

June 27, 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

1ST SUNDAY AFTER PENTECOST—TONE 8
SUNDAY OF ALL SAINTS



Welcome!

...to all who have gathered to follow Jesus Christ & 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.



A Word from the Holy Fathers

Beware of limiting the good of fasting to mere abstinence from meats. Real fasting is alienation from evil. 'Loose the bands of wickedness.' Forgive your neighbor the mischief he has done you. Forgive him his trespasses against you. Do not 'fast for strife and debate.' You do not devour flesh, but you devour your brother. You abstain from wine, but you indulge in outrages. You wait for evening before you take food, but you spend the day in the law courts. Woe to those who are 'drunken, but not with wine.' Anger is the intoxication of the soul, and makes it out of its wits like wine. May we all enjoy the soul-renewing, spiritually rewarding and salvific fast.

St. Basil the Great



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



Sunday of All Saints

Parish Life

Wed Adult Ed Class Responding to a Contemporary World with an Ancient Faith 7-8:30pm

Fr Michael and participants are discussing how ancient truths relate to contemporary life and situations.

Classes which are discussion based (rather than lecture) are held weekly at 7:00-8:30pm.

People can attend via Zoom (see our parish website calendar). We are planning to have a hybrid model where people can also attend in person.

We will announce if we are able to do the hybrid version during the week's Tuesday e-mail.



Travel Blessings

With Summer upon us, it is a time when many travel for vacations, family visits, etc.

If you are travelling please let Fr Michael know so you can receive a travel blessing after Divine Liturgy.

Dates for 2021

FAST SEASONS

Apostles Fast	June 28
Dormition Fast	Aug 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

After Christmas	Dec 26-Jan 4
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FATHER'S (VIRTUAL) CAFÉ

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

Our weekly gathering via ZOOM. This one hour gathering is an opportunity to ask Fr Michael questions about our Faith &/or our parish & to visit with each other. We begin with prayer, read a short spiritual reflection & talk about whatever comes up.

The link for the meeting is (see also our parish online calendar at www.stjohnofdamascus.org/calender

<https://zoom.us/j/93511691469?pwd=OXo2aFNrZ1k3RnNGcTNyeUJYS1REdz09>

The passcode is **fellowship**

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



Rides for Fr Elias Next Sunday—7/4

Mark Rahal



Parish Life

Thank You, All Our Landscape Helpers!

A big thank you goes out to the folks who took time out of their Saturday to come and help clean-up our church property!

We got a lot done and you made a real difference.

There will be more to do and we will have more opportunities for folks to help. Keep a look-out for future work-parties!



Please Take Home Some Cuttings for Your Green Bin

Our landscaping volunteers gathered quite a bit of green waste. We are not able to put green waste in garbage bags into our dumpster and it is quite full.

Please consider taking a bag or two home to put your green waste bin to help us remove it from the property.

Thank you!



Digital Sign Volunteers Needed

Our digital sign is often the first experience of our church for people. John Thayer has been heading up this ministry and is willing to train people to know how to do it.

If you would like to be part of this ministry please email Fr Michael or write your name on the sign-up sheet in the narthex (vestibule) of the church.

We are looking for 2 or 3 volunteers

Purchase Gift Cards Through Our Scrip Coordinator & Help our Parish

Scrip gift cards raise money for St. John's Auxiliary. When you buy Scrip cards, the store makes a donation with NO extra expense. Use the cards for your regular monthly purchases or gifts for loved ones and support our parish's ministry. Cards are available for gas, groceries, Amazon, restaurants and many other stores.

See Carmen Brown after Liturgy for more information or to purchase your cards.



Auxiliary News

Cooking Day—Mon 6/28 9am-12pm



Today's Worship — Hymns

TROPARIA

Resurrection — Tone 8

Thou didst descend from on high, O Merciful One! Thou didst accept the three-day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

All Saints — Tone 4

As with fine porphyry and royal purple, Thy church has been adorned with Thy martyrs' blood shed throughout all the world. She cries to Thee, O Christ God: Send down Thy bounties on Thy people, Grant peace to Thy habitation, and great mercy to our souls!

KONTAKIA

All Saints — Tone 8

The universe offers Thee the God-bearing martyrs,
As the first fruits of creation, O Lord and Creator.
Through the Theotokos, and their prayers establish Your Church in peace!

