

SPRING 2014

OUR LEGACY

Quarterly Newsletter of Ss. Peter and Paul Antiochian Orthodox Church

MEMORY ETERNAL, HIS EMINENCE METROPOLITAN PHILIP (1931-2014)

“We are never totally aware of how God is moving in our lives, how He is active in our existence. We do know that He is there, that ‘in Him we live, and move, and have our being’ (Acts 17:28). We are in Him and He is in us.”
+ Metropolitan Philip

It is with great sorrow and sadness that the Holy Church of Antioch in North America mourns the passing into eternal life of its father and chief shepherd His Eminence Metropolitan PHILIP (Saliba) on Wednesday, March 19th, 2014. May God receive him into the Heavenly Kingdom and may his soul rest with the saints.

The Life of Metropolitan Philip

Metropolitan Philip was born and educated in Lebanon. Ordained to the holy diaconate in 1949, he served as secretary to His Beatitude, Alexander III, the Patriarch of Antioch and all the East. Metropolitan PHILIP came to the US in 1956, to study Theology and received a B.A. from Wayne State University. In 1959, he was ordained to the holy priesthood, and received a M.Div. from St. Vladimir's Orthodox Theological Seminary NY. In 1966, Philip Saliba was nominated to Archbishop of New York and Metropolitan of all North America, elevated to the dignity of Archimandrite and consecrated to the episcopacy.



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UPCOMING EVENTS

- Mar 31 - Burial Met. PHILIP Carpool meets @ 8am
- Apr 2 - Pre-Sanctified Liturgy @ 7pm
- Apr 4 - Akathist Service @ 7pm
- Apr 5 - Holy Bread Class w/Lorna Malooley @ 9am-2pm
- Apr 5 - Byzantine Music Workshop, 1-4pm
Arabic Liturgy @ 5pm
- Apr 6 - Sunday School Workshop @ 12 Noon
- Apr 8 - Parish Council Mtg @ 7pm
- Apr 9 - Pre-Sanctified Liturgy @ 7pm
- Apr 12 - Liturgy @ 9:30am followed by Children's Workshop
- Apr 13 - Orthros @ 9:30am
Liturgy @ 10:30am
Bridegroom Svc @ 7:30pm
- Apr 14 - Bridegroom Svc @ 7:30pm
- Apr 15 - Bridegroom Svc @ 7:30pm
- Apr 16 - Unction Service @ 7:30pm
- Apr 17 - Divine Liturgy of St. Basil @ 9am
Passion Gospels Service @ 7:30pm
- Apr 18 - Decorating of the Naach @ 10am (bring pruning shears and covered dish)
Unnailing Vespers @ 3pm
Lamentations @ 7:30pm
- Apr 19 - Holy Sat Liturgy @ 10am
Rush Service & Paschal Liturgy @ 11pm
- Apr 20 - Agape Vespers @ 3pm
- May 3 - Byzantine Music Workshop @ 1-4pm
Arabic Liturgy @ 5pm

HIS EMINENCE METROPOLITAN PHILIP, CON'T

Metropolitan Philip was enthroned at his Cathedral of St Nicholas in Brooklyn, NY in 1966.

Philip was an expert in Middle Eastern affairs serving as President of the Arab Student Federation, and member of the Committee on American Policy in the Near East. He met with US Presidents, Eisenhower, Johnson, Ford, Carter and Reagan, as well as with Pope Paul VI and Pope John Paul, II and many other world leaders on behalf of a just and durable peace in the Middle East. He served as chairman of the Standing Conference of American-Middle Eastern Christian and Moslem Leaders which represents the two million Americans of Arabic heritage. In 1968, he established a \$100,000 Trust Fund to provide scholarships to Arab refugees studying in the fields of science, medicine, economics and technology. In 1977, he established a \$500,000 endowment fund for the support of the Orthodox Theological Academy of St. John of Damascus in Lebanon, the sole remaining Orthodox Seminary in the Middle East. Following the Israeli-Arab conflict of 1967, Metropolitan Philip inaugurated a number of fund-raising campaigns to provide food, shelter and medical assistance to Arab refugees and victims of war. For his many charitable deeds and renowned humanitarian concern, Metropolitan Philip was commended and decorated by many governments including Doctor of Divinity "honoris causa" by St. Tikhon's Orthodox Seminary PA, cherished "Liberty Award" by Mayor Koch of New York City and the Lebanese Order of Merit by President Emile Lahoud of Lebanon.

