

	Bread of Holy Oblation	Fellowship Hour
20 Oct	Sam & Margo Sahouri-Ghanem	Tammy & Everett Alvarez
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
17 Nov	Open	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.**

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Vice Chairperson  
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Abe Fannoney

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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 20, 2019**  
**TONE 1 / EOTHINON 7**  
**EIGHTEENTH SUNDAY AFTER PENTECOST**  
**& SIXTH SUNDAY OF LUKE**  
**GREAT-MARTYR ARTEMIUS AT ANTOCH**

VENERABLE GERASIMOS THE NEW ASCETIC OF KEPHALLENIA; VENERABLE MATRONA OF CHIOS

**RESURRECTIONAL APOLYTIKION (Tone 1)**  
While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

**APOLYTIKION OF ST. ARTEMIUS THE GREAT-MARTYR (Tone 4)**  
(\*\*Be quick to anticipate\*\*)  
Thy Martyr, O Lord, in his courageous contest for Thee \* received as the prize the crowns of incorruption and life from Thee, our immortal God. \* For since he possessed Thy strength, he cast down the tyrants \* and wholly destroyed the demons' strengthless presumption. \* O Christ God, by his prayers, save our souls, since Thou art merciful.

**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.

For the Christian, the cross gradually becomes lighter and more joyful, while for the nonbeliever it becomes heavier and more burdensome. Why is this so? Because where the one carries their cross with faith and devotion to God, the other carries it with grumbling and anger.

*St. Innocent of Alaska*

**GUARDING THE THOUGHTS, GUARDING THE HEART**  
**Hieromonk Calinic (Berger)**

Often, however, our own thoughts are more difficult to conquer than those coming from others. Here we only wrestle with ourselves. In this case prayer is all-important because it brings in another perspective, independent of our own: that of God.

How do we know if thoughts come to us from God or from the devil? What should we do if thoughts of our failings and sins are presented to us? The Fathers give a simple rule: if the thought of a past failing discourages us to the point of depression, draining all our energy and zeal, tempting us to quit every struggle for virtue, or to remain complacent, it is from the devil. If, however, the sorrow which such a thought brings gives us a desire to change, energy to repent, courage to confess, fast, pray, forgive, etc., it is from God. St. Paul himself talks about these two sorrows: one which is worldly and brings death, and the other which is godly and brings the zeal and energy to change (2 Cor 7:10).

If we turn our thoughts over to God for His judgment, they become pure catalysts to a correctly ordered life. More than this, healthy thoughts lead to a healthy, joyful soul, one steadfast even in the midst of great trials. Only a soul filled with God's love is such. The first step is in our thinking. Love for God leads to pure thinking, and vice versa. "Love is essentially the banishment of every kind of contrary thought, for love thinks no evil," wrote St. John of the Ladder (cf., 1 Cor 13:5).

Our thoughts must be turned over to God, such that their effects will be positive. Yes, we need to encourage ourselves in our inner monologue, but most importantly we need to bring God into our thinking and hearts by prayer. Then our thoughts will become seeds of transformation and victory in our lives, aiding and abetting us to fulfill God's purposes.

*Part 2 of 2*

### **International Community Night   Saturday, October 26th, 5p—8p**

Our upcoming community night will be a celebration of the diversity and richness of our heritage.

\*Dress up in a traditional dress or attire.

\*Bring a traditional plate or dessert. Write down the recipe to share with admirers!

\*Children can dress up in church-appropriate costumes!

\*A surprise entertaining show will keep them busy after dinner!

We will play some games and we will have time to chat and meet new people. Bring along a board game if you wish!

**Your presence makes a difference!**

**PLEASE RSVP even if you are not bringing anything.**  
<https://tinyurl.com/intl-comm-night>

**MEN'S FELLOWSHIP****ANTIOCHIAN WOMEN****TEEN SOYO****Lay Advisors****Officers****YOUNG ADULT****FELLOWSHIP****FACILITY MANAGEMENT****RENTAL COORDINATOR****CHARITIES****FINANCE****STEWARDSHIP****GIFT SHOP**

# 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.

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/Zaatar Sale  
Nov 03 \*Camp Liturgy  
Nov 8-10 \*YES Trip

**Lav Advisors:**

Stephen Zolnerowich/stephenz@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](mailto: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](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.

## 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](mailto: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](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

Oct 20 \*Teen SOYO/Special Olympics Awareness Day Collection (see insert)  
\*Baptism/Jacob Younes/1:30p  
Oct 23 \*Professionals Gathering/5:30p-7p/email [skorkor@gmail.com](mailto: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/(see box next page)  
Oct 27 \*Parish-wide General Assembly following services (see insert for more information)  
\*Teen SOYO/Zaatar Sale during Fellowship  
\*Daylight Savings Time ends (fall back 1 hr.)  
Nov 03 \*Antiochian Camp Liturgy

## PLEASE CHECK YOUR EMAIL CONTACT LIST

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

[\(Church office\)](mailto:office@peterpaulpotomac.org)  
[\(Fr. Isaac\)](mailto:frisaac@peterpaulpotomac.org)  
[\(Fr. Luke\)](mailto:frluke@peterpaulpotomac.org)

## THE EPISTLE

(For the Eighteenth Sunday after Pentecost)

*Let Thy mercy, O Lord, be upon us. Rejoice in the Lord, O ye righteous.  
The Reading from the Second Epistle of St. Paul to the Corinthians. (9:6-11)*

Brethren, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures forever." He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. You will be enriched in every way for great generosity, which through us will produce thanksgiving to God.

