha & family	Yousef & Ghada	Asma Ayoub
Isabel Threddeh	Ghassan & Zakieh Jweied	Elias, Taylor & Rami
Shakeh Kerjilian & family	Hind, Habib Debs & family	Margo, Sam & family
Christopher Zolnerowich	Fred & Grace Saah	Barbara Zamer & family
Brian, Caroline & family	Fadia, Rich & family	Edward & Eleanor Husson
Steve, Jennifer & family	Antoine Hanna & family	Mary Sahouri

DEPARTED

- Antoun Sabea
- Khalil Kallas
- Enad Kallas
- Nicole F. Kyriakos
- Raymond J. Kyriakos
- Gisele K. Haddad
- John Bolus
- Julian El-Hage
- Odette El-Hage
- Nicholas Roberts
- Saba Saba
- Ramona Dora

Special Prayer this Week for

Timothy Dowse	Wyne-Hareg	Elizabeth Carroll
Ruby Maggard	Maha, Flavio & family	Gino Michaels & family
Jeannine & family	Rana, Bashar & Family	Gibran, Larry, Olivia, Issam
Paul Bridenhagen	Thomaseena Cox	Svitlana, Alexandra, Isabel
Nabeel Mufarreh	Robert Bridenhagen	Caroline & Nabil
Raymond, Myriam Kyriakos & family		Jamil & Nicole H. Kyriakos & family
Raja, Christina Kyriakos & family		Patricia Spurr & family
Heidi Saba & family		Elizabeth Albinger & family

MEMORIAL

- Nicole F. Kyriakos
- Saba N. Saba (18 years)

Holy Bread, Memorial Wheat & Coffee Hour are offered by Nicole & Jamil Kyriakos in loving memory of **Nicole F. Kyriakos**.

Holy Bread & Memorial Wheat are offered in loving memory of **Dr. Saba N. Saba**, for his 18-year Memorial, by his wife Heidi, his 4 children, his 10 grandchildren, and his great grandchild.

Holy Bread is offered by Rana Callas in loving memory of **Antoun Sabea & Khalil Kallas**, and for the health of her Family.

If you want to offer Holy Bread or host Coffee Hour please use the codes on the side to do so.

Coffee Hour Available Dates

- | | |
|----------|---------|
| April 28 | June 9 |
| May 12 | June 16 |
| May 26 | June 23 |

Host Coffee Hour



Offer Holy Bread



Coming Up @ Ss. Peter & Paul

Thursday, March 28th, Book Club @ 8:30 pm (zoom)

Sunday, March 31st, *Young Adults Serving Coffee Hour*. Connect with the group on the last page.

Friday, April 19th, **Cocktail Reception to Support Noursat TV Channel**. Details on the church website .

Saturday, April 20th, **Lenten Retreat With Fr. James & Kh Gigi Shadid**. Everyone is welcome. Sign up to attend.

Parish Life Conference
June 27-30
@ Antiochian Village
Registration is now open



This Week's Services @ 7PM:


Monday: *Feast of the Annunciation Vespers Divine Liturgy*

Wednesday: *Pre-Sanctified Divine Liturgy*

Friday: *Second Akathist (madayeh)*

St. Raphael's Table

On April 6th, we will make 100 individually packaged meals and toiletry kits for the clients at the Downtown Day Services Center (DDSC), a daytime-only homeless shelter in DC.

All ages  are welcome to help with meal prep and toiletry kit packing from 10:30 am - 12:30 pm in the church kitchen and hall. **Volunteers 18+** are invited to assist in transporting and distributing the meals and kits to our neighbors at the DDSC from 12:30 pm - 2:00 pm.

Volunteers can either carpool or drive themselves to the DDSC.

Volunteers may help in either prep or distribution or both.

To join in preparation/distribution use this QR code

Amazon Wishlist for Toiletry Bags is available here.

Thank you for your support!



Book Club

Thursday 8:30 pm - 9:30 pm

March 28



1st & 3rd Tuesday

Bible Study

(8:30 pm/Zoom)

REGISTER HERE



Forever Young!

First Thursday of the Month

April 4th, May 2nd, June 6th

Fitness & Fun in April Meeting!

11-2pm



Naach (Bier) Decoration & Loved Ones Commemoration

Naach Preparation

Friday, May 3rd, at 10:30 AM

Bring your best garden pruners and maybe a Lenten dish to share!



