

| | Bread of Holy Oblation | Fellowship Hour |
|---------------|---|------------------------|
| 07 Jul | Tagreed Azar & Family (HB & MW) | Tagreed Azar & Family |
| 14 Jul | Susan Fannoney | Susan Fannoney |
| 21 Jul | Alex & Thomaseena Cox | Alex & Thomaseena Cox |
| 28 Jul | Siham Ayoub/IMO Richie Ayoub Dolly & David Browning/IMO Salwa Azkou; | open |
| 04 Aug | Michael & Laurice Nassif/ IMO Mary Nassif Smith | 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
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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, JULY 7, 2019
STONE 2 / EOTHINON 3
GREAT-MARTYR KYRIAKI OF NICOMEDIA
& THIRD SUNDAY OF MATTHEW

VENERABLE THOMAS OF MT. MALEON;
HIEROMARTYR EVANGELOS, BISHOP OF TOMI (CONSTANTA) IN ROMANIA;
NEW-MARTYR POLYCARP; EUDOKIA, PRINCESS OF MOSCOW

RESURRECTIONAL APOLYTIKION (Tone 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION FOR ST. KYRIAKI (Tone 5)

*(** Let us worship the Word**)*

Thou didst prove an auspicious and pleasing sacrifice, * a holy offering, O valiant prizewinner Kyriaki, * when thou broughtest thy Creator thine own spotless soul; * which Christ in turn hath glorified, * for through thee, He poureth forth divine gifts and endless graces * upon the faithful who praise thee, since He is the Friend of man.

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.

ORDINARY KONTAKION (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.

Of course it would be easier to get to paradise with a full stomach, all snug-gled up in a soft feather-bed, but what is required is to carry one's cross along the way, for the Kingdom of God is not attained by enduring one or two troubles, but many!

Elder Anthony of Optina

The Dispensation in the Holy Spirit

Met. SILUAN (Muci)
Metropolitan of Mt. Lebanon

The Church has realized that man in general is very ill and totally away from God, the source of existence, life and perfection. Thus it seems that this dispensation in the Holy Spirit is a sort of swimming against the current, because in it the believer confronts himself and confronts the evil, sin and death that have taken root in him and around him, just as he also confronts the evil one. But God desired to console us in the struggle and the effort by giving us someone to guide us on the path, to revive us when we fall, to inspire us in adversities, to teach us what to say and what to do, and to renew life within us, if we take refuge in Him with trust and humility. He has given us His Spirit, in addition to His body, so that we may be nourished from Him and nourish others with Him. Consequently, we will not be separated from Him, but rather be united with Him.

Thus, the second dispensation in the Holy Spirit acts in a similar way to the first dispensation in the incarnate Son. That is, in humility, concealment, and surpassing love. We have known the activity of the Holy Spirit in the souls of the saints in which He came to dwell, and they have given us a model for the signposts of this living kingdom that God the Father has prepared for those who believe in His dispensation in His Son Jesus and by the work of His Holy Spirit.

How beautiful is this prayer that the Church has placed on the lips of the hierarch as he blesses the faithful with the dikirion and trikirion during the Trisagion Hymn in the Divine Liturgy. In fact, he says in the first part, "O Jesus, grant Your servants swift and firm consolation when their spirits are weary. Do not depart from our minds in sorrows or from our souls in hardships, but rather always set us aright," while he says in the second part, "Come near to us, come near, O You who are in every place. As You have always been with Your apostles, so too unite Yourself with those who long for You, O merciful one, so that being united with You, we may glorify and praise Your All-Holy Spirit."

May we praise and glorify Him with our lips, our hearts and our daily life and seek Him at every moment. Nothing is sweeter than His presence within us, even though we are unworthy of Him. There is not enough time for us to thank God for the Spirit's work in us for our salvation and the salvation of the world. If only we could take advantage of time and have the ability to turn our time and our life into a factory that produces goodness, in the Spirit, for everyone who passes through our life, so that the Spirit may catch them and provide knowledge of God, whole-hearted faith in Him and service to Him, just as we serve Him and, indeed, better than we do.

Part 2 of 2

(For further reading you can go to <http://araborthodoxy.blogspot.com/>)

2019 STEWARDSHIP DRIVE

The 2019 Stewardship Drive is ongoing. Please support your church with your time, talents and treasure and fill out a stewardship form in paper (located in the Narthex) or online at peterpaulpotomac.elexiochms.com. Please make the commitment to support the Church through your generous free-will donation. If you have any questions or need more information, please see Fr. Isaac, Fr. Luke or Zeina Manasseh (zeina.maalouf@gmail.com) in the fellowship hall following the Liturgy for more information. Thank you for your support!

Ss. Peter and Paul Orthodox Church News and Events

CHURCH SCHOOL 2019

Church School is taking a break over the summer. We encourage all of our students to attend liturgy on Sundays.

Church school will begin in September. Please use the following link to register your children for the 2019-2020 Church School Year : <http://tinyurl.com/registerSunSchool>

We are also looking for teachers for the upcoming year. Please email us at peterpaulsundaysschool@gmail.com if you would like to volunteer or have any questions.