## THE GOSPEL

(For the Sixth Sunday of Luke)

**The Reading from the Holy Gospel according to St. Luke. (8:26-39)**

At that time, Jesus arrived at the country of the Gadarenes, which is opposite Galilee. And as He stepped out on land, there met Him a man from the city who had demons; for a long time he had worn no clothes, and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What hast Thou to do with me, Jesus, Son of the Most High God? I beseech Thee, do not torment me." For Jesus had commanded the unclean spirit to come out of the man. [For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.] Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged Jesus not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged Jesus to let them enter these. So He gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the herdsmen saw what had happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked Jesus to depart from them; for they were seized with great fear; so He got into the boat and returned. The man from whom the demons had gone begged that he might be with Jesus; but Jesus sent him away, saying, "Return to your home, and declare all that God has done for you." And he went away, proclaiming throughout the whole city all that Jesus had done for him.

## OCMC News

Thank you for your prayers for missionaries and for stewardship! Mission work is rooted in prayer.

How can we learn more about missions? We can visit the [OCMC.org](http://OCMC.org) site and sign up to receive missionary prayer letters. We can attend missionary events, talk with missionaries who visit Ss Peter and Paul, and study scripture about missions. We can also consider joining a short-term missionary team, if it's work aligned with our talents. New short-term missions will be posted soon on the Orthodox Christian Mission site.

At dinner (or after dinner), we can pray as a family for missionaries, and consider stewardship through monthly support. Even a small amount can make a big difference to our missionaries, who have to be self-supporting.

# 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.

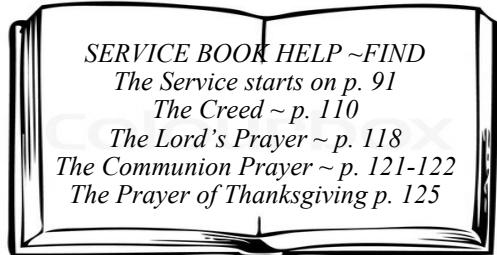
### PLEASE DO NOT ENTER OR EXIT THE SANCTUARY AS

- 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.



## HOLY BREAD OF OBLATION OFFERED BY:

Sam & Margo Sahouri-Ghanem

## FELLOWSHIP OFFERED BY:

Tammy & Everett Alvarez

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.

## Parishioners who remain in our prayers continually

Rt. Rev. Fr. Elias Bitar	Rt. Rev. Daniel Griffith
Kh. Rebecca Alford	Kh. Ann Anderson
Ann Marie Moses	Nijmeh Zayed
Isabel Thredreh	Joyce Hamaty
Holly Dubois	Suad Shammas
Sophie Neam	Miriam Yazege
George & Joan Abraham	Barbara Abraham
Michael Buchko, Sr.	Lulu Brown
Leila Khoury	Edward Rizkallah
Bob & Shirley Neri	Shoke George
Ibtisam Toubaji	Barbara Mullin

## LIVING

Archpriest Isaac & Kh. Dolly	Archpriest Joseph	Carol Laham
Yeorgos Lampathakis	Anastacia Lampathakis	Ramona Dora
Fred & Sherrie Zacharia	Ibrahim Mazen Saah	Joe Malooley
Allison Ayoub Egge	Brian Briggs	Ted Milkovich
Lorna Malooley & Family	Sami Korban	Halim & Hayat Barakat
Geffen Franus	Paula Massouh	Audree Yacoub
George & Marie Hyder	Sarah Abdow	Vilma Bellone
Ricky M. Ayoub	Mona Ayoub & Family	George Bellone
Lidia, Ghassan, Adeeb, Farah & Hiba & their families		Thelma & Bob Badwey & Family
Everett & Tammy Alvarez & Family		Jackie Luna
Edward, Ritamarie, Emilia & Viviana Saa		Chely Luna
Michael, Victoria, William & Jacob Andrew Younes		Sam & Marie Khalil
Mathew & Amanda Bannovra		Shawn Khalil & Family
Kera Tomlin & Family		Khalil Family
Jimmy & Michael Lowry		Radi, Hala, Raya, Rami
Laila Masarweh & Family		Sam, Margo, Osama

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	
Margaret Ashley	
Reneé Saah	
Edward Khourey	
Roujina Illyas	
Shakir T. Illyas	
Sally Alvarez	
Everett Alvarez, Sr.	
Julie Badwey	
Sam Badwey	
Yvonne Shaheen	
Don Shaheen	
Tawfik & Salwa Khalil	
Raymond & Thelma Walker	
Mufid Khalil	
Amal & Jimmy Lowry	
Michael & Hanneh Ghanem	
Baby Michelle	
Salem & Sabha Farah	
Ghanem & Katrina Ghanem	
Fahed, Nimer, Afifa, Youself, Wadia & Yoqub Masarweh	

## 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.