Lenten Retreat Sign Up

Everyone has a place

You do NOT want to miss it



For online donations, use **your phone's camera** to scan this code and follow the link to our secure donation portal.



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 First 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 pleasures of sin for a season; esteeming the reproach of the Christ greater riches than the treasures of Egypt; for he looked to the recompense of reward. And what more shall I say? For the time would fail me if I tell of Gideon, Barak, Sampson, Jephthah, of David and Samuel and all the prophets, who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, from weakness were made strong, became mighty in war, and turned to flight armies of the aliens. Women received their dead by resurrection, and others were tortured, not accepting their deliverance, that they might obtain a better resurrection. And others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn asunder, they were tempted, they were slain with the sword; they went about in skins of sheep and goats, being destitute, afflicted, tormented (of whom the world was not worthy), wandering in deserts and mountains, and in dens and caves of the earth. And all these, having obtained a witness through their faith, did not receive the promise, 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."

Bakeless Bake Sale to Support Widowed Clergy Wives

In lieu of baking an item to donate and sell at a bake sale, we ask that you simply make a donation in the amount of what a baked item would cost to make. Donations for this project can be received **online under Antiochian Women and then under the subfund - Bakeless Bake Sale**. Checks can also be made payable to **Ss. Peter & Paul Ladies Society** earmarked **Bakeless Bake Sale** on the outside envelope as well as on the memo line of your check.

Thank you once again for your annual support of our Antiochian Women project!

Metropolitan Saba's Letter to the Youth on the Occasion of the Orthodox Youth Day His Eminence Metropolitan Saba (Isper)

Note: The Patriarchate of Antioch's Orthodox Youth Movement celebrates Orthodox Youth Day every March 16, the day of its founding in 1942.

To my sons and daughters, the youth of this blessed Archdiocese,
It is my joy to address you on the occasion of the Orthodox Youth Day (March 16):
You are the blossoms of the Church, how delightful is the flower with its fragrant scent.
You are the dynamism of the Church, and how many dreams lie before you to become reality with your youthful capabilities.
You are in the age of zeal and vitality, so may you use your energies in the service of your souls, not just your bodies and minds.
You are the hope of the Church because you are its future, and how many great deeds have been achieved by individuals like you.

I dream of you as strong in grace and insightful in the matters of your lives.
I dream of you as brave in facing evil, and enthusiastic in supporting what is good.
I dream of you as rejectors of what is presented to you for imitation, and examining everything before adopting it.
I dream of you as distinguishing between the behaviors of a world that is not inspired by God, and the behaviors required by the Gospel.
I dream of you as humble and fruitful trees, and as upright as cypress trees, brave, fearing nothing, because through Christ you can overcome the world.
I dream of you being successful and excelling in your lives, so that your church will be proud of you, and the name of your Lord may be glorified wherever you go.
I dream of you seeking your salvation and placing Christ above everything else. I dream of you as saints, for your calling is nothing less than this.

I encourage you to delve deeper into your faith and examine the validity of things presented today as if they are necessary or not.
I encourage you to find true and lasting joy in the embrace of your church and be assured that there is no joy or peace except in living in the sweet presence of your Christ.
I encourage you to experience the sweetness and power of living with Christ that makes the mountains dance.

I know how much evil awaits you,
And how many challenges you face,
And I also know, my beloved, that you need courage to be true Christians.
But I also know that your Christianity deserves this courage.
Or else the world is heading towards more slavery, despair, and coldness.
I encourage you to ignite your hearts with pure love and light up the world around you and warm it.
You are the ones who will warm the world, or else woe to us all.
May God bless you and keep you,
With all my love, my prayers, and blessings.

Yours in Christ,

+SABA

Archbishop of New York and Metropolitan of All North America

His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

**ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA**

Prot. no.: 117/2024

The Sunday of Orthodoxy
March 24, 2024

Venerable Hierarchs, Reverend Clergy, and beloved Faithful in Christ,

Greetings to you as we celebrate this glorious Sunday of the Triumph of Orthodoxy. We have just completed the difficult first week of Lent. In many ways, this one week is a microcosm of the challenges we face throughout our Christian lives, as we try to live faithfully despite weaknesses within us and trials around us. However, the Lord's words to St. Paul are a comfort to us in every season of our lives: "My grace is sufficient for you, for My strength is made perfect in weakness" (2 Cor. 12:19).