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

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. **All women are members and are welcome.** Checks can be given to Janet Metz.

*Please provide your email address to Donna Gavin at crazygavins@verizon.net for future notices.

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.

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 (alexcoxseles@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 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

Jul 07 *Churching/Jacob Younes
*Churching/Sydney Louise Younes
*Baptism/Nicholas Jorge Saleh/1:30p
Jul 10 *Festival Cooking/Grape Leaves/10a-3p (see Bulletin insert)
Jul 11 *Festival Cooking/Grape Leaves/10a-3p (see Bulletin insert)
Jul 14 *Baptism/William Al-Habib, Jr./1:00p
Jul 21 *Baptism/Liam Mike/1:30p
Jul 26 *Festival Cooking/Kibbee/10a-3p (see Bulletin insert)
Jul 27 *Festival Cooking/Kibbee/10a-3p (see Bulletin insert)
Aug 6 *Festival Baking/Mamoul/10a-3p (see Bulletin insert)
Aug 8 *Festival Baking/Ghrabee & Yansoon/10a-3p (see Bulletin insert)
Aug 11 *Baptism/Jaclyn Zayed/1:30p
Aug 13 *Festival Baking/Bird's Nest/10a-3p/(see Bulletin insert)
Aug 15 *Festival Baking/Custard Triangles/10a-3p (see Bulletin insert)
Aug 20 *Festival Baking/Knafee/10a-3p (see Bulletin Insert)
Aug 24 *Wedding/Pablo Rincon & Miriam Kheirbek/4p
Sept 3 *Festival Cooking/Spinach Pies/10-3p (see Bulletin insert)
Sept 4 *Festival Cooking/Spinach Pies/10-3p (see Bulletin insert)
Sep 20-22 *Ss. Peter & Paul Middle Eastern Festival

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=(301) 775-3842. (cox1903@aol.com) to volunteer.

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

THE EPISTLE

(For St. Kyriaki)

God is wondrous in His saints. Bless God in the congregations.

The Reading from the Epistle of St. Paul to the Galatians. (3:23-4:5)

Brethren, before faith came, we were confined under the Law, kept under restraint until faith should be revealed. So that the Law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth His Son, to redeem those who were under the Law, so that we might receive adoption as sons.

THE GOSPEL

(For Third Sunday of Matthew)

The Reading from the Holy Gospel according to St. Matthew. (6:22-33)

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is evil, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink; nor about your body, what you shall put on. Is not the soul more than food, and the body more than clothing? Look at the birds of heaven: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his stature? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon himself in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith? Therefore, do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first His kingdom and His righteousness, and all these things shall be yours as well."

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

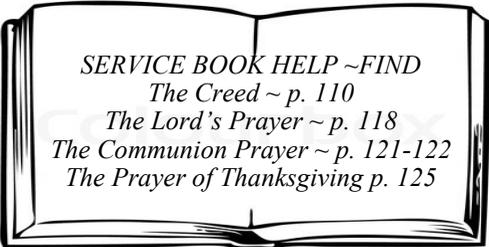
Orthodox Christians
 Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave sin,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



Parishioners who remain in our prayers continually

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

LIVING

Archpriest Isaac & Kh Dolly
 Ibtisam Toubaji
 Sami Korban
 Angela Romano
 Michelle Boyle
 Nawal Tannous
 Muna Zarou & Family
 Michael, Victoria, William & Jacob Younes

Nijmeh Zayed
 Yeorgos Lampathakis
 June Albrecht
 Salem Tannous & Family
 Tagreed Azar & Family

Gladys Laham
 Ramzi Azat
 Amber Bennett
 The Family of Mary Nassif Smith
 Khader Tannous & Family
 Jorge, Mirna, Isa & Nicolas Saleh
 Glenn, Lauren, & Sydney Louise Younes

DEPARTED

Fr. George Rados
 Afeefi Majlaton
 Eugene Swidonvich
 Mary Nassif Smith
 Fahed Tannous
 Suha Samia Tannous
 Kosta Tannous
 Suraya Tannous
 Samira Tannous
 Naseefeh Tannous
 Salem Kosta Tannous
 David Tannous
 Mary David
 Nimaat Sideh

CHURCHING
 Jacob Younes
 Sydney Louise Younes

MEMORIAL SERVICE
 Fahed Tannous

HOLY BREAD OF OBLATION OFFERED BY:
 Tagreed Azar & Family

MEMORIAL WHEAT:
 Muna Zarou & Family

FELLOWSHIP OFFERED BY:
 Essa & Tagreed Azar & Family

OCMC UPDATE

**Many thanks for those who contributed to the OCMC box at the candle stand toward the mission of parishioner Amber Bennett this past month.

**The Orthodox Christian Mission Center is hiring a Development Director: Do you know someone who would be delighted to be the OCMC Development Director? Send them this link to apply: <http://orthodoxjobs.com/postings/OCMC-Development-Director.html>