

	Bread of Holy Oblation	Fellowship Hour
13 Oct	Abdow, Boulos/IMO Edmond Neam	Abdow, Boulos, Neam/IMO Edmond Neam
20 Oct	Open	Open
27 Oct	Joyce Kogok/IMO Richard & Richie Kogok	Joyce Kogok/IMO Richard & Richie Kogok
03 Nov	Open	Open
10 Nov	Eways Family/IMO George F. Eways	Eways Family/IMO George F. Eways

**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
(301) 765-3400 #1 office
(401) 300-8238 cell
(240) 489-3494 home

Reverend
Fr. Luke Toumi
friluke@peterpaulpotomac.org
(301) 765-3400 #2 office
(610) 844-2583 cell

DEACON
Dn. Christian Manasseh
DnChristian@peterpaulpotomac.org

COUNCIL
Chairperson
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Vice Chairperson
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Abe Fannoney

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Salim Habayeb
Bassem Haddad
Janet Metz
Alganesh Piehocinski
A.J. Wood

CHURCH SECRETARY
office@peterpaulpotomac.org

CHOIR DIRECTOR
Kristopher Reese
choir@peterpaulpotomac.org

ASSISTANT CHOIR DIRECTORS
Marie Hyder
Mark Buchko

CHANTERS
Amjad Khalil
Zeina Manasseh
Rezanne Toumi
George Tannous

USHERS
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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, OCTOBER 13, 2019

ZONE 8/ EOTHINON 6

**SUNDAY OF HOLY FATHERS OF SEVENTH ECUMENICAL COUNCIL
& FOURTH SUNDAY OF LUKE**

HIEROMARTYR JACOB OF HAMATOURA

MARTYRS KARPOS, PAPHLOS, AGATHODOROS & AGATHONIKA
AT PERGAMOS

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 THE HOLY FATHERS (Tone 8)

Thou, O Christ, art our God of exceeding praise Who didst establish our Holy Fathers as luminous stars upon earth, and through them didst guide us unto the true Faith, O most merciful One, glory to Thee.

APOLYTIKION OF ST. JACOB OF HAMATOURA (Tone 3)

*(**Thy confession**)*

As a cedar of Lebanon thou growest, * never fearing thy martyrdom and death, * thou becamest a true victor, O Saint Jacob. * For thou didst overcome death with thy mortal flesh, * when thou didst tame all the passions by humility. * And while burning like incense, as a true sacrifice, * thou intercedest with Christ to grant our souls 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.

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.

To be a Christian is to affirm God as Creator of the universe; and when a Christian looks at the beauty and glory of what God has made, praise and thanksgiving pour from the lips.

St. John Chrysostom

GUARDING THE THOUGHTS, GUARDING THE HEART

One of the major themes found in the patristic writings of the *Philokalia* is that of the “guarding of thoughts.” When planted in the heart, a thought is a seed which can affect not only how we act but the totality of our attitude towards life, towards a particular situation, towards others and even towards ourselves. Thoughts are *powerful* and can either motivate us or totally discourage us.

For this reason, the Orthodox Fathers place great emphasis on the guarding of the thoughts and the guarding of the heart. They recommend a constant vigilance over oneself by perpetually standing before God in the depth of one’s heart. Here, each thought is brought before Christ to be judged. Unworthy thoughts are expelled from the mind. More simply, we need to pay attention to our inner monologue. If we give place to negative or defeatist thoughts, they will become a prophecy that we ourselves will fulfill.

Prayer is the greatest aid to maintaining pure and positive thoughts. When we invite God into any situation, He will come. His presence is always one of power, energy and light. He may not reveal Himself immediately, but He is not absent from that moment forward. As the saying goes: “The Lord may not come when you want Him to, but He’s always right on time.” But it is up to us to invite Him. A simple “Lord have mercy” or “Lord Jesus Christ, Son of God, have mercy on me, a sinner” is powerful enough to do this.

Prayer cracks the stronghold of negative or defeatist thinking. God is all-powerful. He created the world out of nothing. There is no situation in our lives too difficult or too trivial for God’s help and action. But again, it’s up to us to make the first move and to persist in our supplications.

Discouraging thoughts are not necessarily irrational. Often they are mixed with truths or half-truths. Sometimes thoughts come to us from others, sometimes from ourselves. But what others think is ultimately meaningless. Only God’s “opinion” matters. Take, for example, both Joseph and David. Both were called by God to be kings, yet both came from large families in which their own brothers and parents did not believe in their calling or abilities. Both were unjustly accused. One was imprisoned, the other persecuted. Yet by keeping their eyes focused on God they did what no one thought they could do. They overcame the negativity and discouragement of others.

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.

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 peterpaulsundaysschool@gmail.com if you would like to volunteer or have any questions.

October *Orthodox Youth Month

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.

Oct *Orthodox Youth Month
Oct 20 *Special Olympics Awareness Day Collection
Oct 27 *Teen SOYO/Zaatara Sale
Nov 03 *Camp Liturgy
Nov 8-10 *YES Trip

Lay Advisors:

Stephen Zolnerowich/stephenz2@verizon.net, Juliana Natour, Kinda Callas/kindacallas@hotmail.com

YOUNG ADULT FELLOWSHIP

The Ss. Peter & Paul YAF welcomes all young people over 21 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 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 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.