Each year on the Sunday of Orthodoxy, we remember our seminarians, who are studying at residential seminaries and through the Antiochian House of Studies. They are preparing to take up the Cross and follow our Lord on the difficult but rewarding road of priestly ministry. Those whom God calls to ordination will become pastors in our parishes, working with the children, the elderly, and all the faithful, leading them on their journey to the heavenly kingdom. They will stand before the holy altar and offer prayers to the All-Holy Trinity on behalf of us all. They will bring divine grace into all the joys and sorrows of our earthly lives. Therefore, it is our duty to provide them with the best possible education and preparation for this sacred ministry.

Today we ask you to support our dedicated seminarians through your prayers and by making a financial gift toward their theological education. Among the Orthodox in America, our archdiocese is a leader in seminarian support. We strive to provide full scholarships to these qualified men who are studying for the priesthood, and your generous contribution will help to ensure a well-prepared clergy for our future while not burdening our future pastors with excessive debt.

Fervently praying that your Lenten journey will be filled with growth in Christ, I remain,

Yours in Christ,

A handwritten signature in blue ink that reads "SABA". The signature is written in a cursive style with a large initial "S".

✠ SABA

Archbishop of New York and Metropolitan of All North America

***Donations to support our future priests
Cash, check or online are appreciated.
Choose "Seminarians" from the drop-down list***



Windows to Heaven By Gigi Shadid

Our children will sing this after the procession

Icons are windows to heaven to heaven

Icons are windows to heaven to heaven

I is for image Eikona said in Greek

Icons surround us if holy is what you seek

They are windows to heaven

They all guide us to heaven

We venerate and honor them but worship only God.

What's good and pure and holy and true and shows the word.

They are windows to heaven

They all guide us to heaven

What's good and pure and holy and true and shows the word.

C is for Christ in His image we are made.

O is for orthodox we use it as a name.

They are windows to heaven

They all guide us to heaven

We venerate and honor them but worship only God.

They are windows to heaven

They all guide us to heaven

What's good and pure and Holy and true and shows the word.

N is for newness, "behold I make things new

S is for saints as they're all in icons too

They are windows to heaven

They all guide us to heaven

We venerate and honor them but worship only God.

They are windows to heaven

They all guide us to heaven

What's good and pure and Holy and true and shows the word.

Icons are windows to heaven to heaven

Icons are windows to heaven to heaven

They are windows to heaven

They all guide us to heaven

We venerate and honor them but worship only God.

They are windows to heaven

They all guide us to heaven

What's good and pure and Holy and true and shows the word.

2024 Saints Peter and Paul Lenten Community Service Project

Packing Meals for Area Families in Need

Please join us on Sunday, April 14, for our annual Lenten community service project.

This year, we aim to pack 25,000 meals for area families in need. This will cost \$8,750.00. And we know that with everyone working together, we can meet this ambitious target!



How can I contribute? Please go to "make a donation" from the stewardship page on the Church's website and select "Charity Drive" in the drop-down menu.

Or you may see/contact Sarah Shames (sarahshames@yahoo.com), Serene Jweied (sjweied@gmail.com), or Steve Zolnerowich (stephenz2@verizon.net).

Should I bring anything? Hair nets, aprons, and gloves will be provided. Just bring your enthusiasm and be sure to wear a pair of sensible shoes!

Young Adults Upcoming events - Save the Dates

Saturday April 6: St. Raphael's Table Humanitarian Project : 10:30 am -12:30 pm

Saturday, April 13: Vespers and Dinner - Talk with Fr. Anastasios from Cameron

Sunday, April 14: Grounded in Faith -Post liturgy Fellowship at Church Library

Friday & Saturday, April 19-20: Mini Lenten Retreat: SOYO + YAM with Fr. James and Kh. Gigi Shadid

April 28-May 5 Holy Week & Pascha

Saturday May 4 St. Raphael's Table Humanitarian Project : 10:30 am -12:30 pm

Sunday, May 12: Grounded in Faith-Post liturgy Fellowship at Church Library

Saturday June 1: St. Raphael's Table Humanitarian Project : 10:30 am -12:30 pm



Saturday June 1: Orthodoxy on Tap - Starr Hill Biergarten Tysons 7:30-9:30 pm

Sunday, June 9: Grounded in Faith -Post liturgy Fellowship

June 26-30: Parish Life Conference at the Antiochian Village

Saturday, October 19: Young Adults/Professionals Gala