

**FELLOWSHIP HOUR  
AND BREAD OF HOLY OBLATION**

	<b>Bread of Holy Oblation</b>	<b>Fellowship Hour</b>
<b>15 Sept</b>	Habib Debs & Family Sam & Margo Sahouri-Ghanem	Habib Debs & Family Sam & Margo Sahouri-Ghanem
<b>22 Sept</b>	Phil & Raghda Allen	Ss. Peter & Paul Annual Bazaar
<b>29 Sept</b>	George & Hanada Rados	George & Hanada Rados
<b>06 Oct</b>	Open	Open
<b>13 Oct</b>	Open	Open

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  
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(240) 489-3494 home

Reverend  
Fr. Luke Toumi  
frluke@peterpaulpotomac.org  
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**DEACON**  
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DnChristian@peterpaulpotomac.org

**COUNCIL**  
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**Vice Chairperson**  
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Michele Forzley  
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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, SEPTEMBER 15, 2019**

**ZONE 4 / EOTHINON 2**

**SUNDAY AFTER THE ELEVATION OF THE HOLY CROSS**

GREAT-MARTYR NIKITAS THE GOYTH AND THOSE WITH HIM;  
MARTYR PORPHYRIOS THE MIME; VISSARION, BISHOP OF LARISA;  
NEW-MARTYR JOHN OF CRETE; JOSEPH THE NEW OF PARTOSH

**RESURRECTIONAL APOLYTIKION (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 THE ELEVATION OF THE HOLY CROSS (Tone 1)**

O Lord, save Thy people and bless Thine inheritance, granting to Thy people victory over all their enemies, and by the power of Thy Cross preserving Thy commonwealth.

**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 ELEVATION OF THE HOLY CROSS (Tone 4)**

*(\*\*Thou Who wast raised up\*\*)*

Do Thou, Who of Thine own good will was lifted up upon the Cross, O Christ our God, bestow Thy bounties upon the new Nation which is called by Thy Name; make glad in Thy might those who lawfully govern, that with them we may be led to victory over our adversaries, having in Thine aid a weapon of peace and a trophy invincible.

*Disease is not the greatest evil for man, because a disease of the body endured with humility, faith, and patience can cure the soul sick with sin and bring it closer to God — the greatest good for man.*

*+Archimandrite Seraphim Aleksiev of Bulgaria*

**“Having This as an Anchor of Hope”**  
**(Reflections on the Attitude of a Christian)**

Fr. Isaac Crow

What’s in an attitude? In an age of uneasy relativism, attitudes often reflect transient ideas and ideologies characterized by constant change and an ambiguity of the individual. For the Christian, however, an attitude may embody and incarnate the whole of life itself, or at least the potential for a connection with the source of life. This connection is what defines the Christian life as a mystery, that is, a sacramental Communion with God manifest in the attitudes of faith.

One of the cornerstones of the Christian life is hope. Indeed, hope is a primary attitude of faith. Hope itself is an elusive word or notion. In everyday language it refers to “an expectation” or a desire for a future occurrence. For the Christian, hope is a much richer expression, full of the reality of man’s connectedness to God. As a primary attitude of the Christian life, hope is tied to the mystery of faith and its fruit; love. As an essential theme of St. Paul’s teaching, we find these three notions linked and bound together; consecutive and contingent.

“So faith, hope, and love abide, these three; but the greatest of these three is love.”  
~Cor. 13:1

Abiding and orienting himself in the constant work of faith, the Christian seeks through a steadfastness of hope, the greatest grace of all: participation in the source of love.

The work of a Christian thus involves a great task. The Christian is called back to the kingdom of God, through a sacrificial journey which must be freely chosen and consciously enacted, day by day and breath by breath. As a created being he is subject to the gravity of this world, and to the burden of his own participation in it, binding him to the reality of his distance from God in sin, suffering, forgetfulness, and death. But man is also created a “Royal Being,” bearing within himself the image of God and freely given the potential of his own redemptive return to. God in the acquisition of the Divine likeness. It is in this light that the Christian is the inheritor of a great responsibility but also of a great and glorious hope.

The Christian lives and dies as part of a community. This “communal assembly” is the whole body of God’s human creation of which the individual is but a component and integral part. The basic Ecclesial arena of man’s life in community forms a foundation of the Christian faith. Man belongs to God, and in the Church he shares in the living body of the Lord Himself. In the Church the human, social, and historical levels of man’s existence are fused and joined to a new life becoming part of the very life of God. At the center of this encounter lies the Cross and the reality of the Incarnation. The Cross itself reflects also the mercy of God who has opened up for man a meeting place wherein everything “on earth” will be “as is in heaven.” The Church lives and moves in this time and place and in response to the event of God’s merciful offering. Christ is given, offered, and received. The collective life of the Christian is movement of this acceptance, both human and Divine, according to the grace of God through his Son and by the action and presence of the Holy Spirit.

