

March 14, 2021



THE IMAGE...

(Jn 12:45 & 14:9; Heb 1:3; Col 1:15)

www.stjohnofdamascus.org

Publication of St. John of Damascus Orthodox Church, Poway, CA

**SUNDAY OF FORGIVENESS—TONE 7
EXPULSION OF ADAM & EVE FROM
PARADISE
CHEESEFARE SUNDAY**

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Welcome!

...to all who have gathered to follow Jesus Christ and manifest the Kingdom of God in the Liturgy of His Church. If this is your first time with us, give us a chance to get to know you.

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A Word from the Holy Fathers

Nothing makes us so like God as our readiness to forgive the wicked and wrongdoer. For it is God who has made "the sun to shine on the evil and on the good." For this same reason again in every one of the clauses Jesus commands us to make our prayers together in one voice, saying, "our Father," and "give us the bread, and forgive us our debts," and "lead us not into temptation," and "deliver us." So everywhere he is teaching us to use this plural word that we may not retain so much as a vestige of resentment against our neighbor. *St. John Chrysostom*

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Expulsion of Adam & Eve from Paradise

*O Paradise, garden of delight and beauty,
dwelling-place made perfect by God,
unending gladness and eternal joy,
the hope of the Prophets and
the home of the saints,
by the music of your rustling leaves
beseech the Creator of all
to open the gates which my sins have closed,
that I may partake of the Tree of Life and Grace,
which was given to me in the beginning!*

Parish Life

The

ST JOHN'S AUXILIARY EASTER BAKE SALE

SATURDAY, APRIL 3, 2021

We will be holding our annual "Easter Bake Sale" on Sat April 3 from 11am-2pm.

We have a fully stocked freezer of all our traditional ethnic foods, and will have freshly made baked goods on the day.

Your favorites are sure to be available, however you need to order ahead of time and we encourage you to order early to get the items you want.

Our traditional Menu Flyer will be mailed & emailed in approximately a week. It will also be posted on our parish website and Facebook page.

We are very grateful for all our bakers and for the folks volunteering on the day!

THANK YOU for your support to St John's Auxiliary **and therefore your support to our parish**



PARISH BOOKSTORE NEW LENTEN MATERIALS

Our Parish Bookstore has a number of items to help us with our Lenten Journey.

We have prayer books, daily devotionals, short meditations, books about Great Lent and the Spiritual Life, Lenten cookbooks and even honey from one our Diocesan monasteries.

Visit our bookstore in the parish hall. Speak to Evan Keeling, our Bookstore Manager or one of our Greeters for help.

ADULT EDUCATION AT ST. JOHN'S

Adults are blessed to have a number of opportunities to grow in their knowledge and understanding of our Faith.

Tuesdays 10:30am — Father's (Virtual) Café

Currently being held virtually via GoToMeeting, this one hour gathering is an opportunity to ask Fr Michael questions about our Faith and/or our parish and to visit with each other. We begin with prayer, read a short spiritual reflection and talk about whatever comes up.

The link for the meeting is.... <https://www.gotomeet.me/StJohnofDamascus/fatherscafe>

The password is **fellowship**

Saturdays 1:00pm — Reading Group on Great Lent by Fr Alexander Schmemmann with Dn George.

This class is reading and discussing Fr. Schmemmann's famous book about Great Lent and what all the aspects of it (fasting, services, etc.) as Orthodox Christians.

Books are available in our parish bookstore.

The class meets via ZOOM at <https://uhealth.zoom.us/j/89973875832>

***All links to classes are included on our parish website calendar
www.stjohnofdamascus.org/calender***



MASLENITSA TODAY (3/14) ALL ARE WELCOME!

With the new directives from our Archbishop we are able to have fellowship meals OUTSIDE as long as adhere to all the usual protective measures we have all grown to know (social distancing, etc.).

Some of beloved members are hosting a traditional Slavic Maslenitsa meal of blini (thin pancakes) with a variety of toppings (salmon, herring, caviar as well as maple syrup, jam, etc).

There will also be coffee!

While donations (\$5 suggested) are accepted all are welcome to participate and enjoy this first parish fellowship meal since the beginning of the pandemic.



Dates for 2021

Great Lent Begins	March 15
HOLY PASCHA	May 2
<i>Western Easter</i>	April 4
Ascension	June 10
Pentecost	June 20

FAST SEASONS

Great Lent/Holy Week	Mar 14-May 1
Apostles Fast	June 28
Dormition Fast	Aug 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

Bright Week	May 2-9
Week after Pentecost	June 21-25
After Christmas	Dec 26-Jan 4

MARK YOUR CALENDAR! Archpastoral Visit of His Eminence Archbishop Benjamin April 10-11

His Eminence Archbishop Benjamin will make his annual archpastoral visit to St. John's on April 10 and 11.

