

	Bread of Holy Oblation	Fellowship Hour
07 Apr	Lorna Malooley Boulos/Neam Families	John & Jumana Misleh & Family in Honor 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	Mitody Tilev & Family/IMO Ivanka Tilev-5yr.
21 Apr	Open	Mary Misleh
28 Apr	Open	Open
05 May	Bellone & Fannoney Families/IMO Fr. Alastair	Bellone & Fannoney Families/IMO Fr. Alastair

**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

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Ken Bailey

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Abe Fannoney

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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, APRIL 7, 2019

TONE 4/EOTHINON 1

FOURTH SUNDAY OF GREAT LENT

COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"

MARTYR KALLIOPIOS OF CILICIA;

VENERABLE GEORGE, BISHOP OF MITYLENE;

REPOSE OF TIKHON, PATRIARCH OF MOSCOW AND ENLIGHTENER OF
NORTH AMERICA

RESURRECTIONAL APOLYTIKION (Tone 4)

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF ST. JOHN CLIMACUS (Tone 8)

The barren wilderness thou didst make fertile with the streams of thy tears; and by thy deep sighing thou hast given fruit through thy struggles a hundredfold. Accordingly, thou hast become a star for the universe, sparkling with miracles. Therefore, O righteous Father John Climacus, intercede with Christ God to save 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 SUNDAYS IN GREAT LENT (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.

Asking God for mercy means asking Him for His Kingdom, which Christ has promised to grant those who ask for it and that He will add everything else that we are in need of. That is why the faithful are contented with this supplication (Lord have mercy) for it can be applied to everything.

St. Nicholas Cabasilas

Fourth Sunday of Great Lent St. John Climacus

On the Fourth Sunday of the Fast, we celebrate the memory of our Holy Father John the author of the Ladder.

In the Church services for the fourth Sunday the Holy Church offers us a great example of the life of fasting in the person of the Venerable John of the Ladder, who, "having overcome the flesh through fasting" and "by the sweat of his ascetic efforts quenched the fiery arrows of the enemy" and "renewed the strength of souls" and, "ascending to the height of virtues", "received in his soul the divine wealth of the Spirit, undefiled prayer, chastity, modesty, continuous vigil", "was deified through heavenly glory", "was revealed as a physician to those sick through sin" and was the author of the Ladder of Paradise.

According to the expression of the Holy Church, how the profoundly granted ascetic life of the Venerable John "gives us a pleasure sweeter than honey", and so his Ladder "brings to us the ever flowering fruits of his teaching, pleasing the heart with vigilant heeding: for souls are rising up the ladder from earth to heaven and abiding in glory".

The memory of Saint John the Ladder is celebrated on the 30th of March; but it is also celebrated today, perhaps because in monasteries it is customary to read The Ladder from the beginning of the Holy Fast.

Little is known about the life of St. John of the Ladder, or St. John Climacus. According to one source, he was born around the year 579; tonsured a monk prior to 599; became abbot of St. Catherine's Monastery on Mount Sinai no later than 639; and died around 649.

The Greek word "klimakos" means "ladder." The name was given to John because he wrote a popular book on asceticism, titled *The Ladder of Divine Ascent*. The book is divided into 30 chapters, or "steps on the ladder," describing the spiritual journey from sinfulness to entrance into God's Kingdom and perfection.

His 30 steps are regarded as falling into two sections; steps 1-26 mainly concern sins that must be overcome and suggestions as to how do so; steps 27-30 speak of prayer, solitude, faith, hope and love-the virtues that are to be perfected in order to achieve communion with God.

John's work primarily was written for monastic communities, but it has proven valuable for readers outside the monastic life.

He spent 40 years in solitude near a monastery church, ate and slept little, prayed much and wrote books. His life was dedicated to unceasing prayer, full of Christian humility and love for Christ.

A Journey Through Great Lent

Ss. Peter and Paul Orthodox Church News and Events

CHURCH SCHOOL 2019

Registration for Church School is ongoing using this link: <https://goo.gl/forms/GQ6uQSNltimwgv1W2>, include your email as most Church school announcements go out to the entire parish. Please list all/any allergies.

Check out our new online Church School Newsletter
<https://tinyurl.com/PeterPaulCSoctober>

Apr 07 *No Church School due to Metropolitan JOSEPH Visit
Apr 14 *No Church School/Spring Break
Apr 21 *No Church School/Palm Sunday
Apr 28 *No Church School/Pascha
May 5 *Food for Hungry Boxes turned in
May 19 *Recognition 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 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 amall7m@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!

MEN'S FELLOWSHIP

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

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 16, from 7:30p—9:00p. The location is Olney, MD with more details to follow**. 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 (alexcxsells@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.

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.

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.

CHURCH CALENDAR

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 *Lazarus Saturday/10a/Divine Liturgy
*Lunch4Men: 0-100/12p-3p/Men of all ages welcome
Apr 21 *Palm Sunday/Procession of Palms
*no Church School
*Bridegroom Service/7:00p
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

OCMC BANQUET

Come to the annual banquet benefiting the Orthodox Christian Mission Center to be held on Sunday, May 5 at St. Katherine's Greek Orthodox Church, Falls Church, VA. Vespers will be held at 4 PM followed by appetizers and dinner at 5 PM. Adults - \$60; Students - \$30; Children under 12 - Free. For more information contact our OCMC Ambassadors, Paula Massouh at pmassouh@aol.com or Michael Bosworth at michaelbosworth@mac.com.