A prolific writer, His Eminence authored *The Eucharist in the Primitive Church*, *Feed My Sheep*, *He Leads Them*, and co-authored *Out of the Depths Have I Cried*. He wrote many articles and monographs in the fields of theology and Middle Eastern affairs. Fluent in English and Arabic, knowledgeable in French and Greek, His Eminence translated many literary works into Arabic.

In 1987, two thousand Evangelical Christians embraced the canonical Orthodox Church and the Antiochian Orthodox Christian Archdiocese of North America, made possible through the leadership of the Evangelical churches and Metropolitan PHILIP. Under Metropolitan PHILIP's leadership, the Archdiocese of North America was granted the status of a self-ruling archdiocese by the Holy Synod of Antioch in 2003. In conjunction with this event, the archdiocese established a diocesan structure, and elected eight (8) new Diocesan Bishops. Metropolitan Philip served as First Vice Chairman of the Assembly of Canonical Orthodox Bishops of North and Central America, Vice President and Vice Chairman of St. Vladimir's Orthodox Theological Seminary Board of Trustees, and Chairman of the Orthodox Christian Education Commission.

SS. PETER & PAUL CREATION CARE MINISTRY: *DISCOVERING CHRISTIAN ECOLOGY*

Dear Brethren,

Greetings in the beauty of the season of Great Lent. I am pleased to share with you the establishment of a new ministry in our parish. As part of our Christian Stewardship Ss. Peter & Paul Church is forming a "Creation Care" committee, whose goal will be to nurture and promote sound and sustainable environmental stewardship in our parish community. This project is part of a pan-orthodox ministry sponsored by the Metropolitan Washington, DC area Orthodox Churches. To date, five parishes have started such working groups and together we hope to organize a series of environmental projects, educational forums and workshops on "greening the orthodox parish." Few people realize that our Orthodox Christian faith is rooted in a Christian ecological vision. Indeed, our church embodies a deep and rich teaching in both theory (our theology) and practice (Ortho-praxis) on man's vocation as steward and priest of creation. God created the world as His own epiphany and we humans are charged with the special responsibility of serving as the "connecting link" between the world and its creator. As such, we must strive to worship God, through upholding the unity and the beauty of creation by the right use of our material resources.

Thanks to the interest and dedication of some of our own faithful parishioners, efforts are already underway in our parish toward this good work. (To date, there is the completion of an energy-efficient

lighting project and the start of an energy audit program with PEPCO) Any member of the parish is welcome to join the "Creation Care" working group. There is much to be done!

Please contact Fr. Isaac Crow (frisaac@peterpaulpotomac.org), Patti Barkett (pattibarkett@gmail.com), or Alma Jean Zaki (almajeanm@gmail.com) for further information.

May God bless you and your loved ones as we journey together to the coming glory of the resurrection of our Lord.

Your servant,

Fr. Isaac Crow

**RECORD OF SACREMENTS****BAPTISMS**

01-012-14 Naya Rafel Jabour
 01-19-14 Angelina Alnmir
 02-02-14 Joseph M. Fayyad
 02-02-14 Julia Jude Fayyad
 02-16-14 May Sophia Chalhoub
 03-01-14 Grace Marie Sanchez
 03-16-14 Isabella Rose Rabie

CHRISMATION

02-02-14 Ruba Saad Khalil Nasser

WEDDINGS

01-26-14 Christopher Younes
 & Danamarie Marrow
 02-08-14 Mazen Saah & Ruba Saad Kalil Nasser

SYMPATHY TO FAMILIES OF:

12-26-13 William Michael Dora, Sr.
 03-09-14 JoAnne Adeeb Ibrahim

**BIRTH
ANNOUNCEMENT**

Stephen Sanford and his wife, Caitlin, are thrilled to announce the birth of their first child, Luca Charles Fitzgerald Sanford-Bergin on February 2nd. He arrived weighing 8lbs 4oz. Congratulations to proud and first time grandparents Susan and Joe Sanford, Uncles Brian and Kevin, and Aunt Kate too!