It is natural, therefore, that every aspect of the Christian life flows out from this Incarnation and Trinitarian encounter. The hope within a Christian involves at least four inter-related foundations which define the purpose of the Ecclesial gathering and which touch every aspect of life.

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

### CHURCH SCHOOL 2019-2020

Church School is taking a break over the summer. We encourage all of our students to attend liturgy on Sundays. 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 [peterpaulsundayschool@gmail.com](mailto:peterpaulsundayschool@gmail.com) if you would like to volunteer or have any questions.

- Sept 15** \*Church School-Elevation of the Cross  
**Sept 22** \*Church School for preK—5th (Middle & High School will assist with church festival)  
**Sept 29** \*Church School Open House/visit classrooms From 12:15p—12:30p

### 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 Amal Michael at amal17m@yahoo.com for more information.

### ANTIOCHIAN WOMEN

**Oct 6** \*Annual Kick-off Mtg./following Liturgy/Serge Malooley Conf. Rm./in need of an officer and Volunteers.

**Oct 12** \*AW of the East Retreat & Gathering @ Holy Protection Monastery, White Haven, PA (see flyer in Narthex)

**Oct 26** \*Ss. Peter & Paul AW Fall Spiritual Retreat/ Union Bridge, MD/Sacred Monastery of St. Nina. (see flyer in Narthex)

\*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 or Fred Zacharia at fredzach@verizon.net for more information.

### ANTIOCHIAN WOMEN FALL RETREAT

On October 26, 2019, the Ss. Peter and Paul Antiochian women are holding a spiritual retreat (8:45a—3:00p) at St. Nina Monastery in Union Bridge, MD. All the women of the Parish are welcome to attend. For information please contact Zeina Manasseh at [Zeina.maalouf@gmail.com](mailto:Zeina.maalouf@gmail.com).

### 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: Alex Cox at ([alexcoxsells@gmail.com](mailto:alexcoxsells@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

- Sept 15** \*Procession of the Cross  
**Sept 20-22**\*Ss. Peter & Paul Middle Eastern Festival  
**Sept 28** \*Baptism/Serene Storm Farmand/12p  
**Oct 5** \*Community Retreat on Marriage & Parenting Babysitting for younger children 3rd grade & up  
**Oct 6** \*Antiochian Women Kick-Off Mtg./following Liturgy in the Serge Malooley Conf. Rm.  
**Oct 12** \*Baptism/Eliana Victoria Ghareeb/12p  
 \*AWE Fall Retreat/Holy Protection Monastery, White Haven, PA/see flyer in Narthex  
**Oct 8** \*Parish Council Mtg/7:30p/Serge Malooley Conf Rm  
**Oct 13** \*Wedding/Raya Jarawan & Tyler Baldwin/4p  
**Oct 19** \*Wedding/Amanda Ibrahim & Mathew Bannovra/4p  
**Oct 23** \*Professionals Gathering/5:30p-7p/email skorkor@gmail.com for more information.  
**Oct 26** \*Ss. Peter & Paul AW Fall Spiritual Retreat/Union Bridge, MD/ Sacred Monastery of St. Nina. (see below & flyer in Narthex)  
**Oct 27** \*Parish-wide General Assembly following services  
**Oct 29** \*Church School Open House/12:15p—12:30p

## THE EPISTLE

(For Sunday after the Elevation of the Holy Cross)

*O Lord, how manifold are Thy works. In wisdom hast Thou made them all. Bless the Lord, O my soul.*

### **The Reading from the Epistle of St. Paul to the Galatians. (2:16-20)**

Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ. Even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the Law died to the Law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ Who lives in me; and the life I now live in the flesh I live by faith in the Son of God, Who loved me and gave Himself for me.

## THE GOSPEL

(For Sunday after the Elevation of the Holy Cross)

### **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 of 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 He 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."

### OCMC BULLETIN UPDATE

- Many thanks for kindness for donations this past week to the OCMC box at the candle stand. We collected \$20.85, which will be sent to Orthodox Christian Mission Center.
- We are very excited to welcome **long-term missionary Jesse Brandow to Ss Peter and Paul next Sunday. Jesse is working in Guatemala, where over 40,000 people have converted to Orthodoxy!** Jesse will join us during the Divine Liturgy, speak briefly afterwards, and will be available during the Festival that afternoon! *Please make sure you make opportunity to meet Jesse and talk with him!* It is a great blessing to our parish that he could come!
- Did you know that a family, Michael and Jennifer Saur, with their daughter Esther, have been serving at Project Mexico since 2016? There they teach catechism, offer administrative support to the Chapel, visit homebuilding volunteer groups, and spend time with the children at the Project Mexico orphanage. Please pray for this family, for Jesse and other missionaries serving in 7 countries and on 5 different continents.

