

	Bread of Holy Oblation	Fellowship Hour
31 Mar	Brown Family/IMO Abraham S. Brown & the health of Lula M. Brown	Brown Family/IMO Abraham S. Brown & the health of Lula M. Brown
07 Apr	Lorna Malooley Boulos & Nearn Families	Parish Council on the visit of H.E. Metropolitan JOSEPH
14 Apr	Mona Ayoub/IMO Mufid K. Ayoub Younes Families/IMO Jeanette & William Younes Danielle Bellone/IMO Robert G. Issa	Open
21 Apr	Open	Open
28 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
friluke@peterpaulpotomac.org
(610) 844-2583 cell
(301) 765-3400 #2 office

DEACON
Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

COUNCIL
Chairperson
Carol Laham

Vice Chairman

Jumana Misleh

Treasurer

Ken Bailey

Secretary

Abe Fannoney

Members

Roy Abdo

Philip Allen

Jerry Audi

Nabil Emad

Michele Forzley

Salim Habayeb

Bassem Haddad

Janet Metz

Anees Mokhiber

Wayne Parr

Alganesh Piechocinski

CHURCH SECRETARY

office@peterpaulpotomac.org

CHOIR DIRECTOR

Kristopher Reese

choir@peterpaulpotomac.org

ASSISTANT CHOIR

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 31, 2019

tone 3/EOTHINON 11

THIRD SUNDAY OF GREAT LENT;

VENERATION OF THE PRECIOUS AND LIFE-GIVING CROSS

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

RESURRECTIONAL APOLYTIKION (Tone 3)

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting 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 (Tone 8)

(AND AKATHIST SATURDAY)

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.

If we do not become acquainted and familiar to God here, how is He to recognize us over there?

Elder Ephraim of Arizona

Third Sunday of Great Lent/Veneration of the Holy Cross

The Third Sunday of Lent is called “The Veneration of the Cross.” At the Vigil of that day, after the Great Doxology, the Cross is brought in a solemn procession to the center of the church and remains there for the entire week-with a special rite of veneration following each service. It is noteworthy that the theme of the Cross which dominates the hymnology of that Sunday is developed in terms not of suffering but of victory and joy. More than that, the theme-songs (hirmoi) of the Sunday Canon are taken from the Paschal Service “The Day of the Resurrection”-and the Canon is a paraphrase of the Easter Canon.

The meaning of all this is clear. We are in Mid-Lent. On the one hand, the physical and spiritual effort, if it is serious and consistent, begins to be felt, its burden becomes more burdensome, our fatigue more evident. We need help and encouragement. On the other hand, having endured this fatigue, having climbed the mountain up to this point, we begin to see the end of our pilgrimage, and the rays of Easter grow in their intensity. Lent is our self-crucifixion, our experience, limited as it is, of Christ’s commandment heard in the Gospel lesson of that Sunday: “If any man would come after me, let him deny himself and take up his cross and follow me” (Mark 8:34). But we cannot take up our cross and follow Christ unless we have His Cross which He took up in order to save us.

It is His Cross, not ours, that saves us. It is His Cross that gives not only meaning but also power to others. This is explained to us in the synaxarion of the Sunday of the Cross: On this Sunday, the third Sunday of Lent, we celebrate the veneration of the honorable and Life-Giving Cross, and for this reason: inasmuch as in the forty days of fasting we in a way crucify ourselves ... and become bitter and despondent and failing, the Life-Giving Cross is presented to us for refreshment and assurance, for remembrance of our Lord’s Passion, and for comfort. We are like those following a long and cruel path, who become tired, see a beautiful tree with many leaves, sit in its shadow and rest for a while and then, as if rejuvenated, continue their journey; likewise today, in the time of fasting and difficult journey and effort, the Life-Giving Cross was planted in our midst by the holy fathers to give us rest and refreshment, to make us light and courageous for the remaining task Or, to give another example: when a king is coming, at first his banner and symbols appear, then he himself comes glad and rejoicing about his victory and filling with joy those under him; likewise, our Lord Jesus Christ, who is about to show us His victory over death, and appear to us in the glory of the Resurrection Day, is sending to us in advance His scepter, the royal symbol-the Life-Giving Cross-and it fills us with joy and makes us ready to meet, inasmuch as it is possible for us, the King himself, and to render glory to His victory All this in the midst of Lent which is like a bitter source because of its tears, because also of its efforts and despondency ... but Christ comforts us who are as it were in a desert until He shall lead us up to the spiritual Jerusalem by His Resurrection for the Cross is called the Tree of Life, it is the tree that was planted in Paradise, and for this reason our fathers have planted it in the midst of Holy Lent, remembering both Adam’s bliss and how he was deprived of it, remembering also that partaking of this Tree we no longer die but are kept alive.

Fr. Alexander Schmemmann

Ss. Peter and Paul Orthodox Church News and Events

MARCH IS ANTIOCHIAN WOMEN'S MONTH

CHURCH SCHOOL 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>

- Mar 31** *Pascha Workshop until 1:00p
Apr 07 *No Church School due to Metropolitan JOSEPH Visit
Apr 21 *No Church School/Palm Sunday
Apr 28 *No Church School/Pascha
May 5 *Food for Hungry Boxes turned in
May 19 *Recognition of spring graduating high school seniors Forms due Apr 14
<https://tinyurl.com/peterpaulsenior2019>

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 6** *Lunch & meeting w/H.E. Met. JOSEPH
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.

- April 6** *Young Adult Fellowship Meeting w/H.E. Met. JOSEPH/2:30p

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](mailto: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.

