

	Bread of Holy Oblation	Fellowship Hour
02 Apr	Mona Ayoub/1-yr Memorial for Mufid K. Ayoub Fr. Isaac & Kh. Dolly Crow/40-Day Memorial for Fouad Choueiry	Mona Ayoub/1-yr Memorial for Mufid K. Ayoub
09 Apr	Mary Misleh	Mary Misleh
16 Apr	Lorna Malooley & Holy Bread Baking Class	Sam & Joe Sahouri Ghanem Families
23 Apr	Farha Family	Farha Family
30 Apr	Bosworth/Slanta — IMO Nicholas Yanowsky	

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

All Things Are Possible to Him Who Believes

Matins: Sundays 9:30am

Divine Liturgy: Sundays 10:30am

SUNDAY, APRIL 02, 2017

TONE 8 / EOTHINON 8

FIFTH SUNDAY OF GREAT LENT

**COMMEMORATION OF OUR RIGHTEOUS MOTHER MARY OF EGYPT
VENERABLE TITUS THE WONDERWORKER; VIRGIN-MARTYR THEODORA OF PALESTINE; MARTYRS AMPHIANOS AND AIDESIOS OF LYDIA**

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

APOLYTIKION OF THE RESURRECTION (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. MARY OF EGYPT (Tone 8)

Through thee, the divine likeness was securely preserved, O mother Mary; for thou didst carry the cross and follow Christ. By example and precept thou didst teach us to ignore the body, because it is perishable, and to attend to the concerns of the undying soul. Therefore, doth thy soul rejoice with the angels.

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 ORDINARY SUNDAYS (Tone 2)

O protection of Christians that cannot be put to shame, mediation unto the Creator most constant, O despise not the suppliant voices of those who have sinned; but be thou quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession, and speed thou to make supplication, thou who dost ever protect, O Theotokos, them that honor thee.

Freedom requires very strong spiritual strength. We cannot — or do not want to — accept the other person as he is — as the one he really is. We like to intervene — to interfere directly and often rudely — in his life, in order to correct him — to beautify him. But can we be so certain of our beautifying intentions for the other? Why is it that we are so excessively strict with others and so lenient with ourselves? Why do we not begin with ourselves?

+Blessed Moses of Mt. Athos

Priest

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

Deacon

Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

Priest Emeritus

Very Reverend
Fr. George Rados
frgeorge@peterpaulpotomac.org

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office@peterpaulpotomac.org

Choir Director

John Slanta
choir@peterpaulpotomac.org

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George Tannous
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Thomas Zook

LENTEN REFLECTION ON UNDERSTANDING GRIEF

Kate Niewenhous

“What earthly sweetness remains unmixed with grief?” (St. John of Damascus)

Let us now look into our spiritual inheritance. Con’t.

Biblical Narratives

The biblical narratives can also help us with our grief. Without going into too much detail about the stories themselves, I will briefly suggest a few for edification. Each holds out for us the life-affirming branch that our sorrows will turn to joy.

"Job is considered the model of patient endurance of every suffering that God sends upon us, and a type of the suffering of the Lord Jesus." (Prologue of Ohrid) “You were true and just, pious, blameless and holy, O glorious servant of God. You enlightened the world by your perseverance, much-afflicted Job. Therefore, we all honor and praise your divinely-wise memory.” (Kontakion)

The story of Rachael and Leah (GN29) shows them moving from heart rendering sorrows to their ceasing to bearing that affliction and rejoicing in the Lord. “When given Leah by deceit Jacob struggled and slaved yet another seven years finally to win his chosen bride. Now consider these two wives as images of diligence and wisdom, Leah, who bore many children, is untiring labor, while Rachel is that wisdom which one acquires only through diligence. Neither, however, is possible, O my soul, without your effort.” (Canon of St. Andrew of Crete)

The raising of Lazarus from the tomb (JN 11:1-44) shows us the mercy and pity of the Lord towards the “tears of Martha and Mary” (Akathist), and their lamentations over their brother. He releases their brother from the bonds of death to prefigure his own resurrection. Lamentation turns to joy. Their faith holds firm and it bears on us to learn from this, even when we can’t see it clearly, and to know that death will again come to Lazarus although now of a different sort.