PROKEIMENON

Tone 8 — (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)

Tone 4 — (All Saints) God is wonderful in His saints, / the God of Israel. (Ps. 67:35a)

ALLELUIA

Tone 4 — V. The righteous cried and the Lord heard them, and delivered them out of all their troubles. (Ps. 33:17)

V. Many are the afflictions of the righteous; the Lord will deliver them out of them all. (Ps. 33:19)

Today's Worship — Scripture Readings

Epistle — Hebrews 11:33-12:1

³³ who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, ³⁴ quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. ³⁵ Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. ³⁶ Others suffered mocking and scourging, and even chains and imprisonment. ³⁷ They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—³⁸ of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth.

³⁹ And all these, though well attested by their faith, did not receive what was promised, ⁴⁰ since God had foreseen something better for us, that apart from us they should not be made perfect.

¹ Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us,

Gospel — Matthew 10:32-33, 37-38; 19:27-30

³² So every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; ³³ but whoever denies me before men, I also will deny before my Father who is in heaven.

³⁷ He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; ³⁸ and he who does not take his cross and follow me is not worthy of me.

²⁷ Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" ²⁸ Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. ²⁹ And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. ³⁰ But many that are first will be last, and the last first.

Our Life in Christ—All the Saints

The Sunday following Pentecost is dedicated to All Saints, **both those who are known to us, and those who are known only to God.** There have been saints at all times, and they have come from every corner of the earth. They were Apostles, Martyrs, Prophets, Hierarchs, Monastics, and Righteous, yet all were perfected by the same Holy Spirit.

The Descent of the Holy Spirit makes it possible for us to rise above our fallen state and to attain sainthood, thereby fulfilling God's directive to "be holy, for I am holy" (Lev. 11:44, 1 Peter 1:16, etc.). Therefore, it is fitting to commemorate All Saints on the first Sunday after Pentecost.

This feast may have originated at an early date, perhaps as a celebration of all martyrs, then it was broadened to include all men and women who had borne witness to Christ by their virtuous lives, even if they did not shed their blood for Him.

St Peter of Damascus, in his "Fourth Stage of Contemplation," mentions five categories of saints: Apostles, Martyrs, Prophets, Hierarchs, and Monastic Saints. He is actually quoting from the OCTOECHOS, Tone 2 for Saturday Matins, kathisma after the first stichology.

St Nicodemus of the Holy Mountain adds the Righteous to St Peter's five categories. The list of St Nicodemus is in his book THE 14 EPISTLES OF ST PAUL in his discussion of I Cor 12:28.

The hymnology for the feast of All Saints also lists six categories: "Rejoice, assembly of the Apostles, Prophets of the Lord, loyal choirs of the Martyrs, divine Hierarchs, Monastic Fathers, and the Righteous...."

Some of the saints are described as Confessors, a category which does not appear in the above lists. Since they are similar in spirit to the martyrs, they are regarded as belonging to the category of Martyrs. They were not put to death as the Martyrs were, but they boldly confessed Christ and came close to being executed for their faith. St Maximus the Confessor (January 21) is such a saint.

The Apostles are listed first, because they were the first to spread the Gospel throughout the world. The Martyrs come next because of their example of courage in professing their faith before the enemies and persecutors of the Church, which encouraged other Christians to remain faithful to Christ even unto death.

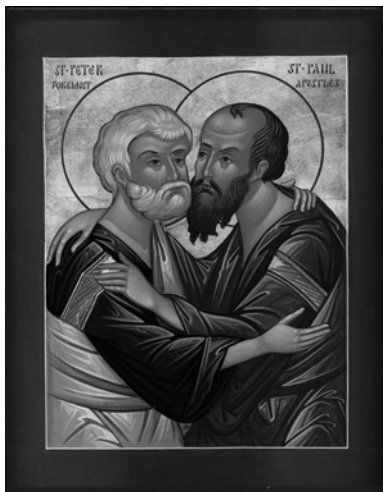
Although they come first chronologically, the Prophets are listed after the Apostles and Martyrs. This is because the Old Testament Prophets saw only the shadows of things to come, whereas the Apostles and Martyrs experienced them firsthand. The New Testament also takes precedence over the Old Testament.

The holy Hierarchs comprise the fourth category. They are the leaders of their flocks, teaching them by their word and their example.

The Monastic Saints are those who withdrew from this world to live in monasteries, or in seclusion. They did not do this out of hatred for the world, but in order to devote themselves to unceasing prayer, and to do battle against the power of the demons. Although some people erroneously believe that monks and nuns are useless and unproductive, Saint John Climacus had a high regard for them: "Angels are a light for monks, and the monastic life is a light for all men" (LADDER, Step 26:31).