THE FELLOWSHIP OF ST. JOHN THE DIVINE

The Fellowship of St. John the Divine (FSJD) is initiating a FOCUS chapter to provide action-oriented and sustainable solutions to poverty in Washington, DC. The FSJD is seeking ways (e.g. Skype) to enable more parishioners to attend the Adult Education Forum, "Exploring our Faith," a bi-weekly seminar led by Fr. Isaac. We meet to explore, discover and better understand the rich spiritual, historical, doctrinal, liturgical and scriptural tradition of our Holy Orthodox Faith. On April 27th, FSJD will host Fellowship Hour and present the first "Orthodoxy on Tap" event (date TBD), combining social and fellowship activities. To be added to our email distribution list, or for further information, please contact Samer or Christine Korkor at skorkor@gmail.com or christinedaya@gmail.com.

THE LADIES AUXILIARY**MEMBERSHIP**

The Ladies Auxiliary annual membership fee is \$25.00. While it is not a requirement to be a paid member of the Auxiliary, the membership fee helps to underwrite auxiliary initiatives. If you are interested in participating in any of the Auxiliary's activities, please contact Ann Marie Moses, President, or any of the Auxiliary officers.

MEETINGS

The Ladies Auxiliary meets on a bi-monthly basis. The sisterhood of these meetings is indescribable. Many of our meetings include invited guest speakers who address issues which are of interest to all of us.

SUPPORT FOR AOCWNA AND AWE

For this year's special project, Metropolitan PHILIP asked funds be raised for Syrian refugees. We will be supporting this project through our "Bakeless Bake Sale." Susan Fannoney is Chair for this project.

MARCH IS ANTIOCHIAN WOMEN'S MONTH

The Ladies Auxiliary will be participating in the weekly Sunday duties, including handing out the weekly Sunday Bulletins, collecting the weekly pledge trays, and reading the Epistle in both Arabic and English. Donna Gavin is Chair for this project.

NAACH FLOWER DONATIONS

Marie Khalil, Leila Ayoub and Ann Marie Moses are collecting donations for the Naach. Proceeds will be used to purchase the flowers needed to decorate the Naach on Good Friday, April 18th, at 10:00 am. (Please bring your pruning shears and a covered dish if you can attend). Fill out the Naach Flower Donation form (see Marie, Leila or Ann Marie in Kogok Hall after Liturgy) and make your donation by April 13th.

LADIES 11TH ANNUAL FASHION SHOW

The Annual Fashion Show will be held on Saturday, May 10th, at Congressional Country Club. This activity is the Ladies Auxiliary's largest money maker. Caroline Emad chairs this lovely event.



HIS GRACE BISHOP NICHOLAS VISITS SS. PETER & PAUL ORTHODOX CHURCH

On the weekend of February 21-23, 2014 Ss. Peter & Paul welcomed Right Reverend Bishop NICHOLAS Ozone to our Parish. The event filled weekend included dinner with the Parish Council on Friday evening, visits with our Sunday School children, Teen SOYO, and the Fellowship of Saint John the Divine on Saturday followed by Vespers and the Syrian Relief Benefit Dinner during which Bishop NICHOLAS spoke on the current conditions in Syria. On Sunday Bishop NICHOLAS celebrated Matins and the Hierarchical Divine Liturgy, the Ordination of Christian Manasseh to the Holy Diaconate, and elevated the Very Reverend Father ELIAS Bitar to Archimandrite.

Bishop NICHOLAS was born in Syria and immigrated to the US in 1981 to study and earn degrees in Electrical and Computer Engineering.

He worked for 20 years as a Computer Engineer representing companies in Sweden, France, England, Germany, Italy, and the USA. He has lectured on Electronics Circuitry, Circuit Theory, and Digital Computers at the Wentworth Institute of Technology, Boston, MA. Bishop NICHOLAS holds a Master of Divinity degree and speaks Arabic and English fluently. His second language in Syria was French, and he is versed in Hebrew, Ancient Greek, New Testament Greek, and Modern Greek.

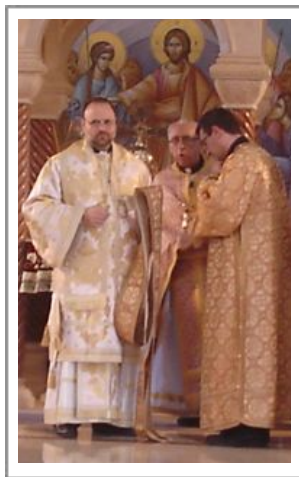
Bishop NICHOLAS resides at the Archdiocese Headquarters, Englewood NJ. He serves the Diocese of New York and Washington DC, and was the Assistant of His Eminence, the late Metropolitan PHILIP of blessed memory. His name day is December 6 (St. Nicholas the Wonderworker).

ORDINATION OF CHRISTIAN MANASSEH TO THE HOLY DIACONATE

On February 23, 2014 Christian Manasseh was ordained to the Holy Diaconate at Ss. Peter and Paul Antiochian Orthodox Church. Bishop NICHOLAS, Fr. George Rados, and Fr. Isaac Crow officiated.

Born in Saudi Arabia (1976) Christian grew up in Lebanon and received a Bachelor of Engineering degree from the American University of Beirut. Christian came to the United States to pursue a Masters in Engineering (1999) from MIT. He began his career working for a software consulting firm, then started a new company with the CEO of that firm.

Christian and Zeina Maalouf married (2006), having met when pursuing their doctorates. Christian received a Ph.D. from UCAL (Berkeley) (2010) in Civil Systems - a new discipline involving the use of information technology for the enhancement of civil systems and society. In 2009, son George was born and in 2012 the Manasseh's moved to Washington, DC to pursue work: Zeina with an international development non-profit organization and Christian to further the operations of his company, Mobius



Logic. Daughter, Tamara Sophia, was born on March 15, 2014.

Christian's involvement in the Church has grown over the years. Born into an Orthodox home and baptized in Syria, Christian attended services in Beirut and churches and monasteries in the villages of Mount Lebanon when his family had to flee their home due to the wars in Lebanon. Christian attended churches throughout his years of study in Boston and California where he was mentored and participated in a deacon program, the St. Stephen's Course, development of presentations of the sacraments, Bible studies, seminars and conventions; served as Treasurer and was active in several Antiochian Church organizations. Zeina previously served as President of OCF at UC Davis, chants and participates in Women's events.

Having received from God a vocation to serve the Church, Christian asks for the prayers of the congregation of Ss. Peter & Paul. He asks that God will strengthen him to assist Fr. George and Fr. Issac in celebrating the Liturgy and in the ministry of the Church.

THANK YOU: POOR BASKET 2013

Thanks to your contributions, we collected \$1,270.00 last year. That money was distributed to the Food For Hungry Program, SOME (So Others Might Eat), and IOCC (International Orthodox Christian Charities).

Thank you all for your generous donations to help those who have less than we do.

- Samia Zolnerowich

THANK YOU: OLNEY HELP

Dear Members of Saint Peter and Paul Orthodox Church,

We, the Olney Help volunteers and clients, wish to thank you for your donation of food to our pantry and your continuing help. In 2013 we made 451 food deliveries, up from 359 in 2012, a 26% increase. Fifty-three requests were first time clients, most of whom only needed our food help one or two times. Additionally, with your assistance, we were able to deliver 47 Thanksgiving and 54 Christmas baskets. We wish you a happy, healthy and prosperous 2014.

Cordially yours,
Kathryn Murdock
Olney Help, Secretary

 THE VERY REV. FR. ELIAS BITAR IS ELEVATED TO ARCHIMANDRITE



Top: Rt. Rev. Fr. ELIAS Bitar with his children Martha, Katrina and Antony.

Bottom: Fr. ELIAS leading Ss. Peter & Paul's Byzantine Music Workshop.



On February 23, 2014 the Very Rev. Fr. ELIAS Bitar was elevated to Archimandrite by the Rt. Rev. Bishop NICHOLAS Ozone at Ss. Peter and Paul Antiochian Orthodox Church in Potomac, MD.

Born in Rabah, Homs-Syria, Fr. ELIAS attended the Balamand Seminary in North Lebanon at the age of 11, studying music, religious education, and scriptures in addition to his regular sixth grade subjects.

After graduating from Balamand Seminary, Fr. ELIAS served as chanter at St. George Cathedral of the Archdiocese of North Lebanon, then continued his studies in Theology and Byzantine Music in Thessalonica, Greece. Father ELIAS came to the US in 1971, enrolling in St. Vladimir's Seminary and graduating with a Masters of Divinity. In August, 1975 he was ordained to the Holy Diaconate and in December, 1975 was ordained to the Holy Priesthood by Metropolitan PHILLIP and assigned to St. Nicholas in Los Angeles, CA as an Assistant Priest.