The story of the Myrrh Bearing Women (LK 24:1-13) also shows us what it is to wait patiently on the Lord and they are the first to confirm all that Jesus said of himself to the Disciples. “As the Myrrh-bearers went to Thy tomb, O Savior, they were perplexed in mind and said to themselves: Who will roll the stone away from the sepulcher for us? And looking up, they saw that the stone was rolled away. They were awestruck by the form of the Angel and his raiment. They were taken with trembling and thought to flee; and the youth cried to them: Be not afraid; He Whom ye seek is risen; come, behold the place where the body of Jesus lay, and go quickly, proclaim unto the Disciples: The Savior is risen from the grave.” (Kontakion)

Christian death prepares us to rest in the Lord until he comes again. Yes, our bodies die because that is the course of nature. Our souls, however, do not die but rest in new awareness. St Ambrose of Milan teaches that, “Since the life of the soul remains after death, there remains a good which is not lost by death but is increased. The soul is not held back by any obstacle placed by death, but is more active, because it is active in its own sphere without any association with the body, which is more of a burden than a benefit to it.” (cf. “Death is a Good” p177 Rose, Soul After Death)

These aforementioned narratives and reflections on the soul are helpful when we contemplate our own death and those of our loved one. However, in the intermediate time, new grief really hurts and it is hard to explain it to others who have not experienced it. I acknowledge that faith can be shattered during grief because our world seems shattered. Allowing yourself to experience all the emotions that come with grief will actually open yourself to many new possibilities of living your life with positive energy and a willingness to engage in life more fully alive, all the while honoring your loved one’s memory.

I have tried to focus this talk on understanding grief within the context of our faith. I do suggest that when you struggle with grief that within the church you can find hope and meaning in life again. The church is a hospital for souls that can offer therapy toward re-ordering that which has become disordered through grief. The church directs us toward the goal of union with God even when we carry heavy sorrows and burdens. It is important to remember that when you grieve your relationship to God will help to stabilize you. Our spiritual expectations influence our lives. Our journey in this life is to build up that relationship with God, in joyful expectation, so that when grief comes our way, we may in humility meet it. Eventually, we recover that grace and gratitude to God for lending to us the life of the one who has now departed from us. Such is the ineffable and indelible mercy that God showers upon us.

Part 4 of 5

Stewardship Corner/Theology of Giving Series – Week 9

Luke 8: 14 ... “And as for what fell among thorns, they are those who hear, but as they go on their way are choked by the cares and riches and pleasures of life, and their fruit does not mature.”

“What does this message from God require from me, His loyal and obedient servant?” What must I change in my life to be able to follow this teaching in both word and in deed?”

Ss. Peter and Paul Orthodox Church News and Events

SUNDAY SCHOOL

We have classes for children 3 years old through 12th grade and meet following Communion. Registrations are handled online at <http://tinyurl.com/registerSunSchool>. We are also in need of snacks and juice for the children. Snacks must be **peanut and tree nut free** due to allergies. Individually wrapped snacks such as 100-calorie snacks work best. Juice may be 100% juices or flavored water pouches. We can use both 6-oz as well as 4-oz juice boxes. We are looking for one more teacher for this school year. Please contact peterpaulsunday-school@gmail.com.

Apr 2

Annual Pascha Prep workshop. A sign up for lunch items and volunteers to help with crafts will be coming out sometime in March.

Apr 9 & 16

No class on the 9th (Palm Sunday) and the 16th (Pascha).

TEEN SOYO

Apr 02

Teen SOYO participating in April Outreach/local area meal packing event

Apr 14

Great Friday Vigil

May 7

Teen SOYO Mtg./Conference Center/12:30p

May 13

Teen SOYO Hike & Picnic @Great Falls, MD

May 19-21

Spring Delegates' Mtg. at the Antiochian Village (more info to follow)

The Teen SOYO would like to thank all of the parishioners of Ss. Peter and Paul who donated their time and their money to the teens' za'atar sale on March 19th. Teen SOYO raised \$1,300 thanks to your generosity. A portion of the money will be donated to charities including St. Jude Children's Research Hospital, and the I.O.C.C. (at Ss. Peter and Paul's Fundraising Reception on June 3rd). May God bless all of you for your continuing support of our Youth Program.

YOUNG ADULT FELLOWSHIP

The Ss. Peter & Paul Young Adult Fellowship seeks to gather young adults (20-40 years of age) together in the ministry worship, witness, service, and fellowship. These include study groups, outreach projects, potluck dinners, and other social and charitable gatherings. For more information contact Jad Ibrahim Jr. at jad.ibrahim.jr@gmail.com or Dn. Christian Manasseh at dncristian@peterpaulpotomac.org.