Be sure to mark your calendars and plan on attending services that weekend.

Hopefully, we will be able to have a fellowship meal after Liturgy on Sunday to allow everyone to visit with him.



Support our Parish Through the Auxiliary's Scrip Program

Purchase gift cards for your regular expenses through St John's Auxiliary Scrip Program (gas stations, grocery stores, retail stores, etc) and at no extra cost to you the parish will receive a percentage of your purchase.

See Beth Brown after Liturgy to purchase gift cards.



New Scrip Coordinator Needed

After a number of very faithful years, Beth Brown is stepping down as Scrip Coordinator.

If you are interested in helping with this program that has provided significant support to the parish over the years, please speak to Beth, Tanya Franchak or a member of the Auxiliary.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 7

By Thy Cross, Thou didst destroy death!
To the thief, Thou didst open paradise!
For the myrrhbearers, Thou didst change
weeping into joy!
And Thou didst command Thy disciples, O Christ
God,
To proclaim that Thou art risen,
Granting the world great mercy.

St John of Damascus —Tone 8

Teacher of Orthodoxy, piety, and purity!
Enlightener of the universe!
And divine inspiration to monastics
by your teachings we are all enlightened,
and by your spiritual music, O all-wise John of
Damascus,
pray to Christ our God for the salvation of our
souls!

KONTAKIA

St John of Damascus — Tone 4

Let us the faithful sing praises to John,
worthy of great honor the composer of hymns.
The star and teacher of the Orthodox Faith,
the defender of its doctrine.
Through the might of the Lord's Cross he
overcame heretical error!
Now he is fervent in prayer to Christ God,
to grant forgiveness of our sins.

Expulsion of Adam from Paradise — Tone 1

Master, Teacher of wisdom,
Bestower of virtue,
you teach the thoughtless and protect the poor:
Strengthen and enlighten my heart.
Word of the Father,
let me not restrain my mouth from crying to you:
Have mercy on me, a transgressor,
O merciful Lord!

PROKEIMENON & ALLELUIA

Prok. Tone 6 — *(Resurrection)* Pray and make your vows / before the Lord, our God! *(Ps. 75:10a)*

V. In Judah God is known; His name is great in Israel. (Ps. 75:1)

Alleluia Tone 6 — *V. It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High. (Ps. 91:1)*

V. To declare Thy mercy in the morning, and Thy truth by night. (Ps. 91:2a)

Today's Worship — Scripture Readings

Epistle — Romans 13:11-14:4

¹¹ And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.

¹² The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light.

¹³ Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy.

¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

¹ Receive one who is weak in the faith, but not to disputes over doubtful things.

² For one believes he may eat all things, but he who is weak eats only vegetables.

³ Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him.

⁴ Who are you to judge another's servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

Gospel — Matthew 6:14-21

¹⁴ For if you forgive men their trespasses, your heavenly Father will also forgive you.

¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

¹⁶ Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

¹⁹ Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

²¹ For where your treasure is, there your heart will be also.

Our Life in Christ

GREAT LENT 2019

To the Reverend Clergy, Monastics and Faithful
of the Diocese of the West

But food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse. But beware lest somehow this liberty of yours become a stumbling block to those who are weak. For if anyone sees you who have knowledge eating in an idol's temple, will not the conscience of him who is weak be emboldened to eat those things offered to idols? And because of your knowledge shall the weak brother perish, for whom Christ died? But when you thus sin against the brethren, and wound their weak conscience, you sin against Christ. Therefore, if food makes my brother stumble, I will never again eat meat, lest I make my brother stumble. (1 Corinthians 8:8-13)



Dearly beloved,

Has there ever been a time in our lives, no matter our age, when we needed Great Lent more than this moment? One year ago, we entered a different Lent neither anticipating nor appreciating the darkening clouds of pandemic gathering over our entire world. In some ways, it feels like we have been in a strange kind of “lent” for the past twelve months — isolated in an imposed quiet with all sorts of time for prayer, meditation and edifying reading. Many of our faithful have not stepped foot into the temple (nor had anyone in their own homes) for a year. God only knows if we turned to Him to transfigure those endless moments into something more fruitful than fear and isolation, something more fruitful than figuring out “what to stream next.” Profitable or not, those moments are gone and we have arrived at the threshold of another Great Lent.

On the Sunday of the Prodigal Son, as part of our preparation to enter into Great Lent, we hear the words of St. Paul above. The preparatory lesson is simple: legalism is not the goal of fasting, our salvation does not depend on what we eat or don’t eat, how “many” prayers we say, or how many church services we attend. In and of themselves, they make no one a saint. And yet, there are two realities. The first is that while “numbers” and “amounts” and the “allowed foods” do not make me a saint by themselves, it is undeniable that every saint lives all of that. So we should strive to be saints by emulating them and praying, fasting and giving alms generously; not legalistically, but as the product of a rich and growing interior life.

