

	<b>Bread of Holy Oblation</b>	<b>Fellowship Hour</b>
<b>29 Jul</b>	Dolly & David Browning	Dara & Theo Potter
<b>05 Aug</b>	Open	Open
<b>12 Aug</b>	Chris Malaska for John Slanta	Parish Council
<b>19 Aug</b>	Open	Open
<b>26 Aug</b>	Hanneh Doud/IMO Issa Doud	Hanneh Doud/IMO Issa Doud

**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**

**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  
(301) 765-3400 #2 office

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

**COUNCIL**  
**Chairperson**  
Alex Cox  
**Vice Chairman**  
John Abraham

**Treasurer**  
George Zaki  
**Secretary**  
Abe Fannoney  
**Members**  
Roy Abdo  
Philip Allen  
Jerry Audi  
Nabil Emad  
Michele Forzley  
Salim Habayeb  
Bassem Haddad  
Samer Kokor  
Anees Mokhiber  
Wayne Parr  
Mitody Tilev

**CHURCH SECRETARY**  
office@peterpaulpotomac.org

**CHOIR DIRECTOR**  
John Slanta  
choir@peterpaulpotomac.org

**CHANTERS**  
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 29, 2018**  
**tone 8 / EOTHINON 9**  
**NINTH SUNDAY AFTER PENTECOST**  
**& NINTH SUNDAY OF MATTHEW**

HOLY MARTYR KALLINIKOS OF GANGRA IN ASIA MINOR; HOLY VIRGIN MARTYR THEODOTA OF BITHYNIA; PIOUS EMPEROR THEODOSIOS THE YOUNGER; CONSTANTINE III, PATRIARCH OF CONSTANTINOPLE; LUPUS THE CONFESSOR, BISHOP OF TROYES; MARTYR SERAPIA OF ANTIOCH

**RESURRECTIONAL APOLYTIKION (Tone 8)**

From the heights Thou didst descend, O compassionate One, and Thou didst submit to the three-day burial, that Thou might deliver us from passion; Thou art our life and our Resurrection, O Lord, glory to Thee.

**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 OF THE TRANSFIGURATION (Tone 7)**

Thou wast transfigured on the mount, and Thy Disciples, in so far as they were able, beheld Thy glory, O Christ our God; so that, when they should see Thee crucified, they would remember that all Thy suffering was voluntary, and could declare to all the world that Thou art truly the effulgent Splendor of the Father.

*Without application of strength one cannot make a step; the application of strength requires effort, and effort requires patience. Be patient in the sure hope that your labors will be rewarded in the end. Patience crowns everything and gives to everything support and strength.*

*St. Theophan the Recluse*

*The Riches of Kindness*

*Orthodox Monastery of the Transfiguration*

Kindness is an unassuming virtue. Next to some of its companions—love, peace, patience, humility and self-control, for instance (see Gal. 5:22)—it seems mild and easy to attain. But if we try to define just what kindness really is, and if we truly want to practice it, we realize that it is not as simple as it may appear. A glance at the dictionary bears this out: “Of a friendly nature,” reads the entry, “generous or hospitable; warm-hearted; good. Charitable; helpful; showing sympathy or understanding. Humane; considerate. Forbearing; tolerant.” (*American Heritage Dictionary of the English Language*, Boston, 1970, p.721). So many words to express the nature of an attitude that seems almost self-explanatory!

When we consider the lives of the Saints, the depth of this seemingly simple virtue becomes clearer. Surprisingly, a first attempt to pinpoint examples of kindness in their lives yields almost nothing. Their words and deeds are somehow so powerful that the concept “kind” seems bland and almost irrelevant. Perhaps only the image of St. Herman of Alaska making and giving cookies to native children fits our common idea of kindness! But a closer look, more in keeping with all the complexity implied in the dictionary definition, reveals this soft-spoken virtue to be hidden near the heart of many a saint’s attitude or action—intertwined with other virtues that tend to dominate our attention more forcefully. The Fathers of the desert, for example, who ate so little and only at appointed times, exhorted one another in many holy sayings to abandon their strict discipline and prepare a meal to share with guests who happened by. This is thought of, first and foremost, as a beautiful expression of love, that virtue of virtues. But it is easy to overlook the overwhelming, simple kindness that is also involved. Similarly, when St. Job of Pochaev discovered a thief lugging heavy sacks of grain away from the monastery in the middle of the night, what did he do? He helped him, of course! We are so impressed by the fact that he did not get angry, and by the marvelous repentance of the thief that resulted from the Saint’s meekness, that we can fail to see the basic kindness that permeates the story.