In 1980 Fr. ELIAS was assigned Pastorate at St. John the Evangelist Antiochian Orthodox Church in Orinda, CA. He served his first Divine Liturgy at St. George, Little Falls, NJ, on August 22, 1985 and earned a Doctor of Ministry from St. Vladimir's in 2001. Fr. ELIAS retired in July, 2012, having served St. George, Little Falls, for 27 years.

Fr. ELIAS has been a Lecturer in Liturgical Music (with a specialty in Byzantine Music) and Practical Theology for nearly 30 years at St. Vladimir's Orthodox Theological Seminary, Yonkers, NY. His resonant chanting and musical talent have earned him the title, "The Voice of the Archdiocese." He currently conducts monthly Byzantine Music Workshops at Ss. Peter & Paul Antiochian Orthodox Church in Potomac, MD.

The Rt. Rev. Fr. ELIAS Bitar was married to the late Khouria Joanne Bitar and has four children. He resides at the Sacred Monastery of St. Nina in Union Bridge, MD.

 TREE ICICLES IN THE PARKING LOT?

After the Ladies Auxiliary meeting on Sunday, February 9th, we were walking to the car parked in the back of Ss. Peter & Paul Antiochian Orthodox Church's parking lot when we saw something never seen before! There were real icicles dripping from the where the tree branches lining the parking lot were pruned.

The icicles tasted mildly sweet; we suspected these were maples and the sap was running...

Curious about the icicles, we consulted Mike McGrath, WTOP radio's Garden Guru. Not more than an hour later Mike responded with the following: "Ha! All maples produce a sugary sap; 'sugar maples' just produce the best quality. Mid-winter is the best time to prune big trees, but maples are going to 'bleed' whenever you prune them. They are sappy trees. End result... you now have maple syrup icicles to enjoy. Way Cool!"

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SUNDAY OF ORTHODOXY VESPERS

The Sunday of Orthodoxy Vespers was held March 9, 2014 at the St. Katherine Greek Orthodox Church in Falls Church, VA. The speaker was His Eminence Metropolitan ANTONY of the Ukrainian Orthodox Church of the United States of America. Father Isaac Crow and Father George Rados

participated in the Vespers with 20 other Washington, DC area clergy. The choir was directed/led this year by John Slanta, Choir Director of the Ss. Peter & Paul Antiochian Orthodox Church in Potomac, Maryland.

EXPLORING OUR FAITH: ADULT RELIGIOUS EDUCATION FORUM

Exploring our faith is a ministry of the young adult Fellowship of St. John the Divine. The forum meets every other week on Tuesday evenings at 7:15pm in the lower level conference room. The meetings seek to explore, discover and better understand the rich spiritual, historical, doctrinal, liturgical and scriptural tradition of our Holy Orthodox Faith. Fr. Isaac facilitates the meetings in an informal setting, using brief presentations as a spring board to an open discussion on questions and issues of a wide range of topics of our faith.

All are welcome, with a special invitation to young adults. For more information and meeting dates please see the weekly church bulletin, the church web site, peterpaulpotomac.org, and/or contact Fr. Isaac at frisaac@peterpaulpotomac.org.

BYZANTINE MUSIC WORKSHOP: *LED BY RT. REV. ELIAS BITAR*

The next Byzantine Music Workshop will be held on Saturday, April 5th, from 1:00-4:00pm. Intended to introduce attendees to the art of Byzantine chanting, sessions are open to all. Registration forms are available in the vestibule. Contact Fr. Isaac Crow at frisaac@gmail.com or 301-765-9188.

TREE ICICLES IN THE PARKING LOT, CONT'

Read Mike's garden blog at <http://wtop.com/902/3562626/Garden-Plot>.

Prune your maples and get free ice pops. Looking for something to smile about that actually involves icicles? Betty in Potomac just sent a great email - with photos of her story of an unexpected frozen delight. She writes: "I have never seen anything like this! A maple tree at my church on River Road was pruned about three weeks ago, and then developed icicles where the branches were cut. I tasted one and it was noticeably sweet. Did the pruners prune too early? Is the sap running early? Is this normal?" This is the perfect time to prune big trees, Betty. And maples always bleed lots of sap whenever they're pruned. So the tree will be just fine in the future, and you have now tasted a truly natural 100 percent maple-flavored ice pop!