The second reality is that our “liberty in Christ” should never scandalize our brothers and sisters. “If food makes my brother stumble, I will never again eat meat...” We keep fasting rules to discipline ourselves and to help lift up the weaker among us by example. It is so easy to fall into triumphalism, to be so puffed up with our “orthodoxy,” that we condemn those whom we see as “weaker” or “less orthodox.” It is so very easy to keep my focus on my brother’s plate instead of my own, without understanding the “kitchen” where my brother has his plate prepared. This past year should lead us all into gratitude for another chance to make a special effort to transcend the pettiness, the judgment, the hardheartedness that we not only exhibit, but in which we feel quite justified wallowing. More than anything, our prayer for this Great Lent 2021 should not be that we get back to a “normal” church life and Lent, but rather that the past twelve months create a desire for more than normal, and a desire for just a bit more mercy, love and forgiveness for those with

Our Life in Christ

whom we disagree, both in- and outside the Church.

Let us bow down before each other and seek (and grant) forgiveness as we enter into this time of the year. Let us pray personally, and corporately, with a sincere and humble heart. Let us live disciplined lives that do not scandalize anyone. May we fast in order to create a space for the One who is going to His Passion and Resurrection for us. I wish for all my faithful parishes and each and every one of you a most fruitful and joyous Fast. May we all rejoice in the celebration of the Lord's Resurrection at the end of these most holy days.

With love in Christ,

†Benjamin

Archbishop of San Francisco

General Themes of the Great Canon.

How we should think about ourselves

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 Mon:1.1

Desire to change - dialogue with the soul

Come, wretched soul, with your flesh, confess to the Creator of all. In the future refrain from you former brutishness, and offer to God tears of repentance Mon:1.2

Recognizing Reality

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 at the very doors. Like a dream, like a flower, the time of this life passes. Why do we bustle about in vain? Mon:4.

How to pray - Laments and supplications to God

Thou art the Good Shepherd; seek me, Thy lamb, and neglect no me who have gone astray Mon:3.5

OT and NT examples of righteousness and unrighteousness, for the purpose of emulation or avoidance.

Do not be a pillar of salt, my soul, by turning back; but let the example of the Sodomites frighten you, and take refuge up in Zoar.(Genesis 19:26) Thu Ode 3:5

I have reviewed all the people of the Old Testament as examples for you, my soul. Imitate the God-loving deeds of the righteous and shun the sins of the wicked. Tue Ode 8

THE MOST IMPORTANT THING TO KNOW ABOUT THE GREAT CANON.

The Great Canon was written by a holy man to teach himself the right way to live. We cannot benefit from it unless we make it a priority to stand in prayer, in the church, and listen to it, with a great desire and expectation for God's grace to teach us and heal us. Our theology is first and foremost – experienced and prayed, and not only “studied”.



LOOKING AHEAD

*The following are services and parish events **IN ADDITION** to the usual weekend services (Sat 4pm & Sun 8:30am).*

Sunday March 14—Forgiveness Sunday

CHEESEFARE SUNDAY —SET YOUR CLOCKS FORWARD 1HR

Immediately after Liturgy — Forgiveness Vespers
followed by Maslenitsa Meal & Fellowship Outside

Monday March 15

BEGINNING OF GREAT LENT

6:00pm — Great Compline & Canon of St. Andrew

Tuesday March 16

10:00am — Father's Café

6:00pm — Great Compline & Canon of St. Andrew

Wednesday March 17

6:00pm — Great Compline & Canon of St. Andrew

Thursday March 18

6:00pm — Great Compline & Canon of St. Andrew

Friday March 19

6:00pm — Liturgy of the Presanctified Gifts

Saturday March 20

1:00pm — Adult Ed: Great Lent with Dn George via Zoom

6:00pm — Great Vespers for the Resurrection (TIME CHANGE)

Tuesday March 23

10:00am — Father's Café

Wednesday March 24

6:00pm — Liturgy of the Presanctified Gifts

For more dates please visit our website: www.stjohnofdamascus.org

Many Years!

R. Craig Carlson—on his birthday 3/14
Lily Neskin—on her birthday 3/16
Teona Darjania —on her birthday 3/17
Mary Caetta—on her birthday 3/18
Evangelos & Anna Keeling— on their wedding anniversary 3/18

Confessions are held on Saturdays after Great Vespers or by appointment with Fr Michael.

PARISH CONTACT INFO:

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Priest: V. Rev. Michael Anderson, Rector

Email: FrMichael@stjohnofdamascus.org — **Phone:** (858) 717-2172

Attached Clergy: V. Rev. Alexander Federoff, Retired & Dn. George Shumaik

ST. JOHN OF DAMASCUS CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA