

Where shall I begin to lament the deeds of my wretched life? What first-fruit shall I offer, O Christ, for my present lamentation? But in Thy compassion grant me release from my falls.

I have been anxiously concerned only about outward adornment, and have neglected the inner temple made in the image of God

Having preferred a possessive and pleasure-loving life to spiritual poverty, O Savior, I am now harnessed with a heavy yoke. I have adorned the idol of my flesh with the many-colored clothing of shameful thoughts, and I am condemned. [1 John 5:21]

Come, wretched soul, with your flesh, confess to the Creator of all. In future refrain from your former brutishness, and offer to God tears in repentance.

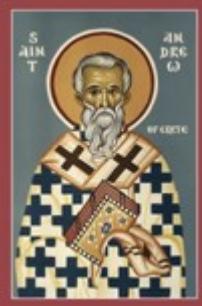
The end is drawing near, my soul, is drawing near! But you neither care nor prepare. The time is growing short. Rise! The Judge is near at the very doors. Like a dream, like a flower, the time of this life passes. Why do we bustle about in vain? [Matthew 24:33; Psalm 38:7]

Come to your senses, my soul! Consider the deeds you have done, and bring them before your eyes, and pour out the drops of your tears. Boldly tell your thoughts and deeds to Christ, and be acquitted.

The mind is wounded, the body is feeble, the spirit is sick, the word has lost its power, life is ebbing, the end is at the doors. What then will you do, wretched soul, when the Judge comes to try your case?

When the Lord had fasted for forty days in the wilderness, He at last became hungry, showing His human nature. Do not be despondent, my soul, if the enemy attacks you, but let him be beaten off by prayer and fasting.

Selections from the Canon of St. Andrew



FELLOWSHIP HOUR AND BREAD OF HOLY OBLATION

	BREAD OF HOLY OBLATION	FELLOWSHIP HOUR
22 Feb	Miriam Erickson (40 day memorial for Gloria Swyden)	Miriam Erickson
1 Mar	Lorna Malooley	Dora & Theodores Potter
8 Mar	Gary Farha	Ss. Peter & Paul Parish Council
15 Mar		Men's Club Spaghetti Luncheon

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 vestibule

SS. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH
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THE EXILE FROM PARADISE

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Michael El Araj
Abraham Fannoney
Sam Khalil

ALTAR
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Peter Aburdeineh

Servers
Captains -
Robert Bridenhagen
Nicholas Zolnerowich

Ss. PETER AND PAUL ANTIOCHIAN ORTHODOX CHURCH

All Things Are Possible to Him Who Believes

Matins: Sundays 9:30am
Divine Liturgy: Sundays 10:30am

tone 4 SUNDAY, FEBRUARY 22, 2015 EOTHINON 4
UNCOVERING OF THE SEVEN MARTYRS' RELICS AT GATE OF EUGENIOS IN
CONSTANTINOPLE; MARTYR ANTHUSA AND HER TWELVE SERVANTS

Today we Commemorate: Sunday of Forgiveness (Cheesefare)

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 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 FOR FORGIVENESS SUNDAY (Tone 6)

Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

Forgive, and You Will Be Forgiven

The Sunday before Lent begins, the day on which the Church liturgically remembers the fall of Adam and Eve, is called Cheesefare Sunday. This is because it is traditionally the last day of eating dairy products before the time of fasting. This day is also called Forgiveness Sunday since everyone must enter the lenten effort by forgiving and asking forgiveness of each other. In many churches, schools and monasteries this is done through a special “rite of forgiveness” following the evening vespers at which the Church formally inaugurates the lenten season. The significance of the act of giving and receiving forgiveness is obvious. God does not forgive us if we do not forgive each other. It is simple.

