

	BREAD OF HOLY OBLATION	FELLOWSHIP HOUR
<b>10 Apr</b>	Laila Elaraj	The Parish Council
<b>17 Apr</b>	Laila Elaraj	Mitody Tilev & Family
<b>24 Apr</b>	Donna Gavin	Donna Gavin
<b>30 Apr 01 May</b>	Pascha	
<b>08 May</b>	John & Dina Saah	John & Dina Saah (special Arabic Pastries in honor of Mother's Day)

**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**

10620 River Road Potomac Maryland 20854 • 301-765-3400 • [www.peterpaulpotomac.org](http://www.peterpaulpotomac.org)

# 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 10, 2016**

**TONE 4/ EOTHINON 1**

## **FOURTH SUNDAY OF GREAT LENT**

COMMEMORATION OF JOHN CLIMACUS, AUTHOR OF "THE LADDER"  
MARTYRS TERENCE AND POMPEY OF CARTHAGE AND THOSE WITH THEM;  
NEW-HIEROMARTYR GREGORY V, PATRIARCH OF CONSTANTINOPLE; NEW-  
MARTYR DEMAS OF SMYRNA

### **APOLYTIKION OF THE RESURRECTION (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 THE ANNUNCIATION (AND 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.

*Having put your hope in Christ who provides for all creation and nurtures it, keep away from all unjust gains, and do not be too attached even to honest income. Put it to good use and let the poor share in it as much as possible.*

*St. Gregory Palamas*

## *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**

**Priests**  
Very Reverend  
Fr. George Rados  
frgeorge@peterpaulpotomac.org  
Very Reverend  
Fr. Isaac Crow  
frisaac@peterpaulpotomac.org

**Deacon**  
Dn. Christian Manasseh  
DnChristian@peterpaulpotomac.org

**COUNCIL**  
**Chairperson**  
Suzanne Hermes  
**Vice Chairman**  
Gary Farha  
**Secretary**

Steve Simon  
**Treasurer**  
Richard Mahan

**Members**  
Alex Cox  
Abdallah Daoud  
Paul Debs  
Lina Eid  
Anita El-Araj  
Samer Korkor  
Justin Misleh  
Tony Moussa  
Wayne Parr  
Metody Tilev  
George Zaki

**Church Secretary**  
office@peterpaulpotomac.org

**Choir Director**  
John Slanta  
choir@peterpaulpotomac.org

**Chanters**  
Wayne Parr  
George Tannous

**Ushers**  
Jerry Audi  
Michael El Araj  
Abraham Fannoney  
Sam Khalil

**ALTAR**  
**Manager**  
Peter Aburdeineh

**Servers**  
Captains -  
Rashid Haddad  
Christopher Zolnerowich

# Ss. Peter and Paul Orthodox Church News and Events

## ATTENTION MEN AND WOMEN OF THE PARISH!

Learn to prepare Holy Bread for our Liturgies. The class will be held on **Saturday, April 16**, in the church kitchen/9am to 1:30pm. Size is limited to 6 but will consider another class if more wish to learn. Bread will be used for Holy Week and Pascha on May 1 (midnight April 30). Come and learn our Holy Orthodox tradition. You will be so pleased with your results and your beautiful offering. Lorna Malooley - 703-978-6542

### TEEN SOYO

**Apr 16** Ask Abouna Session/RAP Session (for Lent) with Fr. Isaac and Dn. Christian, w/Potluck Lunch at Church 12p.

**Apr 17** Teens to participate in Local Food Bank Charity organized by Ss. Peter & Paul

**Apr 29** Good Friday Vigil

**May 08** Teen SOYO mtg. at 12:30p following Liturgy

### YOUNG ADULT FELLOWSHIP

Ss. Peter & Paul Young Adult Fellowship Study Group (FSJD) is on hold during the Great Lenten season. Parishioners are encouraged to participate in the great services we are pleased to have this year. Lenten Services scheduled Mondays (Great Compline), Wednesdays (Liturgy of the Presanctified Gifts), and Fridays (Akathist to the Mother of God). Please see the schedule of services on the round table in the Narthex. The Study Group will resume after Pascha.

