

Parish Life

Diocesan Charity Collection

Each year our Diocese, as a Diocese, collects funds for a worthy charity connected to our Orthodox Church.

This year we will be collecting funds to support the **Gobezie Goshu Home for the Elderly in Ethiopia.**

This incredible ministry takes elderly men and women who are living on the side of roads and offers them shelter, food and love.

Please give generously. You can write "Diocesan Charity" on the memo line of your donation.



New Scrip Coordinator(s) 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.

We are thinking about dividing the responsibilities among a small group of people rather than it all resting on one person

Children's Fellowship Wednesdays 4:30-5:40pm

Families with playground-aged children are welcome to gather and play on Wednesdays from 4:30-5:30pm before Church services.

This kind of fellowship provides our younger members the opportunity to build relationships with brothers and sisters in Christ their own age.

If you have questions, please contact Sally Menig or Annie Keeling.



Lenten Food Drive Led by Children of St John's

Please JOIN our YOUTH in spreading the LOVE of CHRIST this Lenten Season.

The Church School students are working with the San Diego Food Bank to collect donations for needy families in San Diego County.

The Food Drive will run from **April 4th to May 3rd.**

Red bins will be placed inside the door to the hall for canned/dry goods and monetary donations can be made out to St. John's with Food Drive in the memo line.

No glass containers and no homemade items, please.

Please see the flyer for more details!

May the Lord bless our children for bringing us this opportunity to follow our Lord's commands to love our neighbor!

Let's all support their efforts!

Today's Worship — Hymns

TROPARIA

Resurrection - Tone 3

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to 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!

St. John Climacus —Tone 1

O dweller of the wilderness and angel in the
body,
you were a wonderworker, O our God-bearing
Father John.
You received heavenly gifts through fasting,
vigil and prayer,
healing the sick and the souls of those drawn
to you by faith.
Glory to Him Who gave you strength!
Glory to Him Who granted you a crown!//
Glory to Him Who grants healing to all!

KONTAKIA

Resurrection - Tone 3

On this day Thou didst rise from the tomb, O
Merciful One,
leading us from the gates of death.
On this day Adam exults as Eve rejoices;
with the Prophets and Patriarchs//
they unceasingly praise the divine majesty of
Thy power.

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.

St. John Climacus — Tone 4

The Lord truly set you on the heights of
abstinence,
to be a guiding star, showing the way to the
universe,//
O our father and teacher John.

Today's Worship — Scriptures

Epistle — Heb 6: 13-20

¹³ For when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, ¹⁴ saying, "Surely I will bless you and multiply you." ¹⁵ And thus Abraham, having patiently endured, obtained the promise. ¹⁶ Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. ¹⁷ So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, ¹⁸ so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. ¹⁹ We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, ²⁰ where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Epistle — Eph 5: 9-19

⁹ (for the fruit of light is found in all that is good and right and true), ¹⁰ and try to learn what is pleasing to the Lord. ¹¹ Take no part in the unfruitful works of darkness, but instead expose them. ¹² For it is a shame even to speak of the things that they do in secret; ¹³ but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. ¹⁴ Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light."

¹⁵ Look carefully then how you walk, not as unwise men but as wise, ¹⁶ making the most of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹ addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart,

PROKEIMENON

Tone 3 — Sing praises to our God, sing praises! / Sing praises to our King, sing praises! (Ps. 46:6)

V. Clap your hands, all peoples! Shout to God with loud songs of joy! (Ps. 46:1)

Tone 7 (St. John Climacus)—Let the saints exult in glory; / let them sing for joy on their couches! (Ps. 149:5)

ALLELUIA

Tone 3 — V. *In Thee, O Lord, have I hoped; let me never be put to shame!* (Ps. 30:1a)

V. *Be a God of protection for me, a house of refuge in order to save me!* (Ps. 30:2b)

Tone 4— V. *They that are planted in the house of the Lord shall flourish in the courts of our God.* (Ps. 91:12)

Today's Worship — Scripture Readings

Gospel — Mark 9: 17-31

¹⁷ And one of the crowd answered him, "Teacher, I brought my son to you, for he has a dumb spirit; ¹⁸ and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." ¹⁹ And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." ²⁰ And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. ²¹ And Jesus asked his father, "How long has he had this?" And he said, "From childhood. ²² And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." ²³ And Jesus said to him, "If you can! All things are possible to him who believes." ²⁴ Immediately the father of the child cried out and said, "I believe; help my unbelief!" ²⁵ And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." ²⁶ And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." ²⁷ But Jesus took him by the hand and lifted him up, and he arose. ²⁸ And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" ²⁹ And he said to them, "This kind cannot be driven out by anything but prayer."

³⁰ They went on from there and passed through Galilee. And he would not have any one know it; ³¹ for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise"

Gospel — Matt. 4:25-5:12

²⁵ And great crowds followed him from Galilee and the Decapolis and Jerusalem and Judea and from beyond the Jordan.

¹ Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. ² And he opened his mouth and taught them, saying: ³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven. ⁴ "Blessed are those who mourn, for they shall be comforted. ⁵ "Blessed are the meek, for they shall inherit the earth. ⁶ "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. ⁷ "Blessed are the merciful, for they shall obtain mercy. ⁸ "Blessed are the pure in heart, for they shall see God. ⁹ "Blessed are the peacemakers, for they shall be called sons of God. ¹⁰ "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

¹¹ "Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you.

