

	Bread of Holy Oblation	Fellowship Hour
19-May	Eways Family/IMO George F. Eways Suhaila Haddad/IMO Khalil B. Haddad	Eways Family
26 May	Open	Open
02 Jun	Open	Antoinette Najmeh Sarhan & the Sarhan Family
09 Jun	Open	Open
16 Jun	Open (No Memorial Services)	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
frluke@peterpaulpotomac.org
(610) 844-2583 cell
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Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

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Andrew Erickson
Rashid Haddad
Thomas Zook

CHRIST IS RISEN! TRULY HE IS RISEN!

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, MAY 19, 2019

TONE 3 / EOTHINON 5

FOURTH SUNDAY OF PASCHA

SUNDAY OF THE PARALYTIC

HIEROMARTYR PATRICK, BISHOP OF PRUSSA &
THE PRIEST-MARTYRS ACACIUS, MENANDER AND POLYAENUS WITH HIM;
VENERABLE CORNELIOS OF KOMELSK;
GRAND PRINCE DIMITRY DONSKOY OF MOSCOW

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 became the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

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.

THE KONTAKION OF PASCHA (Tone 8)

Though Thou didst descend into the grave, O Immortal One, yet didst Thou destroy the power of Hades, and didst arise as victor, O Christ God, calling to the myrrh-bearing women, Rejoice, and giving peace unto Thine Apostles, O Thou Who dost grant resurrection to the fallen.

Without patience, even a temporary home is not built, let alone the eternal one... But we keep looking for the easy way. What is easy for the body is not useful for the soul, and what is useful for the soul is difficult for the body — so we should proceed through labor to the Kingdom of Heaven.

St. Joseph of Optina

PARISH LIFE CONFERENCE 2019

The Dioceses of Charleston, New York and Washington DC will hold their annual Parish Life Conference at the Antiochian Village Conference Center, Bolivar, PA, June 26-30, 2019. Lodging and Event Registration may be booked online at www.antiochianevents.com/ny.html.

CHRIST IS RISEN! TRULY HE IS RISEN!

PRAYER IS BREATHING

Metropolitan GEORGE (Kodor)

The way we are with our Lord is that we are always tormented and the Lord always heals us. It is not for us to wonder why we are like this— why we are in suffering, why we exist in suffering. Divine inspiration does not give an answer to this question. It does not say why we are subjected to pain, to pain of the body, to pain of the soul, to pain of the conscience. The Divine Scripture is content to observe this and to start off on this basis in order to reveal to us how we can leave this suffering, how we can bear it and change it into the power to create and approach God, turning it into a ladder by which we go up to heaven.

In the Divine Scripture we have promises of healing, and of sure salvation from sin. When he promised the joy and revealed the life that will come when we accept the mystery of God and obey him in all the afflictions of the world that we taste, whether in spirit or in body. When we are in such a state, in torment like what those who sought healing from the Lord were in, we cry out like them: “Lord, have mercy!”

“Son of David, have mercy on me.” “Lord have mercy on my son, for he suffers greatly...” We observe that all these words are seeking mercy, which is more comprehensive than healing. When we ask for healing, most of us ask for healing of the body, which is something good, but we have not reached the point of suffering from sin leaking in to us, so we ask for it to be removed from us and we remain Christ’s. What is our stance toward the stricken after we fall into evil, after darkness engulfs our souls? What prayer do we pray? Do we trust that God Himself will come down to us if we pray? Do we know that God wants us to speak to Him? For us to enter into dialogue with Him?

Naturally, God is capable of responding at all times, and he responds effectively if we ask or if we do not ask because He knows all our needs. However, the Lord prefers for us to speak to Him so that we might be trained in His friendship. He asks this boldness of us, the boldness of children with their Father. This is what we ask him in the Divine Liturgy, before we recite the Lord’s Prayer, when we say, “And make us worthy, O Lord, that with boldness we may call You Father...”