### ANTIOCHIAN WOMEN

\***Pre-Pascha Arabic Pastry Sweets Bake Sale** — On Palm Sunday, there will be a pre-Pascha Arabic pastry sweets bake sale following the Liturgy during the Fellowship Hour to raise seed money for the Festival. *Let us do the baking for you!*

\***Naach Flower Donation & Adornment** — The Ladies Auxiliary will start collecting through **April 17** for the Naach. All women of the Parish are invited to participate and decorating will start on Good Friday, **April 29** (see flyer on table in the narthex). Don't forget your pruning shears! A dish to share at lunch would be most welcome. Please give your donation to Leila Ayoub, Marie Khalil, or Ann Marie Moses. The donation forms are on the table in the Narthex.

\***The Antiochian Women of North America Board** has an Educational Grant for women 26 and older. Go to <http://antiochian.org/march-antiochian-women-month> for applications. See Kate or Donna for questions.

### THE METROPOLITAN DC ORTHODOX MISSION AND OUT-REACH COMMITTEE

is again sponsoring a Mission dinner, at SS Peter & Paul Antiochian Orthodox Church 10620 River Road Potomac, MD, on Sunday, May 15, 2016, beginning with Pan-Orthodox Vespers at 4:30 pm, hors d'oeuvres and a Silent Auction at 5:15 pm, dinner and presentation at 6:00 pm. All proceeds benefit the Orthodox Christian Mission Center (OCMC). The speaker is Very Rev. John Chakos, speaking on "GUATEMALA MISSION FACES EAST: THE NEXT STEP IN CONVERSION". Tickets: \$55.00 for adults; under 22, \$30, and children under 6, FREE; table for 10 is \$500; reservation deadline: May 12, 2016. For information: Dr. John Demakis, email: [demakis9931@gmail.com](mailto:demakis9931@gmail.com) or Betty Slanta, email: [slanta@verizon.net](mailto:slanta@verizon.net). Enclose check and mail to SS Peter & Paul Antiochian Orthodox Church 10620 River Road Potomac, MD 20854, ATTN: Mission Banquet (B. Slanta). Make the check payable to OCMC, note: "Mission Banquet". (flyers located in Kogok Hall)

## SUNDAY SCHOOL

\***HIGH SCHOOL SENIOR RECOGNITION** — If your child is graduating high school this year, please let us know their name, the high school they are graduating from, and what their post-graduation plans are (if known). Please email us this information by **April 10th**.

### 2016 BAZAAR UPDATE

\***PRE-PASCHA ARABIC PASTRY SWEETS BAKE SALE**  
On Palm Sunday, there will be a pre-Pascha Arabic pastry sweets bake sale following the Liturgy during the Fellowship Hour to raise seed money for the Festival. Order forms available on the round table in the Narthex. *LET US DO THE BAKING FOR YOU!*  
\***Ss. PETER & PAUL BAZAAR — SAVE THE DATE**  
Ss. Peter & Paul 33rd Annual Bazaar September 23-25, 2016. Please contact us with your thoughts and interest in volunteering! Contact [wayne.parr@gmail.com](mailto:wayne.parr@gmail.com) 571-294-0197 or Barbara Abraham [bmwabraham@gmail.com](mailto:bmwabraham@gmail.com) 301-949-1056

### TRADITIONS COOKBOOK

#### WE WOULD LOVE TO HEAR FROM YOU!!

We are planning the next publication of our recipe book revised to reflect our Feast Days and the different traditions within our parish. This edition focuses on traditional recipes representative of all our backgrounds and culinary traditions. Please submit a recipe (and photo if you have one) for consideration by emailing it to Michele Forzley at [mforzley@comcast.net](mailto:mforzley@comcast.net) please. Our goal is to have the book ready for the Festival. The deadline for submissions is **midnight June 30, 2016**. We also plan to prepare a companion video on the techniques to make some of the foods – if you would be willing to be in a video let me know too.

### "EXPLORING OUR FAITH"

#### THE SS. PETER AND PAUL ADULT RELIGIOUS EDUCATION FORUM

The Ss. Peter & Paul Adult Religious Education Forum is on hold during the Great Lenten season. We encourage all to attend Lenten Services scheduled Mondays, Wednesdays, and Fridays. Please see the schedule on the round table in the Narthex. The Forum will resume on Thursday, **May 5 at 7:15pm**. All are welcome.

