

	<b>Bread of Holy Oblation</b>	<b>Fellowship Hour</b>
<b>07 Jul</b>	Tagreed Azar & Family (HB & MW)	Tagreed Azar & Family
<b>14 Jul</b>	Susan Fannoney	Susan Fannoney
<b>21 Jul</b>	Alex & Thomaseena Cox	Alex & Thomaseena Cox
<b>28 Jul</b>	Siham Ayoub/IMO Richie Ayoub Dolly & David Browning/IMO Salwa Azkou;	open
<b>04 Aug</b>	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](http://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 Chairperson**  
Jumana Misleh  
**Treasurer**  
Ken Bailey  
**Secretary**  
Abe Fannoney

**Members**  
Roy Abdo  
Philip Allen  
Jerry Audi  
Nabil Emad  
Michele Forzley  
Salim Habayeb  
Bassem Haddad  
Janet Metz  
Anees Mokhiber  
Wayne Parr  
Alganesh Piechocinski  
**CHURCH SECRETARY**  
office@peterpaulpotomac.org

**CHOIR DIRECTOR**  
Kristopher Reese  
choir@peterpaulpotomac.org

**ASSISTANT CHOIR DIRECTORS**  
Marie Hyder  
Mark Buchko

**CHANTERS**  
Amjad Khalil  
Wayne Parr  
Zeina Manasseh  
Rezanne Toumi  
George Tannous

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

**ALTAR Manager**  
Peter Aburdeineh

**SERVERS**  
Captains -  
Andrew Erickson  
Rashid Haddad  
Thomas Zook

**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](http://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](mailto: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](mailto:wayneparr@gmail.com) or Amal Michael at [amal17m@yahoo.com](mailto: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](mailto: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](mailto:sk1943@aol.com) or Fred Zacharia at [fredzach@verizon.net](mailto: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](mailto:georgezaki@gmail.com) or [ajmzaki@gmail.com](mailto:ajmzaki@gmail.com)), Alex Cox at ([alexcoxseils@gmail.com](mailto:alexcoxseils@gmail.com)), Paula Massouh ([pmassouh@aol.com](mailto:pmassouh@aol.com)) or Fr. Isaac at ([frisaac@peterpaulpotomac.org](mailto: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](mailto:lornaam@aol.com) or Thomaseena Cox/H=(301) 497-9471, C=(301) 775-3842. ([cox1903@aol.com](mailto: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

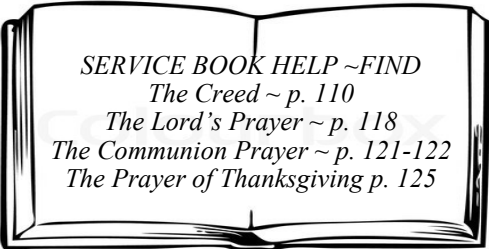
**Orthodox Christians**  
 Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave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

**DEPARTED**  
 Fr. George Rados  
 Afeefi Majlaton  
 Eugene Swidovich  
 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

**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

**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>