For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. (Mt. 6:14-15)

The Christian life is called the “imitation of God” by the fathers of the Orthodox Church. This conviction comes from the Bible, from the Old Testament, where the Lord through Moses says to His people: “consecrate yourselves therefore, and be holy, for I am holy” (Lev. 11:44)—a sentence quoted in the first letter of Peter in the New Testament:

As Obedient children, do not be conformed to the passions of your former ignorance, but as He who called you is holy, be holy yourselves in all your conduct; since it is witness. “You shall be holy, for I am holy.” (1Pet. 1:14-16)

Imitating the holiness of God is the task for human beings set forth also by the apostle Paul. It is the specific task of Christians. Put off your old nature which belongs to your former manner of life and is corrupt through deceitful lusts, and be renewed in the spirit of your minds, and put on the new nature, created after the likeness of God in true righteousness and holiness. Therefore, putting away falsehood, let every one speak the truth with his neighbor, for we are members of one another.... Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore, be imitators of God, as beloved children. (Eph. 4:22-25, 31-5:1)

The greatest possible ‘imitation of God” is to be forgiving. God is the One who forgives. All of His love for man (*philanthropia*) is love for sinners, “since all have sinned and fall short of the glory of God” (Rom. 3:23).

None is righteous, no, no one; no one understands, no one seeks for God. All have turned aside, together they have gone wrong; no one does good, not even one. (Rom. 3:10-12, quoting Ps. 14:3)

All humans, are sinners. Anyone who claims not be sinful is a liar and make God a liar as well: If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just, and will forgive our sins and cleanse us from unrighteousness. If we say we have not sinned, we make Him a liar and His word is not in us. My little children, I am writing this to you so that you may not sin; but if any does sin, we have an advocate with the Father, Jesus Christ the righteous,; and He is the expiration for our sins, and not for ours only but also for the sins of the whole world. And by this we may be sure that we know Him, if we keep His commandments. He who says “I know Him” ought to walk in the same way in which He walked. (1Jn. 1:8-2:6)

Love between sinners is essentially expressed in forgiveness. There is no other way. It cannot be otherwise. Forgiveness is the singular expression of love in this fallen world. If, therefore, we desire to be loved and forgiven by God—and even more, if we know that as a matter of fact we are so loved and forgiven—then we must love and forgive each other. The lenten season exists for the purpose to express the love of God for one another through mutual forgiveness. This the teaching of Jesus Himself.

Fr. Thomas Hopko

Saints Peter and Paul Orthodox Church News

YOUTH CORNER

February 28: Fellowship of Saint John the Divine (FSJD) Pot-Luck Lenten Lunch and Retreat with Bishop ANTHONY

12:30-5:00 P.M.

March 14th: Day Retreat at St. Mary's Antiochian Orthodox Church in Baltimore. TeenSOYO visiting the Myrrh-Streaming Icon of the Mother of God of Taylor, PA. All are welcome. 9:00-3:30P.M. Starting with Divine Liturgy. Registration forms available in the Narthex.

SUNDAY OF ORTHODOXY

On Sunday, March 1, 2015, Great Vespers will be held at 5:00 p.m. at Ss Peter & Paul Church, followed by a reception in Kogok Hall. Co-sponsoring churches are St. George, St. Gregory and St. Raphael Mission. We need donations of LENTEN fare for the reception following the service. Finger food, fruit and vegetable platters and fasting sweets are examples of what is typically offered. If you are not attending the evening service, please bring your dish on the morning of March 1st. A form will be available for you to fill out if you are preparing something. Please return it to Janet Zagby Metz: titajzm@yahoo.com; (703) 821-2628. We would like to know your commitment by FEBRUARY 22.

MEN'S CLUB SPAGHETTI LUNCHEON

Sunday, March 15th after Liturgy. Adults: \$10; Children under 14 \$6.00. 50/50 Raffle and Prizes. Tickets available after Liturgy through March 8th or contact Sam Khalil (sk1943@aol.com)

SUNDAY SCHOOL

Sunday school is in need of snacks and drinks for the children. If you haven't already, please provide 2-3 (or more if you'd like) multi-packs of snacks and/or drinks. Snacks should be individually packaged (100-calorie snacks work well and **completely free of peanuts/peanut butter and tree nuts due to allergies**. For drinks, we need small (8 oz.) bottles of water, regular size juice boxes/pouches, and small (~4 oz.) juice boxes for the younger children. If possible, please provide 100% juices.

ARE YOU A BOY SCOUT, CADETTE OR SENIOR GIRL SCOUT IN 6TH -12TH GRADE ?

We will be offering classes for Scouts that are interested in earning the Alpha Omega Religious award for Eastern Orthodox Scouts. Classes will be held from 10:00- 10:30 each Sunday beginning on March 1st. We will hope to finish the program before the end of May. There will be a charge for the award and certificate at the conclusion of the course (approximately \$18.00). Jennifer Buchko and Samia Zolnerowich will be conducting the class

FOR SALE IN HALL AFTER CHURCH

Spinach Pies (partially cooked) \$12/doz. Kibbee Pan \$15/tray, half tray \$10

Upcoming events...

