

	Bread of Holy Oblation	Fellowship Hour
22 Dec	Michael & Dorothy Marge	Salim & Pia Haddad
29 Dec	Hikim & Julia Nasr	Hakim & Julia Hasr
05 Jan	Gail Bailey/IMO Sami Khalil Jabbour Hier Family	Heir Family
12 Jan	Mitody Tilev/IMO Atanas & Ivanka	Mitody Tilev/IMO Atanas & Ivanka
19 Jan	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

Alganes 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, DECEMBER 22, 2019

ZONE 2/ EOTHINON 5

SUNDAY BEFORE THE NATIVITY OF CHRIST (THE GENEALOGY)

GREAT-MARTYR ANASTASIA THE DELIVERER FROM POTIONS
AND HER TEACHER THE MARTYR CHRYSOGONOS

RESURRECTIONAL APOLYTIKION (Tone 2)

When Thou didst submit Thyself unto death, O Thou deathless and immortal One, then Thou didst destroy hell with Thy Godly power. And when Thou didst raise the dead from beneath the earth, all the powers of Heaven did cry aloud unto Thee: O Christ, Thou giver of life, glory to Thee.

APOLYTIKION OF THE FOREFEAST OF THE NATIVITY (Tone 4)

*(**Joseph was amazed**)*

Be thou ready, Bethlehem, Eden hath opened unto all. * Ephratha, prepare thyself, for now, behold, the Tree of Life * hath blossomed forth in the cave from the holy Virgin. * Her womb hath proved a true spiritual Paradise, * wherein the divine and saving Tree is found, * and as we eat thereof we shall all live, * and shall not die as did Adam. * For Christ is born now to raise the image that had fallen aforetime.

APOLYTIKION OF SUNDAY BEFORE THE NATIVITY (Tone 2)

Great are the accomplishments of faith; for the three holy youths rejoiced in the fountain of flames as though at waters of rest. And the Prophet Daniel appeared a shepherd to the lions as though they were sheep. Wherefore, by their prayers, O Christ God, save our souls.

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 PREPARATION OF CHRIST'S NATIVITY (Tone 3)

*(**The original melody**)*

On this day the Virgin cometh to the cave to give birth to * God the Word ineffably, * Who was before all the ages. * Dance for joy, O earth, on hearing * the gladsome tidings; * with the Angels and the shepherds now glorify Him * Who is willing to be gazed on * as a young Child Who * before the ages is God.

He who has realized love for God in his heart is tireless, as Jeremiah says, in his pursuit of the Lord his God, and bears every hardship, reproach, and insult nobly, never thinking the least evil of anyone.

St. Maximus the Confessor

***MAKING GOD REAL
In the Orthodox Christian Home***

By Anthony M. Coniaris

How to Explain the Liturgy to Your Children

I once heard someone say how dinner was served down on the farm in the old days. All the children and the hired help come in from the fields at noon. They wash their hands and sit at the table. Before the food is served, the mail is read. Then the instructions are given as to which chores must be completed that afternoon and evening. After this is finished, the food is served to give everyone the strength to carry out the instructions just received.

Something similar takes place in every liturgy. In the first part of the liturgy-called the Liturgy of the Word-we receive the Word of God. God gives us his instructions as to what He wants us to do, how He wants us to live. We receive these instructions in the Epistle lesson, the Gospel lesson, and the sermon. But we are too weak to carry out the Word of God. We lack strength. That is why in the second part of the liturgy-called the Liturgy of the Faithful-God gives us the power we need. He gives us Himself-the Bread of Life-through the Sacrament of Holy Communion.

What is Holy Communion? How can we best prepare for it?

Dr. Panayiotis Trembelas, professor of theology at the University of Athens, wrote that when Christ was born in Bethlehem of Judea, He chose to be born not of a mother who was listed in "Who's Who," but of a poor, humble, pure peasant girl. He chose as His place of entry into this world not a palace but a cold, damp cave that served as a stable for animals. Who would have thought at the time that this child born of this humble mother in such a desolate place was God himself? Yet doesn't this very same thing happen again in the Sacrament of Holy Communion? Doesn't the all-powerful Christ, Lord of heaven and earth, who holds the whole world in His hands, who is worshipped by all creation, doesn't He, even in this sacrament, shed His divine glory and majesty to come to us under the humble forms of bread and wine?