Kindness in actuality, is a mighty virtue in spite of its humble aspects. We strive to be kind because Almighty God Himself is kind, and we are called to be like Him. Even in Old Testament times, when the love of God in Jesus Christ was not yet fully revealed, God’s people were well aware of this aspect of God’s nature. Nehemiah spoke of His “great kindness” (Neh. 9:17), David of His “merciful kindness” (Ps. 117:2), and Isaiah of His “everlasting kindness” (Is. 54:8). When in deep distress, Jonathan even said to his friend David: “Show me the kindness of the Lord” (1 Sam. 20:14), reflecting an understanding of the true character and source of this virtue.

We who live in New Testament times tend to be so aware of the Lord’s might and the Mysteries of our salvation that we can easily lose sight of the marvelous fact that God is just plain kind. In fact, the Apostle Paul tells us that the whole outworking of our salvation is a result of the “riches of His kindness toward us in Christ Jesus” (Eph. 2:7). When He walked upon earth in the flesh, our Lord “went about doing good” (Acts 10:38), showing visibly in this, as in all things, the true nature of the invisible God—Who is “kind unto the unthankful and the evil” (Lk. 6:35), as well as to those whose hearts receive Him.

The Gospel calls us to this unconditional, almost unimaginable, divine kindness: “Do good,” it says immediately before the words quoted above, “and you shall be the children of the Highest” (Lk. 6:35). It is simple, as we have seen, and yet it is deep and far-reaching. It means being kind to everyone—people in the store when we are shopping, people on the road when we are driving, our children and spouses when we are finding them difficult—it means being kind in all circumstances, even when we ourselves are not treated kindly. If we can show “the kindness of the Lord” (1 Sam. 20:14) to others, we will actually be working for their salvation. It may sound impossible, but it is not, for the simpler side of kindness comes to our aid. We can begin with small kindnesses and make up our minds to develop this virtue in ourselves with God’s help: a smile, a word of encouragement, a helping hand—these are not beyond the capability of any of us. And in practicing what is attainable, we will grow in the “higher” and inter-related virtues. Meekness and humility will be given fertile soil to take root and develop when we make efforts to be kind, as will peace, patience and love. In this way, we will be among those who “show forth the praises (the word can also be translated ‘virtues’) of Him Who has called us out of darkness into His marvelous light” (1 Pet. 2:9).

## Ss. Peter and Paul Orthodox Church News and Events

### CHURCH SCHOOL 2017-2018

Registration for Church School is ongoing using this link: <https://goo.gl/forms/GQ6uQSnltimwgvJW2>. Please make sure to register with the church, including your email as most Church school announcements go out to the entire parish.

**Check out our new online Church School Newsletter** <https://www.smore.com/t1rhu>

### TEEN SOYO

**Aug 10-19\***Special Olympics at the Antiochian Village. Please consider volunteering (must be 16 yrs). Sign up at <https://teensoyo.org/wp-content/uploads/2018/01/2018-SO-Application.pdf>  
**Contact the Lay Advisors for more details:**  
Zaid Sharafudin / [Zaid.sharafudin@gmail.com](mailto:Zaid.sharafudin@gmail.com)  
Anees Mokhiber / [anees\\_mokhiber@hotmail.com](mailto:anees_mokhiber@hotmail.com)

### 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.

**Aug 4** \*Kibbeh (Kibbee) Session/10a/Kogok Hall (prep for Bazaar). Lunch to follow (more info to follow)

**Sep 14-17\***Antiochian Village Adult (over 21) Camp. register at:  
<https://avcamp.org/other-programs/adult-camp/>

**Aug 1-15** \*Fast of the Dormition (See church Calendar for dates & times of services) ➔

### ANTIOCHIAN WOMEN

**Jul — Sept.** \*Many of our Antiochian Women will be actively participating in the cooking and baking for the Bazaar. (see Bulletin insert for more information.)

### STEWARDSHIP PLEDGES 2018

The summer month of June marked the half-year on the Church calendar. The Parish Council kindly wishes to remind all of the faithful for both individuals and families to submit their annual stewardship pledge to the Church. Membership and financial forms are readily available in the Narthex and on-line. PLEASE make the commitment to SUPPORT the Church through your generous free-will pledges. Any questions concerning stewardship pledges may be addressed to Alex Cox Parish Council Chair or Fr. Isaac Crow, the Pastor.

### 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 and 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 ([alexcoxells@gmail.com](mailto:alexcoxells@gmail.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 PARISH GIFT SHOP

The Gift Shop is open every Sunday following Liturgy. For information contact Alma Jean Zaki at (703) 283-9338 or [ajmzaki@gmail.com](mailto:ajmzaki@gmail.com)

### CHURCH CALENDAR

- Aug 01 \*Start of the Fast of the Dormition/Service of the Small Paraklesis/7p
- Aug 02 \*Baking Mamoul/10a/kitchen & Kogok Hall
- Aug 03 \*Service of the Small Paraklesis/7p
- Aug 04 \*Kibbee ball session for Bazaar/10a/Potluck lunch to follow. (this is a Saturday session)
- Aug 05 \*Feast of the Transfiguration of the Lord (observed/Blessing of the First Fruits & Grapes)
- Aug 06 \*Service of the Small Paraklesis/7p
- Aug 07 \*Baking Ghrabee & Yansoon/10a/kitchen & Kogok Hall
- Aug 08 \*Service of the Small Paraklesis/7p
- Aug 09 \*Baking Birds' Nests/10a/kitchen & Kogok Hall
- Aug 10 \*Service of the Small Paraklesis/7p
- Aug 10-19\*Special Olympics at the Antiochian Village (see Teen SOYO box for more details)
- Aug 11 \*Baptism Eric Holl/12p
- Aug 12 \*Fellowship offered by the Parish Council in honor of John Slanta
- Aug 14 \*Baking Custard Triangles/10a/kitchen & Kogok Hall  
\*Divine Liturgy for the Feast of the Dormition/6p Matins, 7p Divine Liturgy
- Aug 16 \*Baking Knafee/10a/kitchen & Kogok Hall
- Aug 18 \*  
lunch to follow. (this is a Saturday session)  
\*Baptism/Jerry Khalaf/12p
- Aug 25 \*  
lunch to follow. (this is a Saturday session)
- Sep 03 \*Church Office Closed/Labor Day
- Sep 21-23\*Ss. Peter & Paul Mediterranean Festival (Bazaar)

## THE EPISTLE

(For the Ninth Sunday after Pentecost)

*Make vows to the Lord thy God and perform them.*

*In Judah God is known; His Name is great in Israel.*

**The Reading from the First Epistle of St. Paul to the Corinthians. (3:9-17)**

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can anyone lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay or straw, each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple.

## THE GOSPEL

(For the Ninth Sunday after Pentecost)

**The Reading from the Holy Gospel according to St. Matthew. (14:22-34)**

At that time, Jesus made the Disciples get into the boat and go before Him to the other side, while He dismissed the crowds. And after He had dismissed the crowds, He went up on the mountain by Himself to pray. When evening came, He was there alone, but the Disciples' boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night He came to them, walking on the sea. But when the Disciples saw Jesus walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately He spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered Him, "Lord, if it is Thee, bid me come to Thee on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me!" Jesus immediately reached out His hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshiped Him, saying, "Truly, Thou art the Son of God." And when they had crossed over, they came to land at Gennesaret.

### The Fast of the Dormition (August 1 -15)

During the first fifteen days of August each year the Church observes the Fast of the Dormition. This season which leads up to the Feast of the Repose (Dormition) is a special time of prayer and Supplication to the Theotokos, the Mother of our God.

Ss. Peter and Paul Church will offer the Paraklesis (service of the small Supplicatory Canon) to the Theotokos at 7:00pm on the following days: August 1, 3, 6, 8, and 10.

"Her hands steadied the first steps of Him who steadied the earth to walk upon. Her lips helped the word of God to form his first human words."