THE EPISTLE

The Lord will give strength to His people. The Lord will bless His people with peace.

The Reading from the Epistle of St. Paul to the Hebrews. (6:13-20)

Brethren, when God made a promise to Abraham, since He had no one greater by whom to swear, He swore by Himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by one greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of His purpose, He interposed with an oath. So that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.

THE GOSPEL

The Reading from the Holy Gospel according to St. Mark. (9:17-31)

At that time, a man came to Jesus, kneeling down and saying unto him, "Teacher, I brought my son to you, for he has a dumb spirit. And wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked Thy Disciples to cast it out, and they were not able." And Jesus answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to Me." And they brought the boy to Him; and when the spirit saw Jesus, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if Thou canst do anything, have pity on us and help us." And Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had entered the house, His Disciples asked Him privately, "Why could we not cast it out?" And Jesus said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And Jesus would not have anyone know it; for He was teaching His Disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill Him; and after He is killed, He will rise on the third day."

Welcome to H.E. Metropolitan JOSEPH

Ss. Peter and Paul Church warmly welcomes today our Father and Chief Shepard in Christ H.E. Metropolitan JOSEPH. Please come and greet Sayedna, at the Lenten Fellowship Luncheon offered in his honor in the Church Hall. The faithful are also encouraged to stay in the hall and to participate in the food packing outreach project sponsored by our Parish. Many thanks to John and Jumana Misleh for hosting the Lenten Luncheon and to all the faithful who have donated their time, energy and resources for this year's Lenten Meals of Mercy outreach. Welcome to Sayedna JOSEPH and may God grant him many years.

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

Parishioners who remain in our prayers continually

Rt. Rev. Fr. Elias Bitar	Rt. Rev. Daniel Griffin	Jamie Simon
Margaret Ashley	Mary Smith	Joyce Hamaty
Isabel Threddeh	Nabeeha Ayoub	Robert & Thelma Badwey
Holly Dubois	Suad Shammass	Barbara Abraham
Sophie Neam	Miriam Yazge	Douglas Kalesh
George & Joan Abraham	Lula Brown	Dorothy Marge
Michael Buchko, Sr.	Edward Rizkallah	Assad & Patricia Khoury
Leila Khoury	Shoke George	Rene Saah
Bob & Shirley Neri	Barbara Mullin	
George & Chris Brown		

DEPARTED

Fr. George Rados
 Asmahan Haddad
 Juliette Abu-Daygeh
 Daisy Atiyeh
 Samia Stumo
 Norma Azar
 Mary Bashoor
 Sonia Belcher
 Ruth Bosworth
 Thomas Shaheen
 R. Sergei Malooley
 Kater & Mary Malooley
 John & Nymry Abdow
 Edmond Neam
 Mike Neam
 George & Lena Neam
 Jack & Laurice Neam
 Kamal & Helene Boulos
 Najeeb & Amelia Neam
 Mike & Rida Asha
 Antoinette (Kouroyen) Constantine
 Isa Saleh
 Neva Taleb Zakhem

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

LIVING

Margo Sahouri-Ghanem	Ibtisam Toubaji	Nijmeh Zayed
Tagrid Tawil	George Ellis	Sami Korban
Roger Moukheiber	Gladys Laham	Paul Misleh
Sam Berberian	Susan Fannoney	Mona Ayoub
Lorna Malooley & Family	Choir of Ss. Peter & Paul	Richard Fannoney
Renee & Frank Abdow & Family	Rida & Sami Boulos & Family	Eddy & Erica Neam & Family
The Family of Isa Saleh	Andrew, Elnaz, & Cameron Andrew Ayoub	
John, Katelin, & Josephine Elizabeth Procelli		

BAPTISMS
 Cameron Andrew Ayoub

MEMORIAL SERVICES
 Isa Saleh

Memory Eternal
 Ss. Peter and Paul Church offers its sincere condolences to Ted Constantine and Family for the falling asleep in the Lord of his beloved mother Antionette Constantine at age 108. Her wake and Funeral will be held starting at 10:00am Wednesday, April 10, 2019 at St. Mark Orthodox Church located at 7124 River Road, Bethesda, MD. May her memory be Eternal.

In Memory of Edmond Neam
 Today a new Icon of "Christ the Bridegroom" will be blessed. The Icon was written by Michael Piechocinski of our Parish. It is donated to Ss. Peter and Paul Church by the family of the late Edmond Neam one of the founders of our Parish. May his memory be eternal.

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.

HOLY BREAD OF OBLATION:
 Boulos/Neam Families
 Lorna Malooley
 The Family of Isa Saleh/IMO Isa Saleh

MEMORIAL WHEAT PREPARED AND OFFERED BY:
 The Family of Isa Saleh/IMO Isa Saleh

FELLOWSHIP LUNCHEON OFFERED BY:
 John & Jumana Misleh & Family in Honor of H.E. Metropolitan JOSEPH