Apr 02

April Outreach Program: Volunteering Event: following services volunteering in conjunction w/other Church groups (Men's Club, Teen SOYO, Antiochian Women, Parish Council) packing meals. (see previous page)

ANTIOCHIAN WOMEN

The Antiochian Women/Preparation of the Naach

On Friday, April 14 from 10:30am – 3:00pm all welcome all who wish join in for the preparation of the Naach. A covered Lenten dish to share is appreciated and please bring your pruners. We are still taking donations for the flowers used to decorate the Naach.

Antiochian Women/Luncheon & Fashion Show

On May 13 the Antiochian Women are hosting a Luncheon & Fashion Show 11:30am at Congressional CC. Tickets are \$55.00. See Rida Boulos at Frita18@aol.com. For raffle donations contact Hala Paska-leva. Flyers are located in Narthex.

MEN'S CLUB

Jun 07

*Golf Tournament

Jun 25

*Ss. Peter & Paul Picnic/Bretton Woods Rec Ctr (more details to follow)

"EXPLORING OUR FAITH" THE SS. PETER AND PAUL ADULT RELIGIOUS EDUCATION FORUM

"Exploring Our Faith" will meet every other Thursday evening from 7:15pm to 8:30pm in the lower level conference room. Fr. Isaac facilitates the meetings using brief presentations as a springboard to open discussion on a wide range of topics concerning our Faith. Meetings will resume after Pascha. Please contact Fr. Isaac at frisaac@peterpaulpotomac.org or Kate Niewenhous at handmaidens20854@gmail.com for more information. ALL ARE WELCOME..

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 (georgezaki@gmail.com or ajmzaki@gmail.com), Alex Cox (alexcoxells@gmail.com) or Fr. Isaac (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 & Paul Church Learning & Media Center

Donations are welcomed in support of the establishment of the new Church Learning and Media Center. Please send all donations to Ss. Peter and Paul Church earmarked "Library Fund". In addition, donation of books on topics related to the Orthodox Faith, Doctrine, Church History, Liturgy, and Scripture will be gratefully accepted. Please contact Fr. Isaac, Dn. Christian, or Kate Niewenhous for more information.

CHURCH CALENDAR

- Apr 02 *April Outreach Program (see previous page)
*Annual Pascha Prep Workshop (see above for more info)
- Apr 03 *Service of the Great Compline @7:00p
- Apr 05 *Liturgy of the Presanctified Gifts @7:00p
- Apr 08 *Divine Liturgy/Lazarus Saturday9:00am
- Apr 9 *Palm Sunday/Divine Liturgy & Procession of the Palms
*No Church School (Palm Sunday)
- Apr 14 *Preparation of the Naach/10-30a—3p (see Antiochian Women)
- Apr 16 *Holy Pascha
*No Church School (Pascha)
- May 07 *Teen SOYO Mtg./LL Conf. Rm/12:30p
- May 13 *Antiochian Women/Luncheon & Fashion Show @Congressional CC/more details to follow
*Teen SOYO/Hike & Picnic @Great Falls, MD
- May 19-21*Teen SOYO Spring Delegates' Mtg./Antiochian Village (more info to follow)

THE EPISTLE

Make your vows to the Lord our God, and perform them.

God is known in Judah; His Name is great in Israel.

The Reading from the Epistle of St. Paul to the Hebrews. (9:11-14)

Brethren, when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation), He entered once for all into the Holy Place, taking not the blood of goats and calves but His own blood, thus securing an eternal redemption. For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, how much more shall the blood of Christ, Who through the eternal Spirit offered Himself without blemish to God, purify your conscience from dead works to serve the living God?

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (10:32-45)

At that time, Jesus took His twelve Disciples, and began to tell them what was to happen to Him, saying, "Behold, we are going up to Jerusalem. And the Son of man will be delivered to the chief priests and the scribes, and they will condemn Him to death, and deliver Him to the Gentiles. And they will mock Him, and scourge Him, and spit upon Him, and kill Him; and after three days He will rise." And James and John, the sons of Zebedee, came forward to Him, and said to Him, "Teacher, we would that thou shouldst do for us whatsoever we shall desire" And Jesus said to them, "What do you want Me to do for you?" And they said to Him, "Grant us to sit, one at Thy right hand and one at Thy left, in Thy glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" And they said to Him, "We are able." And Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized. But to sit at My right hand or at My left is not Mine to grant, but it is for those for whom it has been prepared." And when the ten heard it, they began to be indignant at James and John. And Jesus called them to Him and said to them, "You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. But it shall not be so among you; but whoever would be great among you must be your servant, and whoever would be first among you must be servant of all. For the Son of man also came not to be served but to serve, and to give His life as a ransom for many."