*St. John of Damascus*

## CHURCH SCHOOL

### Directors

Samia Zolnerowich  
Jennifer Buchko

### Teachers

Jumana Misleh  
Susan Kozlov  
Rose Ansara  
Chrissy Mackoul  
Michelle Zook  
Dina Saah  
Dara Potter  
Claudia Rabie  
Christine Morin  
Jennifer Montgomery  
Caroline Jarboe  
Stephen Zolnerowich  
Anees Mokhiber  
AJ Wood  
Philip Allen

## MENS CLUB

Sam Khalil

## ANTIOCHIAN WOMEN

Carol Laham

## TEEN SOYO

**Lay Advisors**  
Zaid Sharafudin  
Anees Mokhiber

### Officers

Kinda Callas  
Julia Allen  
Joud Al-Kallas  
Josian Azar  
Tia Saah

## YOUNG ADULT FELLOWSHIP

Wayne Parr  
Amal Michael

## ADORNMENT

Shams Akkawi  
Jamil Hermes

## FACILITY MANAGEMENT

Sam Berberian  
Bob Simon

## RENTAL COORDINATOR

Barbara Abraham

## CHARITIES

Sam Sahouri Ghanem

## FINANCE

Salim Habayeb

## STEWARDSHIP

Zeina Manasseh

# 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

Margaret Ashley	Mary Smith	Nabeeha Ayoub
Isabel Thredek	George Brown	Robert & Thelma Badwey
Everett Alvarez	Holly Dubois	Barbara Abraham
Edmond & Sophie Neam	Miriam Yazge	Douglas Kalesh
George & Joan Abraham	Lula Brown	Dorothy Marge
Michael Buchko, Sr.	Edward Rizkallah	Shoke George
Leila Khoury	Isa Saleh	

## DEPARTED

Fr. George Rados  
 Fred Mokhiber  
 Calema & George Abdow  
 Charles Tom Cox  
 M.K., Berlee, & Gary Potter  
 Salwa & Fouad Azkoul  
 Ophelia & Wayne Browning

## LIVING

Rt. Rev. Fr. Elias Bitar	Brian Briggs	Saleh Family
Eva Sasseen	Richie Ayoub	Rene Saa
Robert & Joyce Najjar	Rima Rizkallah & Family	Assad & Patricia Khoury
Vilma Bellone	Suad Shammass	Nadim Zarour
Denise Bolus	Lorna Malooley	Robert Bridenhagen
Artemis Lampathakis	Ann Marie Moses	Robert Jenkins
Antonius & Leila Barakat	Sam Sahouri	Potter Family
Alice Harris	Nabil Barbari	Richard Ayoub
Michael Piechocinski	Nagib Azkoul & Family	David, Dolly, & Gaelle Browning

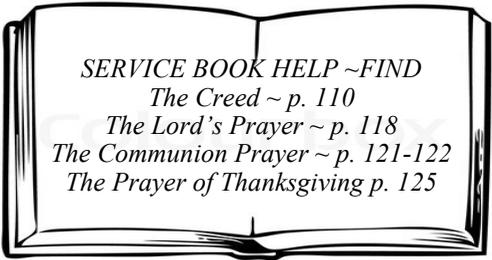
**Orthodox Christians**  
 Faithful Orthodox fully participate in the celebration of the Eucharist when they receive Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Communion, communicants should not be conscious of grave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



HOLY BREAD OF OBLATION OFFERED BY:  
 Dolly & David Browning

FELLOWSHIP OFFERED BY:  
 Dara & Theo Potter

**2018 OCMC ORTHODOX MISSION TEAMS**  
 OCMC Teams Build Up the Church so please consider joining an OCMC Orthodox Mission Team in 2018. Help build up the Church around the world: **Alaska** (Jul 10-19, Jul 20-31); **Albania** (Jun 12-30, Sep 17-24); **Ghana** (Aug 6-21); **Guatemala** (Jun 18-30, Aug 1-8); **Kenya** (Aug 8-20, Nov 28-Dec 8); **Indonesia** (Jun 26-Jul 9, Jul 3-16); **Jamaica** (Aug 2-11); **Mexico** (Aug 11-18). If you desire to serve in His vineyard, contact the OCMC at [www.ocmc.org](http://www.ocmc.org) or call the OCMC at 1.877.463.6787 (ext 142) for more information.