God wants to be among us, to be friendly with us, so that we might know that we have risen to the rank of divinity and so we might realize that God has come down to the rank of humanity. If God has come down to our souls as they are, as we know them to be, in their weakness, in their disgrace, in their filthiness, if God visits these souls then He is their Healer.

The problem of modern, contemporary man is that he is content with himself because he has made puppets, toys that he plays with and he thinks that this is enough, especially if he has acquired some wealth and spared himself hard living and so closes himself off and does not ask about anything. This is mankind’s evil in this generation that we are in and for this reason the Lord says, “You unbelieving and perverse generation, how long shall I stay with you? How long shall I put up with you?” (Matthew 17:17). If a person completely closes all the windows to himself, he suffocates because he cannot breathe. When we are content with toys that we have made, we close the window to heaven on ourselves and we suffocate. People do not only suffocate through their lungs. Their mind also freezes, their heart withers, their conscience goes idle and they spiritually die.

What is prayer before this situation? Prayer is us opening the windows when we feel shut in. It is us opening the windows of the heart to heaven so that God can visit our souls. Only then are we able to live.

Prayer is breathing. If we are certain of this, we can conquer all the world’s trials because our spirits will be filled with the air of grace.

CHRIST IS RISEN! TRULY HE IS RISEN!

CHRIST IS RISEN! TRULY HE IS RISEN!

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/GQ6u0SnltimwglW2>, 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>

May 19 *Recognition graduating high school seniors

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

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.

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 at crazygavins@verizon.net for future notices.

Jun 1 *Potluck Mtg (Saturday) at 11:00a. Khouria Dolly Crow will be out gracious host/18120 Beallsville Rd. Poolesville, MD 20837. **Please bring a prepared dish that needs no preparation.** RSVP by May 25 to crazygavins@verizon.net

MEN'S FELLOWSHIP

The Men's Fellowship ministry of Ss. Peter and Paul is to serve the church through charitable outreach, educational and service projects which strengthen and deepen the faith of its members and develop a fellowship of Orthodox Christian servants. Please contact Sam Khalil at sk1943@aol.com or Fred Zacharia at fredzach@verizon.net for more information.

Jun 07 *Ss. Peter & Paul Memorial Golf Tournament Reston, VA (see flyer in Narthex for more information & to sign up)

Jun 30 *Ss. Peter & Paul Annual Parish Picnic/following Liturgy/@Bretton Woods Recreation Center, Germantown, MD/more info to follow

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 **Tuesday, May 21, from 7:30p—9:00p at the home of Nael & Tatyana Hanna, 25291 Kilkeen Way, Aldie, VA 20105.** The topic is "God's Grace in Our Lives". 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 (alexcossells@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.

PARISH LIFE CONFERENCE

The Dioceses of Charleston, New York and Washington DC will hold their annual Parish Life Conference at the Antiochian Village Conference Center in Bolivar, PA, June 26 through June 30, 2019. Lodging and event registration may be booked online at <https://www.antiochianevents.com/ny1.html>

CHURCH CALENDAR

May 19 *Recognition of Graduating High School Seniors

*Baptism/Ezra Michael Reese/1:30p

May 21 *Exploring our Faith: "On Wheels"/7:30p—9:00p/ Aldie, VA location (see above box for more info).

May 24 *Baptism/Vladimir Al Nmir/3p

May 25 *Wedding/John Mufarrij & Angelica Kania/2p

Jun 01 *Wedding/Ryan George & Kendall Walker/4p

Jun 02 *Baptism/Patrick Heimbach/1:30p

Jun 07 *Ss. Peter & Paul Memorial Golf Tournament/Reston Nat. Golf Course/7a registration (see flyer in Narthex)

Jun 21 *Baptism/Gabrielle Lynne Farhat/12:00p

Jun 22 *Baptism/Olivia Dahir/12:00p

Jun 23 *Wedding/Anthony Fadel & Suki Koushal/3p

Jun 26-30 *Parish Life Conference (more info to follow)