## CHURCH SCHOOL

### Directors

Samia Zolnerowich  
 Jennifer Buchko

### Teachers

Jumana Misleh  
 Susan Kozlov  
 Danielle Bellone  
 Michelle Zook  
 Ritamarie 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

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  
 Meghan Zoto  
 George Zoto

# Commemorations

**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.

**SERVICE BOOK HELP ~FIND**  
 The Service starts on p. 91  
 The Creed ~ p. 110  
 The Lord's Prayer ~ p. 118  
 The Communion Prayer ~ p. 121-122  
 The Prayer of Thanksgiving p. 125

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	Ann Marie Moses
Margaret Ashley	Jamie Simon	Joyce Hamaty
Isabel Thredeh	Nabeeha Ayoub	Robert & Thelma Badwey
Holly Dubois	Suad Shammas	Barbara Abraham
Sophie Neam	Miriam Yazge	Douglas Kalesh
George & Joan Abraham	Lulu Brown	Dorothy Marge
Michael Buchko, Sr.	Edward Rizkallah	Assad & Patricia Khoury
Leila Khoury	Shoke George	Rene Saah
Bob & Shirley Neri	Barbara Mullin	Allison Ayoub Egge
George & Chris Brown	Kevin Pinkstaff	

**DEPARTED**

Fr. George Rados  
 Fr. Louis Mahshie  
 Ibrahim Khoury  
 Anthony Lamana  
 Kamal Boullata  
 Anthony Abraham  
 George Rorke  
 Azzat Hosin  
 Diya Ammari  
 Jamal Bader  
 Monera Bader  
 Renée Marie Moorad  
 Venise Kfoury  
 Edma Kfoury  
 Marguerite Kfoury  
 Edouard Debs  
 Ann Kalil

**LIVING**

Khouriya Rebecca Alford	Ibtisam Toubaji	Nijmeh Zayed
Yeorgos Lampathakis	Anastacia Lampathakis	Carol Laham
Fred & Sherric Zacharia	Ibrahim Mazen Saah	Ramona Dora
Allison Ayoub Egge	Brian Briggs	Joe Malooley
Loma Malooley & Family	Sami Korban	Ted Milkovich
Geffen Franus	Paula Massouh	Halim & Hayat Barakat
George & Marie Hyder	Sarah Abdow	George & Hanada Rados & Family
Habib & Hind Debs	Paul Debs	Chris Malaska
Sam & Margo Sahouri-Ghanem	Lidia, Ghassan, Adecb, Farah and Hiba & their families	

**MEMORIALS**  
 Kamal Boullata/40-day  
 Venise Kfoury/1-year

**HOLY BREAD OF OBLATION OFFERED BY:**  
 Habib & Hind Debs/IMO Venise Kfoury  
 Sam & Margo Sahouri-Ghanem/IMO Kamal Boullata

**MEMORIAL WHEAT OFFERED BY:**  
 Sam & Margo Sahouri-Ghanem/IMO Kamal Boullata

**FELLOWSHIP OFFERED BY:**  
 Habib & Hind Debs/IMO Venise Kfoury

Dear Parishioners,

Thanks to all who have donated so far, whether it was a monetary donation, or a donation of time, to help make this year's bakery a success once again. Our bazaar is next weekend and we have one more request - "**Home Made**" Baked Items! We have plenty of the following arabic pastries: mamoul, baklawa, ghrabee, birds' nests, custard triangles and knafee, so please, we don't need any more of those items. However, if there is another type of arabic pastry not listed that you would like to make and donate, that would be great. And, we always need non-arabic items (brownies, cookies, cupcakes, pecan tarts, etc.). If you are able to donate a pastry, we request the following: items that do not need refrigeration; provide a list of all ingredients used; if you bring the item in a pan, DO NOT cut - allow us to cut the pan so that we can price items accordingly. Also, sugar free and/or gluten free items are encouraged. Let us know by email (see below) what you plan to bring. Donations should be dropped off on Friday or Saturday (rather than Sunday). As always, thank you so much!

In Christ,  
 Mary Misleh: [marymisleh@gmail.com](mailto:marymisleh@gmail.com)  
 Denise Bolus: [bolus.denise@gmail.com](mailto:bolus.denise@gmail.com)