Our Life in Christ—Preparation for the Sacrament of Repentance

During this time of year there are always questions about how do I prepare for Holy Confession. Prayer is always the first step—prayer to “see my own sins and not to judge my brother” as we say in the Prayer of St. Ephraim. Fasting is the next step. In some Orthodox countries faithful Orthodox Christians fast 3 days prior coming to the Sacrament of Confession in the hopes of bringing themselves closer to God. During this time the person makes a bold and unwavering examination of their soul. There are many different ways to do this. One can simply read our Lord’s sermon on the mount or St. Paul’s definition of love in 1 Corinthians 13: 4-8 and ask themselves in what ways have I not lived this ideal. Many people like questions to guide them. Below is the first part of a list that is helpful to many people.

(See last week’s bulletin for more reflections.)

Sins Against Oneself

Sins Against Yourself

Have you been proud? Do you boast of your abilities, achievements, family, connections or riches?

Do you consider yourself worthy before God?

Are you vain, ambitious? Do you try to win praise and glory?

Do you bear it easily when you are blamed, scolded or treated unjustly?

Do you think too much about your looks, outward appearance and the impression you make?

Have you sinned in thought, word or deed, by a look or glance, or in any other way against the seventh commandment? (Adultery, fornication, all extra-marital sexual relationships with others, fantasizing, pornography, etc.)

Have you envied anyone anything? Have you been over-sensitive?

Have you been lazy? Have you done your duties heartily?

Have you wasted your time, energy or abilities in things that do not profit the soul?

Have you become obsessive about anything? Have you been despondent or listless?

Have you had thoughts of committing suicide?

Have you brought a curse on yourself or others or ill-wished them, being impatient?

Have you a weakness for alcohol? Have you drunk too much, or become dependent on drink?

Have you taken drugs, other than necessary medicines? Have you smoked?

Have you watched television too much or indiscriminately? Have you given yourself up to any other similar pastime which wastes your time and energy and might have harmed you?

Have you been greedy, either with regard to food or to possessions?

Have you indulged in comfort-eating? Have you become accustomed to eating between meals?

Have you been picky about your food, or wasteful of foods, forgetting that so many people are without proper nourishment? Have you been extravagant? Have you been wasteful?

Do you care for and seek first the salvation of your soul, the spiritual life and the kingdom of God, or have you put earthly considerations in the first place?

Is there any other sin, which burdens your conscience, or which you are ashamed to tell?

Our Life in Christ—Preparation for Holy Confession

Repentance is a medicine which destroys sin. It is a heavenly gift, a marvelous force which through the grace of God conquers the might and force of the laws. It accepts and transforms all. It does not reject the fornicator, does not send away the adulterer... it regenerates everybody because it is the furnace for purification from sin. The wound and the medicine, these are sin and repentance.

Anyone preparing for confession must ask God to help his resolve to tell all his sins. A penitent should prepare for confession and collect his thoughts regarding his sins at least a day before confession. The most valuable thing in the eyes of God is the confession of the sin which weighs most on the conscience.

The questions listed are intended to help the Orthodox Christian examine himself and identify the symptoms of his spiritual ills; they should not be taken as some kind of test to ascertain how well we are doing as if there was a certain "pass-mark." Before God's perfections, we shall always fail. It is for that reason that, as believing Christians, we throw ourselves on the mercy of the Lord and do not trust in our own righteousness.

Remember that our sins can never outweigh God's love towards us. Even if we should seem to have failed with regard to all the points mentioned above and more, we should not lose heart but confess our sins unshamefacedly, we should regret the wrongs we have done, be resolved to make amends, and receive whatever remedy our confessor should be guided to lay upon us. Most of all, one should be assured of the blessing of God which these endeavors will bring upon you.

Confessions are available after most evening services or by appointment with Fr. Michael.





LOOKING AHEAD

*The following are services and parish events **IN ADDITION** to the usual weekend services (Sat 6pm & Sun 8:30am).*

Tuesday April 13

10:00am — Father's Café

7:00pm — Parish Council Meeting

Wednesday April 14

4:30-5:40 — Children's Fellowship

6:00pm — Liturgy of the Presanctified Gifts

Thursday April 15

6:00pm — Matins w/ Canon of St Andrew

Saturday April 17— Memorial Saturday

8:30am— 3rd Hour & Memorial Saturday Divine Liturgy

Tuesday April 20

10:00am — Father's Café (Now on ZOOM)

Wednesday April 21

4:30-5:40 — Children's Fellowship

6:00pm — Liturgy of the Presanctified Gifts

Friday April 23

10:00am — Confessions

6:00pm — Confessions

Saturday April 23—Lazarus Saturday

8:30am — Divine Liturgy

6:00pm — Vigil for Palm Sunday w/ Palm Blessing

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

Many Years!

Birthdays

Panayiota Rahal	4/11
Tanya Franchak	4/14
Marie Kopcha	4/15
Mark Griebing	4/16

Wedding Anniversaries

Vladimir & Helen Korolev	4/11
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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: powaypadre@stjohnofdamsacus.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