

April 4, 2021



# THE IMAGE...

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

[www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)

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

3RD SUNDAY OF GREAT LENT—TONE 2  
SUNDAY OF THE  
VENERATION OF THE CROSS

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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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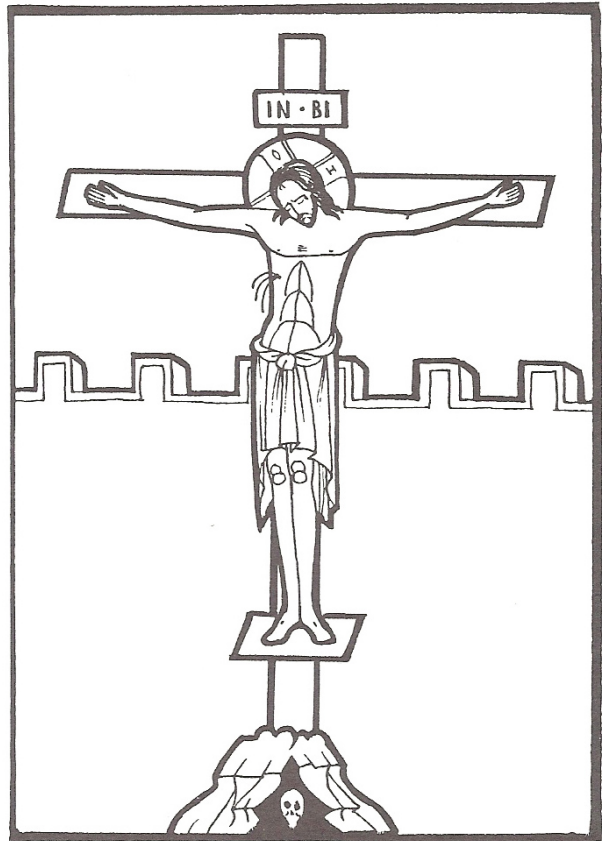
### **A Word from the Holy Fathers**

One who claims to abide in Christ ought to walk as he walked. Would you follow Christ? Then be humble as he was humble. Do not scorn his lowliness if you want to reach his exaltation. Human sin made the road rough. Christ's resurrection leveled it. By passing over it himself, he transformed the narrowest of tracks into a royal highway. Two feet are needed to run along this highway; they are humility and charity. Everyone wants to get to the top—well, the first step to take is humility. Why take strides that are too big for you—do you want to fall instead of going up? Begin with the first step, humility, and you will already be climbing. ST. CAESARIUS OF ALES

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For sacraments, services,  
instruction, home/office/hospital visits  
please contact **Fr. Michael Anderson**  
**858-717-2172**

*Email* [FrMichael@stjohnofdamascus.org](mailto:FrMichael@stjohnofdamascus.org)



Before Thy Cross we bow down  
in worship, O Master,  
and Thy Holy Resurrection we glorify!

## Parish Life

### LITURGY COMMEMORATION LOAVES Come on Time to have your loved ones prayed for

This Sunday we will also begin to again have the small commemoration loaves for people to have their loved ones prayed for.

We will be accepting names through the end of the Great Litany at Divine Liturgy. After that, any names that are submitted will be put aside to be remembered at the next Divine Liturgy.

### 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.

### 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.

### 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.



### ST JOHN'S AUXILIARY EASTER BAKE SALE THANK YOU!

*TO ALL OUR BAKERS AND HELPERS WHO MADE OUR BAKE SALE THIS SATURDAY SO SUCCESSFUL, THANK YOU!*

*THE AUXILIARY WILL BE OFFERING A "MINI-BAKE SALE" FOR PARISHIONERS CLOSER TO PASCHA.*

*DETAILS TO FOLLOW!*

## Parish Life

### **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.



### **Help with our Fellowship Meal for the Archbishop**

After services on Sunday April 11 we will have a fellowship meal as part of the celebration.