IOCC FUNDRAISER/SAVE THE DATE

On Saturday, June 3, 2017, Ss. Peter & Paul Church will sponsor a Fund Raising Reception in the Church Hall from 6:00p-9:00p in support of "Syrian Relief Programs" of the International Orthodox Christian Charities (IOCC).

This important event will be open to all the Parish, to the local Churches and to the public at large. With the Civil War in Syria entering its sixth year the scale of suffering, and the humanitarian needs are immense. Please plan on attending and supporting this event. More information will follow soon.

SUNDAY SCHOOL

Directors

Samia Zolnerowich
Jennifer Buchko

Teachers

Jumana Misleh
Susan Kozlov
Michelle Zook
Christine Morin
Lizzy Cassar
Caroline Jarboe
Chrissy Mackoul
Anees Mokhiber
Philip Allen
AJ Wood
Jennifer Montgomery
Dina Saah
Stephen Zolnerowich

Men's Club

Sam Khalil

Antiochian Women

Carol Laham

Teen SOYO

Advisor

Jamilee Bellone

Officers

Danielle Bellone
Kinda Callas
Maya Saah
Joud Al-Kallas
Juliana Natour

Young Adult Fellowship

Jad Ibrahim, Jr.
Lizzy Cassar

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

Archpriest George Rados	Brian Briggs	Mary Smith
Margaret Ashley	Isabel Threddeh	George Brown
Helen White	Thelma Badwey	Everett Alvarez
Holly Dubois	Tesia Yonkers	Barbara Abraham
Edmond & Sophie Neam	Lulu Brown	
George & Joan Abraham		

DEPARTED

Fouad Choueiry
 Yousef Isa Saah
 Evelyn Hier
 Joseph Charley
 Mufid K. Ayoub
 Jimmy, Sami & Travis Shaheen
 Suad (Shaheen) Khoury
 George Karam

LIVING

Leena Haddad	Yasmin Courtright
Janice	Gizel Haddad
Mazen Saah	Tony Moussa
Leila Khoury	Elaine Buchko
Mary Bazargan	Deborah Brown
Mariam Yazge	Ann Marie Moses
Gladys, George, Alexi Choueiry	Habib, Hind & Paul Debs
Saah Family	Melinda Fannoney
Claudia Garcia	Victoria Audi
Richard Ayoub	James Ayoub
Mona & Teena Ayoub	Ricky Ayoub & Family
Lisa Ayoub & Family	Charles & Sharon Ayoub
Leena Haddad & Family	

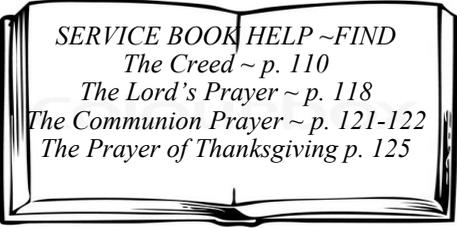
Orthodox Christians
 Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin,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



HOLY BREAD OF OBLATION OFFERED BY:
 Mona Ayoub for the 1-year Memorial for Mufid K. Ayoub
 Fr. Isaac & Kh. Dolly for the 40-day Memorial for Fouad Choueiry
MEMORIAL WHEAT OFFERED BY:
 Fr. Isaac & Kh. Dolly for the 40-day Memorial for Fouad Choueiry
FELLOWSHIP OFFERED BY:
 Mona Ayoub & Family for the 1-year Memorial for Mufid K. Ayoub

TODAY FOLLOWING THE LITURGY
Today following the Liturgy we will gather for the April Outreach Program Just as we did last year, the Church is sponsoring an OUTREACH Program on April 2 immediately after church. Last year, thanks to your generous donations of time and money we had well over 100 volunteers who helped us pack over 20,000 meals to reach those in our local area who are less fortunate than we are. The event created a sense of community and love that we all felt and we appreciate all of those who participated. **We are doing it again!** The more money we raise the more meals we can pack. With \$6250 we can pack 25,000 meals. Think about all of the lives we can help. But we also need you all to come again and participate. Please, make it a priority on April 2 and put it on your calendar! We are looking for no fewer than 12 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! People of all ages can participate in this wonderful event. We need to show our local community that their Orthodox brethren love and care for them. Please see Carol Laham to make a donation or sign up to pack the meals.