

	Bread of Holy Oblation	Fellowship Hour
24 Nov	Mahmoud Kheirbek & Family	Mahmoud Kheirbek & Family
01 Dec	Open	Men's Fellowship/Spaghetti Lunch
08 Dec	Open	Open
15 Dec	Dolly Browning/IMO Fouad Azkoul	St. Ignatius Luncheon
22 Dec	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

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
frluke@peterpaulpotomac.org
(301) 765-3400 #2 office
(610) 844-2583 cell

DEACON
Dn. Christian Manasseh
DnChris-
tian@peterpaulpotomac.org

COUNCIL
Chairperson
Carol Laham
Vice Chairperson
Jumana Mistleh
Treasurer
Ken Bailey
Secretary

Abe Fannoney
Members
Roy Abdo
Philip Allen
Jerry Audi
Nabil Emad
Michele Forzley
Salim Habayeb
Bassem Haddad
Janet Metz
Alganesh Piechocinski
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
Jerry Audi
Michael El Araj
Abraham Fannoney
Sam Khalil

ALTAR Manager
Peter Aburdeineh

SERVERS
Captains -
Andrew Erickson
Rashid Haddad

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, NOVEMBER 24, 2019

tone 6/ EOTHINON 1

**TWENTY-THIRD SUNDAY AFTER PENTECOST
& THIRTEENTH SUNDAY OF LUKE**

AFTER-FEAST OF THE ENTRANCE OF THE THEOTOKOS

CLEMENT, BISHOP OF ROME; HIEROMARTYR PETER, BISHOP OF ALEXANDRIA;
HERMOGENES, BISHOP OF AGRIGENTUM;
MARTYRS PHILOUMENOS AND CHRISTOPHER;
MARTYR ALEXANDER OF CORINTH

RESURRECTIONAL APOLYTIKION (Tone 6)

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

APOLYTIKION OF ENTRANCE OF THE THEOTOKOS (Tone 4)

Today the Virgin is the foreshadowing of the pleasure of God, and the beginning of the preaching of the salvation of mankind. Thou hast appeared in the Temple of God openly and hast gone before, preaching Christ to all. Let us shout with one thrilling voice, saying, Rejoice, O thou who art the fulfillment of the Creator's dispensation.

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 ENTRANCE OF THE THEOTOKOS (Tone 4)

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

The sacred treasury of God's holy glory, * the greatly precious bridal chamber and Virgin, * the Savior's most pure temple, free of stain and undefiled, * into the House of the Lord * on this day is brought forward * and bringeth with herself the grace * of the Most Divine Spirit; * her do God's Angels hymn with songs of praise, * for she is truly the heavenly tabernacle.

Whether it's a mirror or a cover from a tin can, unless the rays of the sun fall upon it, it won't shine. The Saints were enlightened by the rays of the Grace of God, just as the stars receive light from the sun.

-Saint Paisios of Mount Athos, Spiritual Counsels Vol. II Spiritual Awakening p.312

MAKING GOD REAL
In the Orthodox Christian Home

An Orthodox Family Talks About Fasting

Parents may share with their children the following basic facts on fasting. The Orthodox Church has always placed great emphasis on fasting. We fast on Wednesdays because on this day the decision was made to arrest Jesus. We fast on Fridays because it is the day on which Jesus was crucified. Fasting helps us remember that these are special days in the history of our salvation. Other periods of fast are during Lent, Advent (pre-Christmas fast), the first fifteen days of August, etc.

Orthodox Christians fast from meat and products derived from meat, i.e., milk, cheese, eggs, butter, etc. The purpose of such fasting is threefold: (1) it helps us concentrate more on prayer. A full stomach is not as conducive to prayer as one not so full. (2) Fasting helps strengthen our will power. By learning to say "no" to certain types of food, we shall find it easier to say "no" to temptations. (3) Fasting is a way of helping us identify with those who hunger and provide food for them. (4) Jesus fasted. He tells us in the Bible, "When you fast . . ." He does not say, "If you fast . . ." He expects us to fast.

An early Christian, Aristides, wrote, "If there is a poor person among the Christians and they do not have the means to help him, they fast two or three days and give the food they have saved through fasting to the hungry person."