The last category, the Righteous, are those who attained holiness of life while living "in the world." Examples include Abraham and his wife Sarah, Job, Saints Joachim and Anna, Saint Joseph the Betrothed, Saint Juliana of Lazarevo, and others.

Our Life in Christ—Fast & Feast of the Apostles Peter & Paul



The **Apostles' Fast**, or Fast of the Holy Apostles, is a fast that was undertaken by the disciples of Jesus Christ following the Descent of the Holy Spirit at Pentecost. Having rejoiced for fifty days following Pascha (Easter), the Resurrection of Jesus Christ, the apostles began to prepare for their departure from Jerusalem to spread Christ's message. As part of their preparation, they began a fast with prayer to ask God to strengthen their resolve and to be with them in their missionary undertakings.

The scriptural foundation for the Fast is found in the Synoptic Gospels, when the Pharisees criticized the apostles for not fasting, Jesus said to them, "Can the children of the bridal chamber mourn, as long as the Bridegroom is with them? But the days will come, when the Bridegroom shall be taken from them, and then shall they fast." In the immediate sense, Christ was referring to his being taken to be crucified; but in the wider sense it is understood in terms of his Ascension into heaven, and his

commission to preach the Gospel, which can only be accomplished with prayer and fasting.

The tradition of the Fast has existed at least since 461 AD as is evidenced in the homilies of Pope Leo I. The Fast is thought to have been instituted out of thanksgiving to God for the witness of the apostles of Christ. With this Fast, believers express their thanks for the apostles' endurance of persecution during their mission.

The Apostles' Fast is not as severe as Great Lent or the Dormition Fast. It entails fasting from red meat, poultry, meat products, eggs, dairy products, fish, oil, and wine, however, fish, wine and oil are allowed on Saturdays and Sundays, and oil and wine are allowed on Tuesdays and Thursdays.

As with the three other Fasts of the Church year, there is often a Great Feast that falls during the Apostles' Fast; in this case, the Feast of the Nativity of St. John the Baptist (June 24).

In some places, the services on weekdays during the Apostles' Fast are similar to the services during Great Lent (with some variations). Many churches and monasteries in the Russian tradition will perform the lenten services on at least the first day of the Apostles' Fast.

The length of the Fast is determined by the date of Pascha (Easter). Eight weeks after Pascha, comes the Sunday of All Saints. The next day, Monday, the Fast of the Holy Apostles begins.

The Fast lasts until June 29, the Feast of the Holy Apostles Peter and Paul. In other words, depending on the date of Pascha, the Apostles' Fast can vary greatly from over 40 days in length to being completely omitted on some years.

Lest we should start thinking we are sacrificing too much of our comfort by observing yet another fast, that of the Apostles, St. Neilos the Ascetic is reminding us of the devotion Christ's Holy Disciples have shown:

The Apostles received this way of life from Christ and made it their own, renouncing the world in response to His call, disregarding fatherland, relatives and possessions. At once they adopted a harsh and strenuous way of life, facing every kind of adversity, afflicted, tormented, harassed, naked, lacking even necessities; and finally they met death boldly, imitating their Teacher faithfully in all things. Thus through their actions they left behind a true image of the highest way of life.

Ascetic Discourse, Philokalia, Vol. I



LOOKING AHEAD

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

Monday June 28—Start of Apostles Fast

9:00am—Auxiliary Baking Day
6:00pm — Great Vespers for Apostles Peter & Paul

Tuesday June 29—Ss Peter & Paul

8:30am — 3rd Hour & Divine Liturgy for Feast of Peter & Paul
10:30am — Father's Virtual Café (via Zoom—see website calendar)

Wednesday June 30

7:00pm — Adult Ed: Topic Responding to a Contemporary World with an Ancient Faith (hybrid Zoom & in person)

Tuesday July 6

8:30am — 3rd Hour & Divine Liturgy for Feast of Peter & Paul
10:30am — Father's Virtual Café (via Zoom—see website calendar)

Wednesday July 7

7:00pm — Adult Ed: Topic Responding to a Contemporary World with an Ancient Faith (hybrid Zoom & in person)

Monday July 12

9:00am—Auxiliary Baking Day

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

Many Years!

Birthdays

Weston Henry	6/29
Bob Stone	7/1
Cyndi Zmina, Ruben Castañeda, Alan Michaud	7/2

Wedding Anniversaries

Steve & Cyndi Zmina	6/28
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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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Attached Clergy: V. Rev. Alexander Federoff, Retired & Dn. George Shumaik

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