It takes a lot of sap to make a little syrup: Betty's maple-flavored icicle story reminds me that we are fast approaching sugaring season - when intrepid outdoor people will "tap" their maple trees and gather the liquid that pours out when warm days follow cold nights. But that slightly sweet sap is not yet syrup. It has to be boiled down outdoors, unless you don't like your current wallpaper, for a long time to become pancake worthy. It can take upwards of 10 gallons of raw sap to produce a single quart of maple syrup, which is legally defined as having a sugar density of 66 percent. Now you know why nature's most

perfect sweetener is expensive. It takes a lot of work to create the perfect topping for that warm and toasty waffle!

Submitted by Betty Slanta; photos courtesy of Betty Slanta and Donna Gavin



PREPARING FOR HOLY PASCHA (EASTER): PASCHA BASKETS



Begin a new tradition this year for you and/or your family - make a Pascha Basket. These beautiful baskets are placed in front of the icons before the start of the Midnight Resurrection Service or the Easter Sunday Service and blessed by the priests. Following are items you will need to include to complete your basket:

Sweet Yeast Bread (symbolizes Christ Himself, who is our true bread)

Cheese (a custard type cheese, i.e. Farmers or Jibbon; symbolizes the moderation Christians should have in all things)

Fresh Cooked Meat (such as sliced ham or sliced lamb; symbolizes the great joy and abundance of Pascha)

Butter (shaped in a lamb shape mold; reminds us of the goodness of Christ that we should have toward all things)

Salt (reminds Christians of their duties to others)

Red/Decorated Eggs (symbolizes new life and resurrection)

Spicy Sausage (Kielbasa) (indicative of God's favor and generosity)

Cured Meat with spices such as bacon or cooked, preserved lamb (symbolizes the abundance of God's mercy)

Vegetables (such as pickled turnips or shredded beets with horseradish and sugar; symbolic of the Christ's Passion which is still in the minds of the faithful, but is now sweetened with some sugar because of the Resurrection)

Items are placed in a wicker basket with a ribbon tied to the handle and a linen cloth is placed on top of food items. A decorative candle is placed in the basket and lit at the time of the blessing. Making a basket is a great way to get your family involved in the true meaning of Pascha.

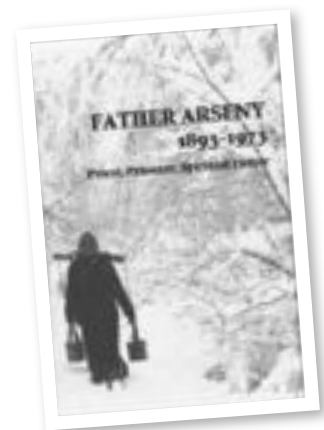
BOOK REVIEW: FATHER ARSENY, 1893-1973, PRIEST, PRISONER, SPIRITUAL FATHER

"Before dying, each person must leave something behind, must leave a trace of some kind, be it a house built with his own hands, a tree he has planted, or a book he has written, but whatever it is it must have been done not for himself but for other people. Whatever your hands have created will be the mark you leave after your death. People will look at what you have made, or at what you have planted, and you will live again and bring them joy, and they will remember you and ask the Lord to bless you. What you make is not the important thing, but what is important is that what you have fashioned becomes better than what it was before. It will contain a spark of yours, if you have made it in the name of God and of love for others. The most important thing is to help others, alleviate their sufferings, and pray for them." --Father Arseny

Father Arseny was an art historian and became an Orthodox priest in Russia, serving also in Stalin's Siberian prison camp for his "crime" of simply being an Orthodox priest. You get to know humble Father Arseny as so filled with the love of our Lord Jesus Christ, that the book becomes nearly a treasure of how to live, as the quote above so aptly demonstrates.

Miracles occurred through Father's prayers, which were truly a glorification and thanks to God. Second, the book recounts life during the days of Communist opposition to any Christian activity, so lends an interesting historical perspective. Finally, and perhaps most importantly, this book, and the sequel, "Cloud of Witnesses" offer the reader accounts of peoples' lives who were touched by Father Arseny's ministry and love. These accounts are perhaps the most poignant and captivating. They are very short chapters which can stand alone, and be read in short intervals over time.