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 & 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), 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

Oct 13 Fellowship will be held in the LL Level Hall
 *Wedding/Raya Jarawan & Tyler Baldwin/4p
Oct 14 *Offices closed/Federal Holiday/Columbus Day
Oct 19 *Wedding/Amanda Ibrahim & Mathew Bannovra/4p
Oct 20 *Teen SOYO/Special Olympics Awareness Day Collection
 *Baptism/Jacob Younes/1:30p
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 box next page & flyer in Narthex)
 *International/Halloweenish Community Evening/ 5p-8p/Kogok Hall
Oct 27 *Parish-wide General Assembly following services
 *Teen SOYO/Zaatara Sale during Fellowship
Nov 03 *Daylight Savings Time ends (fall back 1 hr.)
 *Antiochian Camp Liturgy

PLEASE CHECK YOUR EMAIL CONTACT LIST

Please make sure your email contact for Ss. Peter and Paul Church is current.

office@peterpaulpotomac.org (Church office)
frisaac@peterpaulpotomac.org (Fr. Isaac)
frluke@peterpaulpotomac.org (Fr. Luke)

THE EPISTLE

(For the Holy Fathers)

Blessed are Thou, O Lord, the God of our Fathers.

For Thou art just in all that Thou hast done.

The Reading from the Epistle of St. Paul to St. Titus. (3:8-15)

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissension, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned. When I send Artemas or Tychicus to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful. All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all. Amen.

THE GOSPEL

(For the Fourth Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (8:5-15)

The Lord spoke this parable: "A sower went out to sow his seed; and as he sowed, some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when His Disciples asked Him what this parable meant, Jesus said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way, they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As Jesus said this, He called out, "He who has ears to hear, let him hear."

OCMC News

- "As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God..." (1 Peter 4:10)
- Thank you for your prayers for missionaries and for stewardship!
- We highlight today missionary Noelle Robaidek who is at St. Innocent Orphanage in Mexico (Project Mexico). Noelle uses her degree in Early Childhood Education with special education, bilingual, and ESL certifications to instruct students at the orphanage in English, physics, science and history. She also tutors the boys to shape and prepare them academically, emotionally and spiritually.

CHURCH SCHOOL

Directors

Samia Zolnerowich

Jennifer Buchko

Teachers

Jumana Misleh

Susan Kozlov

SaraAyoub

Michelle Zook

Beth Davis

Jennifer Montgomery

Kinda Callas

Dara Potter

Caroline Jarboe

Stephen Zolnerowich

Nathaniel Guinn

Elizabeth El-Hage

Philip Allen

Jared Sams

MEN'S FELLOWSHIP

Sam Khalil

ANTIOCHIAN WOMEN

Donna Gavin

TEEN SOYO

Lay Advisors

Stephen Zolnerowich

Riham Saah

Ken Bailey

Juliana Natour

Maya Saah

Kinda Callas

Sanaa Natour

Officers

Tia Saah

Nick Shahin

Tala Natour

Rylee Isaac

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

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.

DEPARTED

Fr. George Rados
George Ronke
Margaret Ashley
Rencé Saah

Parishioners who remain in our prayers continually

Rt. Rev. Fr. Elias Bitar	Rt. Rev. Daniel Griffith	
Ann Marie Moses	Kevin Pinkstaff	Nijmeh Zayed
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	George & Chris Brown
Ibtisam Toubaji		

LIVING

Archpriest Isaac & Kh. Dolly	Archpriest Joseph	Khouriya Rebecca Alford
Yeorgos Lampathakis	Anastacia Lampathakis	Carol Laham
Fred & Sherrie Zacharia	Ibrahim Mazen Saah	Ramona Dora
Allison Ayoub Egge	Brian Briggs	Joe Malooley
Lorna Malooley & Family	Sami Korban	Ted Milkovich
Geffen Franus	Paula Massouh	Halim & Hayat Barakat
George & Marie Hyder	Sarah Abdow	Audree Yacoub
Ricky M. Ayoub	Mona Ayoub & Family	Lidia, Ghassan, Adeeb, Farah & Hiba & their families
Vilma Bellone	George Bellone	Edward, Ritamarie, Emilia & Viviana Saa
Renee, Frank Abdow & family	Rida, Sami Boulos & family	Eddy, Erica Neam & family
Tyler & Raya Baldwin	Chely Luna	Jackie Luna
Alex, Amilia & Eliana Victoria Ghareeb		

MEMORIAL

Edmond Neam/1 yr

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.

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.

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

HOLY BREAD OF OBLATION OFFERED BY:

Renee Abdow & Rida Boulos/IMO Edmond Neam

MEMORIAL WHEAT:

Sophie Neam/IMO Edmond Neam

FELLOWSHIP OFFERED BY:

Neam, Abdow, & Boulos Families/IMO Edmond Neam

SPECIAL COLLECTION

OCTOBER IS "YOUTH MONTH AND SEMINARY MONTH"

October is Youth Month and Seminary Month. Our special collection will be in support of our seminarians and the institutions that educate them. Please be generous as we continue to support our future clergy. (see Bulletin Insert from Metropolitan JOSEPH)

THIS SUNDAY'S FELLOWSHIP HOUR

This Sunday, Fellowship hour will be in the Lower Level Hall due an early set-up for a rental in Kogok Hall.