What happened in Bethlehem long ago happens again today whenever the liturgy is celebrated. Christ comes to us again quietly, humbly, disguised under the forms of bread and wine. Have you ever imagined what would happen if Christ were to descend on the altar with the same glorified body with which the disciples saw Him ascending into heaven? Who of us would dare approach Him? Or if He should offer us His body as it was when it was taken down from the cross on Good Friday? Who of us would dare touch it? Through the great Sacrament of Holy Communion the Lord makes himself utterly approachable, disguising himself, even as He did in the manger, and coming to us ever so humbly under the forms of bread and wine. The Sacrament of Communion is the perpetuation of Christmas. In celebrating Christmas we observe not only God's coming into the world thousands of years ago; we celebrate also His coming into the world today to be born in the manger of our soul though this great sacrament in every liturgy.

A faithful Orthodox family should receive Christ in the Eucharist as often as possible. The Lord Jesus invites us to receive Him in every liturgy. His personal invitation to us is, "Take, eat, this is my body . . . Drink ye all of it, this is my blood. . . ."

Parents are encouraged to share the above facts with their children before coming to the Sacrament.

For Further Reading

For the Life of the World by A. Schmemmann.

Living the Liturgy by S. Harakas. Excellent and practical.

The Divine Liturgy for Children-An Interactive Guide for Participation in the Divine Liturgy. This is most helpful for parents to use with children.

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/y48hecx>

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.

Jan 11, 2020*Hosting Christmas Haftli/invites have gone out to St. George, St. Mary, Holy Cross

Lay Advisors: see list on page 2

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

2020
Jan 04 *Christmas Luncheon/11:30a-2p/Wildfire @Tysons Corner

March *Antiochian Women's Month

Mar 07 *Tea with Ladies of St. George (more info to follow)

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.

"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

Dec 24 *Christmas Eve Services/6p Matins/7p Divine Liturgy

Dec 29 *No Church School for Christmas & New Year's Holidays

2020

Jan 04 *Antiochian Women/Christmas Luncheon/11:30a-2p/Wildfire @Tysons Corner

Jan 05*Epiphany of Our Lord and the Blessing of the Waters
*Teen SOYO Antiochian Village-Style Liturgy.

2020 BUDGET INFORMATION SERIES

Installment 2: Maintenance & repairs

At our last general assembly, several questions were asked about our maintenance & repairs budget, and rightfully so. It's not cheap to maintain a facility such as our church. The fixed contracts portion of our annual maintenance & repairs expenses includes:

-Elevator maintenance: \$4,283.66	-Fire suppression: \$7,115.45
-HVAC: \$16,449.00	-Janitorial: \$33,000.00
-Lawn and Grounds: \$14,470.00	-Alarm System: \$1,275.19
-Pest Control: \$1,063.23	

We also budget \$40,000 for general maintenance and repairs, and \$8,000 in maintenance & repair supplies.

Please do your part in helping us maintain our beautiful church and contribute regularly and faithfully.

OCMC News

**Did you know that OCMC also partners with OYMT - a group of high school and college students that participate in a youth mission project in Appalachia, every July? This is a great way to introduce young people to the mission fields and those who had fulfilled the requirements then participated in a mission team to Alaska to share in the mission work there!

**We want to publish again the website for the local mission and human trafficking work of Father John Anderson. Please look at the website of this mission at <http://saintnicholasfreedom.org>

**We are collecting used eyeglasses for the optical clinic in Guatemala, which Sam Khalil will administer. (Glasses can be given to Sam or Marie Khalil, or Mike or Barbara Bosworth). Many thanks! Mike and Sam are preparing for their medical mission to Guatemala March 6th through 15th. They appreciate your prayers for their mission, and 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 the subject line of your check. Checks can be 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 OCMC missionary will send donors a receipt and thank you letter for tax-deductible donations.

THE EPISTLE

(For the Sunday before the Nativity)

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

For Thou art justified in all that Thou hast done for us.

The Reading from the Epistle of St. Paul to the Hebrews. (11:9-10, 32-40)

Brethren, by faith Abraham sojourned in the land of promise, as in a foreign land, living in tents with Isaac and Jacob, heirs with him of the same promise. For he looked forward to the city which has foundations, whose builder and maker is God. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, and put foreign armies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect.

THE GOSPEL

(For the Sunday before the Nativity: "The Genealogy")

The Reading from the Holy Gospel according to St. Matthew. (1:1-25)