Jun 30 *Annual Parish Picnic (following Liturgy)/Bretton Woods Rec Ctr./15700 River Rd., Germantown, MD

Sep 20-22 *Ss. Peter & Paul Middle Eastern Festival

THE EPISTLE

Sing praises to our God, sing praises. Clap your hands, all you nations.
The Reading from the Acts of the Sainly and Pure Apostles. (9:32-42)

In those days, as Peter went here and there among them all, he came down also to the saints that lived at Lydda. There he found a man named Aeneas, who had been bedridden for eight years and was paralyzed. And Peter said to him, "Aeneas, Jesus Christ heals you; rise and make your bed." And immediately he rose. And all the residents of Lydda and Sharon saw him, and they turned to the Lord. Now there was at Joppa a disciple named Tabitha, which means Dorcas. She was full of good works and acts of charity. In those days she fell sick and died; and when they had washed her, they laid her in an upper room. Since Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him entreating him, "Please come to us without delay." So Peter rose and went with them. And when he had come, they took him to the upper room. All the widows stood beside him weeping, and showing tunics and other garments, which Dorcas made while she was with them. But Peter put them all outside and knelt down and prayed; then turning to the body he said, "Tabitha, rise." And she opened her eyes, and when she saw Peter she sat up. And he gave her his hand and lifted her up. Then calling the saints and widows he presented her alive. And it became known throughout all Joppa, and many believed in the Lord.

THE GOSPEL

The Reading from the Holy Gospel according to St. John. (5:1-15)

At that time, Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Hebrew called Bethesda, which has five porticoes. In these lay a multitude of invalids, blind, lame, paralyzed, waiting for the moving of the water. For an angel of the Lord went down at certain seasons into the pool and troubled the water; whoever stepped in first, after the troubling of the water was healed of whatever disease he had. One man was there, who had been ill for 38 years. When Jesus saw him and knew that he had been lying there a long time, He said to him, "Do you want to be healed?" The sick man answered Him, "Sir, I have no man to put me into the pool when the water is troubled, and while I am going another steps down before me." Jesus said to him, "Rise, take up your pallet, and walk." And at once the man was healed, and he took up his pallet and walked. Now that day was the Sabbath. So the Jews said to the man who was cured, "It is the Sabbath, it is not lawful for you to carry your pallet." But he answered them, "The man who healed me said to me, 'Take up your pallet, and walk.'" They asked him, "Who is the man who said to you, 'Take up your pallet, and walk?'" Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. Afterward, Jesus found him in the temple, and said to him, "See, you are well! Sin no more, that nothing worse befalls you." The man went away and told the Jews that it was Jesus Who had healed him.

CELEBRATING OUR GRADUATES!

High School Seniors, College and Graduate School

Congratulations to all our beloved graduates! The recognition of graduating high school seniors is today, Sunday, May 19.

If you have a child who is graduating from college or grad school this year, please share with us what school and degree they will earn. We will recognize them all in June. Please contact Fr. Luke at Frluke@peterpaulpotomac.org with any questions.

SAVE THE DATE: 2019 SS. PETER & PAUL MIDDLE EASTERN FESTIVAL

The 2019 Ss. Peter and Paul Middle Eastern Festival is September 20, 21, & 22, 2019 and preparations are already underway. **YOUR HELP IS NEEDED SO PLEASE CONSIDER VOLUNTEERING!** Please contact Lorna Malooley/H=(703) 978-6542, C=(703)503-3344, lornaam@aol.com or Thomaseena Cox/H=(301) 497-9471, C=775-3842. (cox1903@aol.com) to volunteer.

VENDORS NEEDED! If you know of vendors who might be interested in participating, please contact Lorna or Thomaseena. Thanks so much.

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

CHRIST IS RISEN! TRULY HE IS RISEN!

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

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.