Father Arseny's shared perspective and wisdom truly make one feel a closeness to God, and to Mary, Mother of God. The quote above is how Father Arseny lived, and through these books, you can be in his presence.



THE KONTAKION TO THE MOST HOLY THEOTOKOS KNOWN AS THE AKATHIST HYMN

Written 1,400 years ago, perhaps the greatest representative of the Byzantine hymnographic tradition is St. Romanos the Melode (+556). He was a convert from Judaism, a native of Homs, Syria, a Protosaltis of the Cathedral of Beirut, and a Deacon of the Great Church of Constantinople. He is considered to be the foremost master of the kontakion, a hymnographic form based on the Syrian memra that was a didactic or narrative poem and which was intended to be recited rather than sung.

The Akathist Hymn to the Virgin Theotokos, the most famous of the Byzantine kontakia and the only one chanted in its entirety today, is in all probability the work of St. Romanos. This kontakion achieved great popularity in the city of Constantinople (the "City of the Virgin"). It has been called the "greatest achievement in Byzantine religious poetry."

Although the Akathist was previously believed to have been written for the Feast of the Annunciation (March 25), there is evidence which now clearly indicates that it was used for the Synaxis of the Theotokos (December 26). The Emperor Justinian officially established its use for the Synaxis sometime between 530 and 550. The Akathist replaced an older kontakion that had been written in 431. Soon after it was written, the Akathist took on the character of a "song of victory," being used as a hymn of thanksgiving to the Theotokos for her protection.

It was after the siege of Constantinople in 626 that the present koukoulion "To Thee the Champion Leader" was added to replace what is now the apolytikion or troparion "At the magnificence of thy virginity."

Since the victory of Heraclius I, who protected the city of Constantinople from an attack of the Persians, the Akathist has been assigned to be sung on the Fifth Saturday of The Great Fast as an annual thanksgiving to the Theotokos. Soon after the time of Saint Romanos, the kontakion form became obsolete and was replaced by another form known as the canon.

FROM THE CHOIR:

THE ANNUNCIATION OF THE MOST HOLY THEOTOKOS

Kontakion

(This hymn is also sung during the Akathist Hymn - Service)

Byzantine Chant, Tone 8
The Original Melody

Bishop Basil Essey

To thee, the Cham-pion Lea - der, do I of - fer thanks of
vic - to - ry, O The - o - to - kos, thou who hast de - liv - ered
me from ter - ror; but as thou that hast that pow - er in - vin - ci - ble,
O The - o - to - kos, thou a - lone can set me free:
from all forms of dan - ger free me and de - liv - er me,
that I may cry un - to thee: "Hail, O Bride with - out
Bride - - - groom."

CHOIR REHEARSALS

Rehearsals are held on Sunday mornings at 9:45am. Choir members are expected to arrive for practice and for the Liturgy on time.

BREAD OF HOLY OBLATION		COFFEE HOUR
MAR 30	ABRAHAM FAMILY	ABRAHAM FAMILY
APR 6	NAHLA GEORGE	NAHLA GEORGE
13	NAHLA GEORGE	MARY MISLEH
20	ZAKIEH JWEID	PASCHAL AGAPE BREAKFAST
27	ST. JOHN THE DIVINE	ST. JOHN THE DIVINE
MAY 4	DEBI ABDOW-ADDIS	GEORGE ABDOW FAMILY
11		

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.

Contact Us

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For cancellation of church and/or church related events due to inclement weather, please visit our website at www.peterpaulpotomac.org.

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Janet Tate
Administrative Assistant
Phone (301) 765-9188 ext. 0
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Schedule of Services

Sunday Matins9:30am
Sunday Liturgy 10:30am
Feast Day Liturgies:
Eve of the Feast..... 7:30pm
**Rush Service &
Paschal Liturgy
April 19th..... 11:00pm**

Arabic Liturgy

On the first Sunday of the month. We will celebrate Liturgy in Arabic on Saturday, **April 5th** at 5:00pm in the main sanctuary.

Please remember to reserve the date!

SS. PETER AND PAUL
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“And it was in Antioch that the disciples were first called ‘Christians’” - Acts 11:26

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