The book of the genealogy of Jesus Christ, the son of David, the son of Abraham. Abraham was the father of Isaac, and Isaac the father of Jacob, and Jacob the father of Judah and his brothers, and Judah the father of Perez and Zerah by Tamar, and Perez the father of Hezron, and Hezron the father of Aram, and Aram the father of Amminadab, and Amminadab the father of Nahshon, and Nahshon the father of Salmon, and Salmon the father of Boaz by Rahab, and Boaz the father of Obed by Ruth, and Obed the father of Jesse, and Jesse the father of David the king. And David was the father of Solomon by the wife of Uriah, and Solomon the father of Rehoboam, and Rehoboam the father of Abijah, and Abijah the father of Asa, and Asa the father of Jehoshaphat, and Jehoshaphat the father of Joram, and Joram the father of Uzziah, and Uzziah the father of Jotham, and Jotham the father of Ahaz, and Ahaz the father of Hezekiah, and Hezekiah the father of Manasseh, and Manasseh the father of Amon, and Amon the father of Josiah, and Josiah the father of Jechoniah and his brothers, at the time of the deportation to Babylon. And after the deportation to Babylon: Jechoniah was the father of Shealtiel, and Shealtiel the father of Zerubbabel, and Zerubbabel the father of Abiud, and Abiud the father of Eliakim, and Eliakim the father of Azor, and Azor the father of Zadok, and Zadok the father of Achim, and Achim the father of Eliud, and Eliud the father of Eleazar, and Eleazar the father of Matthan, and Matthan the father of Jacob, and Jacob the father of Joseph the husband of Mary, of whom Jesus was born, Who is called Christ. So all the generations from Abraham to David were fourteen generations, and from David to the deportation to Babylon fourteen generations, and from the deportation to Babylon to the Christ were fourteen generations. Now the birth of Jesus Christ took place in this way. When His mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; and her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call His Name Jesus, for He will save His people from their sins." All this took place to fulfill what the Lord had spoken by the prophet: "Behold, a virgin shall conceive and bear a son, and His Name shall be called Emmanuel" (which means, God with us). When Joseph woke from sleep, he did as the angel of the Lord had commanded him; he took his wife, but knew her not until she had borne a son; and he called His Name Jesus.

Christmas Eve Services

6:00 pm Matins

7:00 pm Divine Liturgy

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 Berberin
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

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.

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
Brian Briggs	Nijmeh Zayed
	Allison Ayoub Egge
	George & Chris Brown
	Robert & Thelma Badwey
	Barbara Abraham
	Ibtisam Toubaji
	Dorothy Marge
	Assad & Patricia Khoury
	Ted Milkovich

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
 V. Rev. Alister Anderson,
 V. Rev. Louis Mahshie
 Khalil & Victoria Arwady Marge & family
 Zina Marge & Edward Mike & family
 Helen Thomas & family
 William & Mary Hladke & family
 John & Helen Kunsevich
 Patricia Salamone
 Barbara Willis
 Simone Boisvert
 Charlie Ayoub
 Abdallah Ayoub
 Sandra Ayoub

LIVING

Archpriest Isaac & Kh. Dolly	V. Rev. Timothy & Kh. Louise Ferguson
V. Rev. Hanna & Kh. Mary Sakkab	V. Rev. Antony & Kh. Carol Hughes
Ramona Dora	Fred & Sherrie Zacharia
Yeorgos Lampathakis	Anastacia Lampathakis
Ibrahim Mazen Saah	Sami Korban
Geffen Franus	Paula Massouh
Audree Yacoub	Vilma Bellone
Paul Misleh	Siham Ayoub & Family
Amir & Sarah Abu-El-Hawa	Edward, Ritamarie, Emilia & Viviana Saa
Lidia, Ghassan, Adeeb, Farah & Hiba & families	Taso, Michele & Timothy Markatos
Michael & Dorothy Marge	Michael Charles, Christina & Luke Marge
Lisa Marge, Marc, Abbey & Jude DeCandia	Joan, Marco & Joanne DeCandia
Brendon & Angela Ferguson	Richard, Robert, Carol Peters & families
Sophie Neam and family	Marge, Kogok & Abraham families
Arwady, Mike & Nahas families	Milkovich families
Sarah Shahade	All the members of this church

HOLY BREAD OF OBLATION OFFERED BY:
 Michael & Dorothy Marge

FELLOWSHIP OFFERED BY:
 Salim & Pia Haddad

Thank You 2019 Stewards!

Dear Brothers & Sisters,
 Ss Peter & Paul would like to thank the members of our parish who donated their many talents and long hours of hard work to the various ministries and activities of our parish this year, including our annual festival. We would also like to thank those who have financially supported the church through their 2019 donations.

If you haven't had the opportunity to support the church financially this year, it's not too late to do so. You can donate online at peterpaulpotomac.org, at the credit card kiosk located in the Narthex at the entrance of the church, or via check or cash.

It's not too early to start thinking about your plans for 2020. Stewardship forms for 2020 are available in the narthex. Please fill out and return one, even if you've filled one in previous years.

We wish you and your loved ones a blessed Nativity and a healthy and peaceful new year.

In Christ,
 The Stewardship Committee.