### Upcoming events...

Apr 10	*Baptism Lucas John Mike @1:30p *Men's Club Mtg/following Liturgy LL Conf. Rm. 12:30p
Apr 11	Service of the Great Compline @7:00pm
Apr 12	Parish Council Mtg/LL Conf. Rm. @7:00p
Apr 13	Liturgy of the Presanctified Gifts @7:00pm
Apr 15	*Service of the First Akathist Hymn @7:00pm
Apr 16	*Holy Bread Baking Class/9:00a/Upstairs Kitchen *Ask Abouna RAP session @12p (see above for more info)
Apr 17	*Arabic Language Class/10a-12:30p/LL Conf. Rm *Pascha Prep Workshop for Sunday School/LL Conf. Rm. *Ss. Peter & Paul Food Bank Outreach Project following Fellowship/Kogok Hall (see above for more info)
Apr 18	Service of the Great Compline @7:00pm
Apr 20	Liturgy of the Presanctified Gifts @7:00pm *Pascha Arabic Pastry Sweets Bake Sale
Apr 22	Hanric Leong Baptism/12p/Sanctuary
Apr 23-May 1	Holy Week (see schedule on table in Narthex)
Apr 24	*Palm Sunday-Divine Liturgy & Procession of the Palms at 10:30a
Apr 29	Teen SOYO/Good Friday Vigil
Apr 30	*Arabic Language Class/10a-12:30p/LL Hall

## 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

(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."

## STEWARDSHIP CORNER

*Theology of Giving Series* – Week 15 – April 10, 2016

**from Tithing, Fr. Richard Ballew ... "What is the tithe? Simply put, the tithe is a voluntary offering of ten percent of one's income, given to God. That's right, ten percent, taken off the top. In both Hebrew and Greek the word tithe comes directly from the word ten. It is a practice established long ago whereby God's people have the opportunity to participate in the sacramentality of life by offering back a portion of what God has given to them, As such, tithing is more than just an act of obedience. It is an act of worship."**

"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?"

Select the link to read the entire *Theology of Giving* series on our website blog: <https://www.peterpaulpotomac.org/stewardship-corner>

## SUNDAY SCHOOL

### Directors

Samia Zolnerowich  
Jennifer Buchko

### Teachers

Jumana Misleh  
Susan Kozlov  
Michelle Zook  
Christine Morin  
Layla Najjar  
Lizzy Cassar  
Lara Bellone  
Andrew Salem  
Caroline Jarboe  
Chrissy Mackoul  
Anees Mokhiber  
Philip Allen

### Men's Club

Sam Khalil

### Antiochian Women

Kate Niewenhaus

### Teen SOYO

#### Advisor

Jamilee Bellone

#### Officers

Rashid Haddad  
Julia Allen  
Danielle Bellone  
Kinda Callas  
Nick Guegel

### Fellowship of St. John

Christine & Samer Korkor  
Dn. Christian & Zeina  
Manasseh

### Adornment

Shams Akkawi  
Jamil Hermes

### Facility Management

Nick Nahas  
Bob Simon

### Rental Coordinator

Barbara Abraham

### Charities

Sam Sahouri Ghanem

### Finance

Gary Farha

### Stewardship

Lina Eid

# 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 re-  
member them in his kingdom always:  
now and ever, and unto ages of ages

## LIVING

### Parishioners who remain in our prayers continually

Margaret Ashley	May Fillah
Richie Kogok	Brian Briggs
Isabel Threddeh	Holly Dubois
Edmond & Sophie Neam	

**DEPARTED**  
Louise Kiatta  
Fuad Akel  
Saad & Emilie Costandi

Josephine Lofgren	John Wizeman
Richie Ayoub	Adib Hanna Saah
Tony Moussa	Elias Bitar
Mufid Ayoub	Nicholas & Helen White
Kathy Habib	Caroline Jarboe
Jeanette Haller	James Bennett
Barbara Abraham	Fred Zacharia
Alexandra, Andrew, Matthew	Gavin & Leslie Courtright
Colette Korkor	The Daya Family
The Korkor Family	Lucas John Mike
The Mike Family	Noelle Nijmeh Tawil
Taweel & Jennifer Tawil	Hanric Kaili Leong
The Leong Family	Joey Kasharuni

**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

**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

### HOLY BREAD OF OBLATION OFFERED BY:

Laila Elaraj  
Christine Daya for the Churching of Colette Lily Korkor

### FELLOWSHIP HOUR OFFERED BY:

The Parish Council

**SS. PETER & PAUL CHURCH FOOD BANK**  
**OUTREACH PROJECT**  
On Sunday, April 17, Ss. Peter & Paul Church will sponsor a food bank outreach project in support of the needy in our local area. Following Fellowship hour in the Church hall, volunteers are needed to pack food boxes for distribution. Please lend a hand for this good work as our Parish seeks to reach to help those who are hungry. For more information please contact Carol Laham at [claham@wileyrein.com](mailto:claham@wileyrein.com).