Orthodox Christians are called upon to fast not only for reasons of self-control and prayer, but also for reasons of love: to deny ourselves something that we may share what we have saved with a needy person.

An Example

One family decided to have a meal of just rice once a week since that is the diet of millions of underprivileged in the world. Of course, the rice was fancied up a bit. It was not watered down to a thin gruel as in the underprivileged countries. When Lent was over, this same family decided to continue once every month the practice of serving only rice for dinner. The money they saved was placed in a special envelope to be given through their church to the world's hungry. They could have obtained the money by cutting out some luxury, but they felt that the rice meal helped them *identify* with those they wished to help.

A Suggested Family Prayer Service

To express the relationship between your fasting and charity you might want to try this approach to grace before meals. Use it especially on Friday.

Leader: In the name of the Father, and of the Son and of the Holy Spirit.
All: Amen.
Leader: Before sharing this food tonight let us first recall God's Presence. Let us pause a moment to praise Him for His Goodness to us. (Different family members may mention things for which they are grateful.)
Leader: God speaks to us of sharing, of caring about our many brothers and sisters in this world who are hungry, thirsty, starving, and who are waiting for our love. As we share this meal, let us think of them and pray for them together.
All: Forgive us, Father, for making our own lives comfortable while others suffer hunger and want. Bless the little which we are doing. Help and multiply it, in Your mercy to serve the needs of those unknown to us, but known and loved by You. May they, in their own way, give thanks to You, as we do, for all Your love and care. Amen.

Ss. Peter and Paul Orthodox Church News and Events

CHURCH SCHOOL 2019-2020

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>. For Newsletter <https://tinyurl.com/y48hecx6>

- Dec 01** *No Church School (Thanksgiving)
Dec 08 *St. Nicholas workshop/pre-school — 5th grade
 Pizza lunch pre-school — 12th grade
Dec 15 *Christmas Program, Christmas Lunch, Special Visitor (more info to follow)
Dec 29 *No Church School for Christmas & New Year's Holidays (Church school resumes January 5, 2020)

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.

- Dec 01** *Antiochian Camp Liturgy
Dec 06 *Community Evening of Prayer served by Teen SOYO (more details to follow)
Dec 07 *Volunteer @Charlie's Place, DC/7a-10a
Jan 11, 2020*Hosting Christmas Haftl/invites have gone out to St. George, St. Mary, Holy Cross

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

*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.

*For future notices and any questions, please provide your email address to Donna Gavin at crazygavins@verizon.net

- Nov 24** *Book Club Mtg/immediately following Liturgy in the Bride's Room/**Our Thoughts Determine Our Lives** The Life and Teachings of Elder Thaddeus of Vitovnica
Dec 07-08 *Put together baskets for shut-ins & shoe boxes/backpacks — temporary plan for 100 backpacks (more details to follow)
Dec 14 *Invitation to Christmas Gathering with the Ladies of St. George 4p. RSVP to Rose Fakhoury fakhouryr@aol.com
Dec 15 *Cookie Sale during St. Ignatius luncheon (see Flyer in Narthex)

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. Contact Sam Khalil at sk1943@aol.com or Fred Zacharia at fredzach@verizon.net for more information.

- Dec 01** *Spaghetti Luncheon/\$8.00 per person, \$32.00 family of 5.
Dec 07 *Decorate Church for Christmas/10a. Volunteers welcome!

"EXPLORING OUR FAITH": ON WHEELS

Will be back on the road again soon. If you are interested in hosting one of these every-other-week week-night meetings, please send Fr Luke an email (frluke@peterpaulpotomac.org). He will check in with you on the dates the work best for you.

We are looking forward to moving these bi-weekly meetings around so its closer to your home at some point. Our goal is to drive no more than 15 minutes to get there.

If you are willing to host one of these meetings in the future, here is the deal: Number of attendees can be limited to fit in your space. You can host as few as 5 people if that is all you can seat (on-floor seats are premium). Only hot drinks are served. No food involved. Meeting time can be: 7:00-8:30 or 7:30-9:00 pm.

THE SS. PETER & PAUL PARISH LIBRARY & MEDIA CENTER

houses the Parish Library, audio visual materials, and Christian educational resources. 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. Please contact the Church office for more details.