Our Auxiliary will be coordinating the meal, but they will be very open to accepting help. If you would like know how you can contribute please speak with Tanya Franchak or any other member of the Auxiliary.

### **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 2

When Thou didst descend to death, O Life  
immortal,  
Thou didst slay hell with the splendor of Thy  
Godhead.  
And when from the depths Thou didst raise the  
dead,  
all the powers of heaven cried out://  
"O Giver of life, Christ our God, glory to Thee!"

#### Cross — Tone 1

O Lord, save Your people,  
and bless Your inheritance.  
Grant victories to the Orthodox Christians,  
over their adversaries.  
And by virtue of Your Cross  
preserve Your habitation!

### KONTAKIA

#### Cross - Tone 7

Now the flaming sword no longer guards the  
gates of Eden;  
it has mysteriously been quenched by the wood  
of the Cross!  
The sting of death and the victory of hell have  
been vanquished;  
for You, O my Savior, have come and cried to  
those in hell:  
"Enter again into paradise."

### PROKEIMENON

**Tone 6 Prokeimenon**—O Lord, save Thy people, / and bless Thine inheritance!  
(Ps. 27:9a)

V. To Thee, O Lord, will I call. O my God, be not silent to me! (Ps. 27:1a)

## Today's Worship — Scripture Readings

### Epistle — Hebrews 4:14-5:6

<sup>14</sup> Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. <sup>15</sup> For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

<sup>1</sup> For every high priest chosen from among men is appointed to act on behalf of men in relation to God, to offer gifts and sacrifices for sins. <sup>2</sup> He can deal gently with the ignorant and wayward, since he himself is beset with weakness. <sup>3</sup> Because of this he is bound to offer sacrifice for his own sins as well as for those of the people. <sup>4</sup> And one does not take the honor upon himself, but he is called by God, just as Aaron was. <sup>5</sup> So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "Thou art my Son, today I have begotten thee"; <sup>6</sup> as he says also in another place, "Thou art a priest for ever, after the order of Melchizedek."

### Gospel — Mark 8:34-9:1

<sup>934</sup> And he called to him the multitude with his disciples, and said to them, "If any man would come after me, let him deny himself and take up his cross and follow me. <sup>35</sup> For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. <sup>36</sup> For what does it profit a man, to gain the whole world and forfeit his life? <sup>37</sup> For what can a man give in return for his life? <sup>38</sup> For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels."

<sup>1</sup> And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see that the kingdom of God has come with power."

### ALLELUIA

**Tone 8** — V. Remember Thy congregation, which Thou hast purchased of old! (Ps. 73:2)

V. God is our King before the ages; He has worked salvation in the midst of the earth! (Ps. 73:13)

## 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.

### Sins Against God

- Do you pray to God in the morning and evening, before and after meals?
- During prayer have you allowed your thoughts to wander?
- Have you rushed or gabbled your prayers? or when reading in church?
- Do you read the Scriptures daily? Do you read other spiritual writings regularly?
- Have you read books whose content is not Orthodox or even anti-Orthodox, or is spiritually damaging?
- Have you pronounced the name of God without reverence, joking? Have you asked God's help before starting every activity?
- Have you made the sign of the Cross carelessly, thoughtlessly? Have you sworn? Have you murmured against God?
- Have you sinned by forgetting God?
- Have you been slack in attending church?
- Have you consecrated even part of the feast days, particularly Sundays and the Twelve Great Feasts, to God?
- Have you tried your best to attend church on these days? or have you spent them more sinfully than ordinary days?
- If unable to attend church for a reason worthy of a blessing, have you nonetheless tried to devote some part of these days to prayer and spiritual reading?
- Have you joined with people not of the Faith in prayer, or attended their worship services?
- Have you kept the fasts?
- Have you behaved irreverently in church, or before the clergy and monastics?
- Have you laughed or talked in church, or moved about unnecessarily, thus also distracting other people from prayer?
- Have dressed modestly and in a becoming manner when in church?
- Have you tried to pay reverent attention to the readings, hymns, and prayers in church?
- Have you striven to pray with the service, crossing yourself, etc., or have you rather simply stood and day-dreamed?
- Have you prepared for the services beforehand, looking up the Scriptural readings, making sure you have the texts to follow the service etc.,
- Have you ever left church after the Divine Services, and particularly after receiving the Holy Mysteries and immediately engaged in light talk and thus forgotten the blessings and graces you have received?
- Have you been ashamed of your Faith or the sign of the Cross in the presence of others?
- Have you made a show of your piety?
- Have you used your Orthodox Faith or its teachings merely to browbeat others or belittle them?