2019 SS. PETER & PAUL MIDDLE EASTERN FESTIVAL VENDORS NEEDED! Our Middle Eastern Festival will be held on September 21, 21, & 22, 2019. If you know of vendors who might be interested in participating, please contact Lorna Malooley (lornaam@aol.com) or Thomaseena Cox (cox1903@aol.com). Thanks so much.

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.** The topic will be "Holy Week: Journey to Glory". 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 (alexcoxsells@gmail.com), Paula Massouh (pmassouh@aol.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.

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

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.

CHURCH CALENDAR

- Mar 29-31** *Antiochian Women's Lenten Retreat/see flyers in Narthex
Mar 31 *Zain Elias Makhoul Churching
*Church School Pascha Workshop until 1:00p
*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
*Teen SOYO/Lunch & Mtg. w/H.E. Met. JOSEPH/12:30p
*Young Adult Fellowship Meeting w/H.E. Met. JOSEPH/2:30p
Apr 07 *No Church School/Metropolitan Joseph visit
*Lenten Meals of Mercy project to follow Fellowship
*Baptism/Cameron Ayoub/1:30p
Apr 12-14 *Spring Retreat & Pilgrimage to Resting Place of St. Raphael/see flyer in Narthex
Apr 12 *Landscaping Planning Meeting/5p
Apr 14 *Final day for donations for the adornment of the Naach
Apr 16 *Exploring our Faith: " On Wheels"/7:30p—9:00p/Olney, MD location (more info to follow)
Apr 20 *Lunch4Men: 0-100/12p-3p/Men of all ages welcome
Apr 21 *Palm Sunday & no Church School
Apr 28 *Pascha & no Church School
May 5 *Food for Hungry Boxes turned in
May 19 *Recognition of Graduating High School Seniors
May 21 *Exploring our Faith: " On Wheels"/7:30p—9:00p/ Aldie, VA location (more info to follow)
Jun 26-30 *Parish Life Conference/more info to follow

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."

NO GREAT COMPLINE SERVICE on Monday, April 1, 2019.

With regret the Great Compline Service scheduled for Monday, April 2019 at 7:00pm is cancelled. Fr. Isaac, Fr. Luke, and Dn. Christian will be in New Jersey attending a Clergy Deanery meeting. Pre-Sanctified Liturgy will be held on Wednesday, April 3, 2019.

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 6th and all the Parish is invited to greet him during the Lenten Luncheon following Divine Liturgy on Sunday, April 7.

The Teen SOYO meeting with Sayedna will start around 12:30 pm with a Potluck Lunch. At 2:30p Sayedna will meet with the Young Adult Fellowship and Great Vespers will be at 4:30p

Parents are welcome to bring a Lenten Dish to share and to attend the meeting. Bring your questions to Sayedna; You will surely enjoy our hierarch's personality!

If you are able to help coordinating the Saturday lunch, please contact Riham Saah: rsaah@gmail.com

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.

SERVICE BOOK HELP ~FIND
The Creed ~ p. 110
The Lord's Prayer ~ p. 118
The Communion Prayer ~ p. 121-122
The Prayer of Thanksgiving p. 125

Parishioners who remain in our prayers continually

Rt. Rev. Fr. Elias Bitar	Margaret Ashley	Mary Smith
Isabel Threded	Nabeeha Ayoub	Joyce Hamaty
Holly Dubois	Suad Shammis	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
Jamie Simon		George & Chris Brown

LIVING

Margo Sahouri-Ghanem	Ibtisam Toubaji	Nijmeh Zayed
Tagrid Tawil	George Ellis	Sami Korban
Roger Moukheiber	Gladys Laham	Paul Misleh
Eddie, Muge & Leo Khalaf	Tony, Leah & Zain Elias Makhoul	Sam Berberian
Lu Brown	Deborah Brown	Sam, Donna, Sarah, Sammy, Lexi Brown
Jenna Hess & Bryleigh Bailey	Mary Smith	George Nassif
Bob & Arlene Nassif	Vera Brown	George, Chris, Anna, Georgi, & Laila Brown
George Rados & Family	Lorna Malooley	Susan Fannoney
Mona Ayoub		Steve, Jennifer, Helena, Catherine, Stephen, Giselle Brown
Mickey, Katie, Johnny, Alyssa, Annie, Georgia Sines		

CHURCHING
Zain Elias Makhoul

MEMORIAL SERVICES
Abraham S. Brown/3 yrs.

DEPARTED
Fr. George Rados
Asmahan Haddad
Juliette Abu-Dayyeh
Daisy Atijeh
Samia Stumo
Norma Azar
Mary Bashoor
Sonia Belcher
Ruth Bosworth
Evelyn Hier
Joseph Charley
Selma & Robert Simon
Abraham S. Brown
Adieb Brown
Sam & Mary Brown
John & Sadie Nassif
Eric & Sadie Nassif
Albert Nassif
Helen & Albert Haje
Ernestine & Sam McLoota
John Nassif
Terry Smith
Sabrina Edmiston
Jackie Corry
Carl Nerenberg
Glode (Bud) Requa
Thomas Shaheen

HOLY BREAD OF OBLATION:
Prepared by George Brown
offered by the Family of Abraham Brown in his memory & for the health of Lula Brown

MEMORIAL WHEAT PREPARED AND OFFERED BY:
Lorna Malooley

FELLOWSHIP OFFERED BY:
Abraham Brown Family in his memory & for the health of Lula Brown

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.

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 Friday, 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 to help install new plants into ready for planting beds.