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 Church office.

CHURCH CALENDAR

- Nov 24** *Book Club Mtg/immediately following Liturgy in the Bride's Room
Dec 01 *Antiochian Camp Liturgy (see AW box this page for more information)
 *Spaghetti Luncheon/provided by Men's Fellowship (see box below)
 *No Church School (Thanksgiving)
Dec 06 *Evening Liturgy celebrating St. Nicholas/6:30p
Dec 07 *Teen SOYO to volunteer at Charlie's Place/7a-10a
 *decorate Church for Christmas/10a. Volunteers welcome!
 *Put together baskets for shut-ins & shoe boxes/backpacks/temporary plan for 100 backpacks/10a
Dec 08 *St. Nicholas Workshop/Pre-school thru 5th grade
 Pizza lunch for pre-school thru 12th grade
 *Continue putting together baskets for shut-ins & shoe boxes/backpacks/ temporary plan for 100 backpacks/following services
Dec 14 *Invitation to Christmas Gathering from Ladies of St. George/4p. (see AW box on this page for more information)
Dec 15 *Church School Christmas Program, Christmas Lunch, Special Visitor (more info to follow)
 *St. Ignatius Lunch (see box below)
 *Antiochian Women/Cookie Sale during St. Ignatius luncheon
Dec 29 *No Church School for Christmas & New Year's Holidays
Jan 05, 2020*Church School resumes.

2020 BUDGET INFORMATION SERIES

Thank you to all who faithfully contribute their time, talents and treasures to the parish. If you haven't yet made a financial or time commitment to the church, it's not too late. Please reach out to our clergy, stewardship committee or parish council if you have questions on how to do so.

In response to the many questions raised during our last general assembly, we're featuring an information series on our parish' operating budget. This first installment is on the annual operating expenses. Our 2020 budgeted annual operating expenses come up to **\$617,546**. These include:
 Building costs: \$24,300 Utilities: \$65,500
 Telephone & IT: \$9,000 Maintenance & repairs: \$123,000
 Personnel compensation: \$256,206 Archdiocese expenses: \$52,140
 Miscellaneous expenses: \$87,400

In the next installments of the series, we'll provide information on the breakdown of each category of expenses, as well as information on the operating income."

THE EPISTLE

(For the Twenty-third Sunday after Pentecost)

O Lord, save Thy people and bless Thine inheritance.

To Thee, O Lord, have I cried, O my God.

The Reading from the Epistle of St. Paul to the Ephesians. (2:4-10)

Brethren, God, Who is rich in mercy, out of the great love with which He loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved), and raised us up with Him, and made us sit with Him in the heavenly places in Christ Jesus, that in the coming ages He might show the immeasurable riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith; and this is not your own doing, it is the gift of God—not because of works, lest any man should boast. For, we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

THE GOSPEL

(For the Thirteenth Sunday of Luke)

The Reading from the Holy Gospel according to St. Luke. (18:18-27)

At that time, a man came testing Jesus and asking, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call Me good? No one is good but God alone. You know the commandments: 'Do not commit adultery. Do not kill. Do not steal. Do not bear false witness. Honor your father and mother.'" And the man said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow Me." But when the man heard this he became sad, for he was very rich. Jesus, seeing him sad, said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" Jesus said, "What is impossible with men is possible with God."

Charity of the Month

Angel Fund

OCMC News:

- Today is **IOCC Sunday (International Orthodox Christian Charities)!** IOCC is an amazing Orthodox organization which has given \$692 million in worldwide relief and development programs. 92% of money donated directly helps those facing dire situations. Every dollar given helps them secure \$7 in support from other sources. Find out more about this organization making great impact at ioccc.org.
- Mike Bosworth and Sam Khalil from our parish are going on the medical mission** to Guatemala March 6th through 15th, 2020. Thank you for your prayers for their mission, and if possible, they would be grateful for your stewardship in any amount. Ss Peter and Paul donors can write checks to **HOLY CROSS MISSION FUND**, and be sure to write "**Medical Mission: Bosworth and Khalil**" in a note or subject line of the check. Checks can be simply put in the OCMC Box at the candle stand to be forwarded, or mailed directly to Holy Cross Orthodox Church, 123 Gilkeson Road, Pittsburgh, Pennsylvania 15228. Father Chakos, retired priest and active OCMC missionary at Holy Cross will send donors a receipt and thank you letter for tax-deductible donations.
- We are **collecting used eyeglasses** for the optical clinic in Guatemala, which Sam will administer. (Glasses can be given to Sam or Marie Khalil, or Mike or Barbara Bosworth.) Many thanks!