## Our Life in Christ—Preparation for Holy Confession

- Have you used it as a shield or excuse for your own inadequacies rather than humbling yourself?
- Have you believed in dreams, fortune telling, astrology, signs and other superstitions?
- Do you give thanks to the Lord for all things?
- Have you ever doubted God's providence concerning yourself?
- Do you at least try to perceive His purpose in all the things that come upon you?

### Sins Against Your Neighbors

- Do you respect and obey your parents?
- Have you offended them by rudeness or contradiction?
- (These two apply also to priests, superiors, teachers and elders.)
- Have you insulted anyone?
- Have you quarreled or fought with anyone? Have you hit anyone?
- Are you always respectful to your elders?
- Are you ever angry, bad tempered or irritable?
- Have you called anyone names? Do you use foul language?
- Have you derided any that are disabled, poor, old or in some way disadvantaged?
- Have you entertained bad feelings, ill will or hatred against anyone?
- Have you forgiven those who have offended you?
- Have you asked forgiveness from those whom you have offended?
- Are you at peace with everyone?
- Have you left the needy without help when you could have helped?
- Have you attended the sick or elderly when they have asked you to do so?
- Have you shown kindness and attention to all, remembering that God is expecting just such an attitude from you?
- Have you hit animals without a cause or been cruel to them, or neglectful of those in your care?
- Have you stolen anything?
- Have you taken or used other people's things without asking?
- Have you kept money or things that were lent you without returning them?
- Have you wasted your employers' time or resources? Have you taken things from work for your own use, used the firm's phone or other facilities for your own purposes without permission or repayment?
- Are you obstinate, and do you always try to have your own way?
- Have you been arrogant or prideful in your interactions with others?
- Have you been inconsiderate of other people's feelings?
- Have you tried to have your revenge against those who have offended you?
- Have you harbored resentment? Have you deceived people?
- Have you gossiped?
- Have you told untruths?
- Have you judged and condemned others?
- Have you taken pains before approaching for confession to be reconciled with all?

Final list (sins against oneself ) will be in next week's bulletin.



## LOOKING AHEAD

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

### Tuesday April 6

10:00am — Father's Café (Now on ZOOM)

### Wednesday April 7

4:30-5:40 — Children's Fellowship

6:00pm — Liturgy of the Presanctified Gifts

### Saturday April 10-Sunday April 11

Archpastoral Visit of His Eminence Archbishop BENJAMIN

Saturday 6pm—Great Vespers

Sunday 8:30am—3rd & 6th Hours — 9:00am—Divine Liturgy

### 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

**For more dates please visit our website: [www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)**

## Many Years!

### *Birthdays*

Edward Klavzar, Abigail Gammo 4/4

Nino Kiria 4/9

Peter Franchak 4/10

### *Wedding Anniversaries*

Nino Kiria & Levan Darjania 4/9

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

### PARISH CONTACT INFO:

**Church:** 16903 Espola Rd Poway — **Mailing Address:** PO Box 28291 San Diego, CA 92198

**Web:** [www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)

**Email:** [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org) — **Phone:** (858) 674-1931

**Priest:** V. Rev. Michael Anderson, Rector

**Email:** [FrMichael@stjohnofdamascus.org](mailto: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