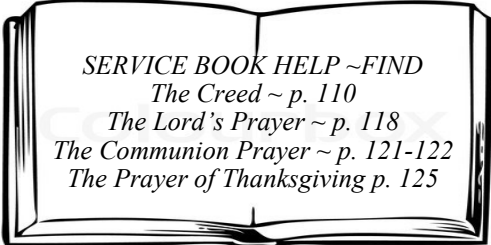
Welcome to Ss. Peter and Paul
 To encourage our worship in a proper spirit of prayer and devotion, we respectfully ask you to enter the sanctuary quietly during the Divine Liturgy.

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:
 Mary Pinstaff/IMO Marty Pinkstaff
 Suhaila Haddad & Family/IMO Khalil B. Haddad
 Eways Family/IMO George F. Eways

MEMORIAL WHEAT OFFERED BY:
 Mary Pinstaff/IMO Marty Pinkstaff
 Suhaila Haddad & Family/IMO Khalil B. Haddad

FELLOWSHIP OFFERED BY:
 Eways Family/IMO George F. Eways

CHRIST IS RISEN! TRULY HE IS RISEN!

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 Griffith	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
 Jeanette Boulus
 Suad Khoury
 Dorothy Saba
 Isa Boullata
 Kidane Mariyam Andom
 Ann Khalil
 Amal K. Lowry
 James Lowry
 Taufiq Khalil
 Selwa Khalil
 Mufid Khalil
 Marty Pinkstaff
 John, Maritza, Rosalim & Macrina Serban
 Nicodin & Elisaveta Barsan
 Louis & Saveta Berg
 George F. Eways
 Mudalleh Eways
 Farid Eways
 Jad Eways
 Ibrahim Hadawar
 Adel Salem
 Khalil B. Haddad
 Hanna Hishmeh
 Samir Hishmeh
 Assad Hishmeh
 Sumaia Shamiyeh
 Habib Abdo

LIVING

Matuska Sasha Safchuk	Ibtisam Toubaji	Nijmeh Zayed
Paul Misleh	Sami Korban	Gladys Laham
Tagrid Tawil	Mona Ayoub	Ramzi Azat
Yeorgos Lampathakis	June Albrecht	Chris Malaska & family
Zaid Feshaye & Family	Jimmy, Julie & Michael Lowry	Michael Lowry
Sam & Marie Khalil & Family	Mike & Helen Khalil & Family	Joy Khalil & Family
Lorna Malooley & Family	Mary, Brent, Kevin, Scott & Stephen Pinkstaff	
Donna Laine	John Serban	Majida Eways
Fred Eways	Charles Eways	Bassam Eways
Mary Salem	Nawal Ayoub	Georgette Tawil
Lamia	Nijmeh Eways	Elias Tannous & Priscilla Duncan
Suhaila Haddad	Zaid & Reem Haddad	Sami Haddad
Johathan, Jihan, Shereen Farmand & Family		

MEMORIALS
 George F. Eways/6-mos Marty Pinkstaff/1-year Khalil B. Haddad/5-year

OCMC UPDATE
 **Thank you everyone for your great kindness with our OCMC box at the candle stand! This week, we mailed \$48.00 to the Orthodox Christian Mission Center from our church. One example where these funds are making a real difference is translations of Biblical text and services for remote regions of the world, such as in Korea, Alaska, Africa and more. (See Orthodox Liturgical Workstation, <http://olw.ocmc.org>. It is touching that some people are now able to hear the word of Christ (sometimes for the first time, and it's making a real difference in their lives!)

**We have some exciting news that our parishioner Amber Bennett is able to go to meet the Metropolitan in Sweden in late June. Please pray for her, and if you wish to read more about her mission, or possibly contribute also, google "Orthodox Mission Teams", and "Amber Bennett/Sweden" to learn more!

**There are more exciting and rewarding mission teams on the 2019 calendar. See the latest listing at: https://www.ocmc.org/about/open_teams.aspx.