Feb 22—Cheese Fare Sunday
Feb 22—Forgiveness Vespers @ 12:30pm
Feb 22—Baptism of Jackson Hines @2:00 pm
Feb 23—Great Lent Begins
Feb 24—Men's Club Meeting
Feb 28—FSJD Day Retreat with Bishop ANTHONY
Feb 28—Baptism of Aurora Farmand @ 12:00 noon
Mar 01—Sunday of Orthodoxy Great Vespers @ 5:00 pm
Mar 07—Baptism of Elena & Karen Tannous @ 12:00 noon
Mar 14—Miraculous Icon Retreat @ St. Mary's in Baltimore
Mar 15—Men's Club Spaghetti Luncheon after Liturgy
Mar 25—Evening Divine Liturgy for The Feast of the Annunciation @7:00pm
Mar 28—(Saturday)Holy Bread baking class 9:00a-1:00p

THE EPISTLE

(For Sunday of Forgiveness)

Sing praises to our God, sing praises. Sing praises to our King, sing praises. O clap your hands, all ye nations.

The Reading from the Epistle of St. Paul to the Romans. (13:11-14:4)

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for the Master is able to make him stand.

THE GOSPEL

(For Sunday of Forgiveness)

The Reading from the Holy Gospel according to St. Matthew. (6:14-21)

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

SUNDAY SCHOOL

Directors

Samia Zolnerowich
Jennifer Buchko

Teachers

Jumana Misleh
Susan Kozlov
Michelle Zook
Razan Abdallah
Christine Morin
Roxanne Bennett
Lara Bellone
Amber Bennett
Caroline Jarboe
Saleem Mokhiber
Stephen Zolnerowich
Anees Mokhiber

Men's Club

Sam Khalil

Antiochian Women

Kate Niewenhous

Teen SOYO

Adviser

Majd Akkawi

Officers

Nicholas Zolnerowich
Rashid Haddad
Robert Bridenhagen
Thomas Zook
Danielle Bellone

Fellowship of St. John

Majd Akkawi
Christine & Samer Korkor
Dn. Christian & Zeina Manasseh

Adornment

Shams Akkawi
Jamil Hermes

Facility Management

Nick Nahas
Bob Simon

Rental Coordinator

Barbara Abraham

Charities

Sam Sahouri Ghanem

Finance

David Jackson

Stewardship

Lorna Malooloy

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

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 enter the sanctuary quietly during the Divine Liturgy.

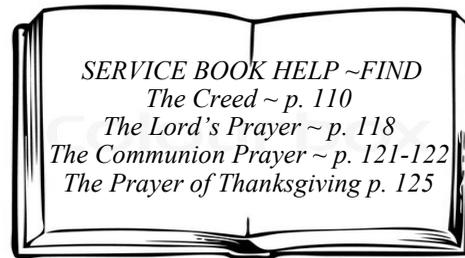
PLEASE DO NOT ENTER OR EXIT THE SANCTUARY AS

- 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.



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

LIVING

Parishioners who remain in our prayers continually

Margaret Ashley
Lulu & George Brown
Issa & Suad Shammass
Edmond Neam
Richie Kogok
Renee Mourad

Fr. Louis Mahshie
Barbara Abraham
Brian Briggs
Father Gordon & Kh. Mary Sue Walker
Miriam Swydan Erickson & Family

DEPARTED

Deacon David Daumit
Gloria Swydan
Katherine Slanta

HOLY BREAD OF OBLATION OFFERED BY: Miriam Erickson

40-day Memorial for Gloria Swydan

FELLOWSHIP HOUR OFFERED BY: Miriam Erickson

Orthodox Mission Sunday is February 22nd: This Sunday, February 22nd, is Orthodox Mission Sunday. Please pray for Orthodox missionaries, mission volunteers, and missions ministries this Sunday. There are many opportunities for you to answer the call to make disciples of all nations, and the Orthodox Christian Mission Center (OCMC) is here to help. Please visit us online at www.ocmc.org, e-mail us at missions@ocmc.org, or call us at [1-877-463-6784](tel:1-877-463-6784) to learn more!