CHURCH SCHOOL

Directors

Samia Zolnerowich
 Jennifer Buchko

Teachers

Jumana Misleh
 Susan Kozlov
 SaraAyoub
 Michelle Zook
 Beth Davis
 Alma Jean Zaki
 Jennifer Montgomery
 Kinda Callas
 Dara Potter
 Stephen Zolnerowich
 Caroline Jarboe
 Elizabeth El-Hage
 Jaren Sams
 Philip Allen
 Nathaniel Guinn

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 &

ST. IGNATIUS

Sam Khalil

FINANCE

Salim Habayeb

STEWARDSHIP

Zeina Manasseh

GIFT SHOP

Alma Jean Zaki
 Gail Bailey
 Meghan Zoto
 George 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

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

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	Kevin Pinkstaff
Isabel Thredch	Nabecha Ayoub
Joyce Hamaty	Barbara Mullin
Holly Dubois	Suad Shammas
Sophie Neam	Miriam Yazge
George & Joan Abraham	Lulu Brown
Michael Buchko, Sr.	Edward Rizkallah
Leila Khoury	Shoke George
Bob & Shirley Neri	Douglas Kalesh
	Nijmeh Zayed
	Allison Ayoub Egge
	George & Chris Brown
	Robert & Thelma Badwey
	Barbara Abraham
	Ibtisam Toubaji
	Dorothy Marge
	Assad & Patricia Khoury

LIVING

Archpriest Isaac & Kh. Dolly	Anastacia Lampathakis	Ramona Dora
Yeorgos Lampathakis	Brian Briggs	Fred & Sherrie Zacharia
Ibrahim Mazen Saah	Ted Milkovich	Joe Malooley
Sami Korban	Paula Massouh	Mitody Tilev
Ceffen Franus	Audree Yacoub	Halim & Hayat Barakat
George & Marie Hyder	Rene Hanna & Peter Nothstein	Vilma Bellone
Ricky M. Ayoub	Siham Ayoub & Family	Sarah Abdow & William Abdow
George Rados & Family	Lidia, Ghassan, Adeeb, Farah & Hiba & their families	Radi, Hala, Raya & Rami Paskalev
Mahmoud, Raya, Raymond, Lena & Abraham Kheirbek	Pablo & Maryam Rincon	Amir & Sarah Abu-El-Hawa
	Rene Hanna & Peter Nothstein	Edward, Ritamarie, Emilia & Viviana Saa

CHURCHING
William Abdow

REMOVAL OF CROWNS
Rene Hanna and Peter Nothstein

TODAY: Book Club Meeting following Liturgy in the Bride's Room

CHURCH CHRISTMAS DECORATING
On Dec 7th at 10:00am, we will be decorating the Church for the Christmas Season. Everyone is encouraged and welcome to participate. Please contact Abe Fannoney or Alex Cox with any questions or suggestions.

2019 COOKIE WALK/December 15, 2019
The Antiochian Women will be selling their homemade cookies during the St. Ignatius Fellowship Luncheon on December 15. Proceeds will benefit The Children's Relief Fund. So grab a box, grab a glove, walk the walk, and select your cookies. Then weigh your box, pay the cashier, wrap it up & ENJOY!

DONATIONS FOR THE POINSETTIAS
The Ladies Auxiliary will again be collecting donations this Christmas season for the Poinsettias Project offered for the health of or in memory of your family and/or friends. Please see Thomaseena Cox or Leila Ayoub or any Ladies Auxiliary Member in the Church Hall with your donation. All donations must be received by **Sunday, December 15th**.

HOLY BREAD OF OBLATION OFFERED BY:
Mahmoud Kheirbek & Family

FELLOWSHIP OFFERED BY:
Mahmoud Kheirbek & Family