

November 28, 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

23RD SUNDAY AFTER PENTECOST—TONE 6
VENERABLE MARTYR STEPHEN THE NEW

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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 and fill out a visitor card.

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A Word from the Holy Fathers

Do not rely on your own efforts but on the grace of Christ. "You are," says the apostle, "saved by grace. Therefore it is not a matter of arrogance here but faith when we celebrate: We are accepted! This is not pride but devotion."

—*St. Ambrose of Milan*

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**Include Something in the Bulletin or
Be Included in our Weekly
(NEWS@StJohnofDamascus.org)
E-mails**

E-mail info@stjohnofdamascus.org
with your request.



*Woman, you are freed
from your infirmity.*

Parish Life

Annual Youth Sunday—Dec 5

The purpose of Youth Sunday is to involve all the Youth of St. John of Damascus Orthodox Church on the Sunday closest to our Parish Name Day celebration. Everyone will have an opportunity to participate in various ministries during the Divine Liturgy. Children are welcome to come early to help decorate the Church with flowers.

There is a sign-up planning sheet to coordinate everything.

For more information you can speak to one of our Church School teachers.



Adopt a Poway Family

Our local Poway Unified School District is once again coordinating an "Adopt a Family" program for local families.

This year St John's is adopting two families (each with 4 children).

Information about purchasing items for these families can be found on the bulletin board in the church hall.

If you have a questions, please contact Ken Telles.



Use Amazon Smile & Support St John's

Amazon has a program that if you select Amazon Smile in your app settings (settings, amazon smile) or go to smile.amazon.com when you shop you can select a charity (ie, St John of Damascus Church) & a percentage of most purchases goes to the parish at no additional cost to you.

If you purchase Amazon gift cards through our scrip program the parish gets a double donation!

Bake Sale Success: Thank You Bakers, Cooks & Helpers! Baking Days Dec 7,8 & 9 at 9:30am

We had a very successful bake sale last week, though our number of helpers was down. We raised \$8389.14.

Many thanks go to everyone who came and helped not only on the day but who have been working over these past weeks cooking and baking.

The Auxiliary's Christmas Bake Sale is Dec 18. Please save the date & please consider coming and helping. More details to follow.



Church School Christmas Project Socks & Toothbrushes the Homeless

Our children and youth are collecting socks and toothbrushes for the homeless right here in San Diego County.

There is a Christmas tree in the hall which we will decorate with the items.

Please participate .



Keep Informed Receive Weekly E-mails About Parish Life

We are an active community with a lot going on. These days it is especially helpful to keep up to date on things taking place in our parish.

We have an email group
"News@stjohnofdamsacus.org"

It is all those who are interested in the activities of St. John of Damascus Orthodox Church. Members receive periodic notifications of special events, parish meetings and weekly newsletters.

To be included E-mail Fr Michael at
info@stjohnofdamsacus.org

Today's Worship — Hymns

Save the Date! Retirement Celebration for Fr Alexander Federoff Jan 16, 2022

With the pandemic occurring at the time of our dear Fr Alexander's retirement, while we did our best to celebrate and thank him for his decades of loving service, we were not able to give him the celebration we would have liked.

His Eminence is coming on January 16 for a more "robust" celebration.

Mark your calendars! More details to come!



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.

They make great Christmas gifts!

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



Coordinators Needed

- Fellowship/Coffee Hour
- Commemoration Loaves Bakers

The responsibilities involve maintaining a calendar of when people are scheduled in these areas and to communicate with the group from time to time. Schedules can be made monthly or quarterly, whichever works best for the person. The Coordinator may but does not NEED to be involved in the actual ministry.

Please speak to Fr Michael if you are interested

Ministry Coordinator Directory

Below are the people who lead various ministries in our parish. Feel free to contact them to find out how to offer your God-given time and talents to the life of our community.

- Adult Ed — Fr Michael
- Altar Servers — Subdeacon Ken Telles
- Auxiliary President — Tanya Franchak
- Candle Stand — Gene Francello
- Choir — Carole Shumaik
- Church School — Bill Moision
- Fellowship/Coffee Hour — TBD
- Diamond Circle Seniors — Jim & Patty Pelachik
- Greeters — Valerie Lane
- Handmaidens — Sally Menig & Desiree Geralt
- Koliva — Fr Michael
- Parish Council President — Patty Pelachik
- Prospora — Fr Michael
- Readers at Divine Liturgy — Bill Moision
- Saturday Adult Ed — Dn George Shumaik
- Sunday Commemoration Loaves — TBD

Consider taking part and helping this group make St John's the wonderful lively parish it is. For information on how to contact any of the above please speak with Fr Michael.

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	<u>Dates for 2021</u>	
	FAST SEASONS	
	Nativity Fast/Advent Nov 15-Dec 24	
	FAST-FREE WEEKS	
	After Christmas Dec 26-Jan 4	
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Today's Worship — Hymns

TROPARIA

Resurrection—Tone 6

The Angelic Powers were at Thy tomb;
the guards became as dead men.
Mary stood by Thy grave,
seeking Thy most pure body.
Thou didst capture hell not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord, Who didst rise from the dead, //
glory to Thee.

St John of Damascus —Tone 8

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

Martyr Stephen —Tone 4

Trained in asceticism on the mountain,
with the weapon of the Cross thou didst destroy
the spiritual assaults of the hostile powers, O all-
blessed one.
Again thou didst bravely prepare for combat
and didst slay Copronymus with the sword of
faith; //
for both struggles thou hast been crowned by
God, monk-martyr Stephen of eternal memory.

KONTAKIA

Resurrection — Tone 6

When Christ God, the Giver of Life,
raised all of the dead from the valleys of misery
with His mighty hand,
He bestowed resurrection on the human race. //
He is the Savior of all, the Resurrection, the Life,
and the God of all.

Martyr Stephen — Tone 8

Lovers of the feasts, from the heart with hymns let
us praise in faith
God-like Stephen, the lover of the Trinity,
for he honored the fair icon of the Master and of
His Mother.
Now let us rejoice together and cry out to him with
love: //
"Rejoice, ever-glorious Father!"

Steadfast Protectress—Tone 6

Steadfast Protectress of Christians,
Constant advocate before the Creator:
Do not despise the cry of us sinners,
But in your goodness, come speedily to help us
who call on you in faith.
Hasten to hear our petitions & to intercede for us,
O Theotokos,
For you always protect those who honor you!

PROKEIMENON

Tone 6 (*Resurrection*) — 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)

ALLELUIA

Tone 6 — V. He who dwelleth in the shelter of the Most High will abide in the shadow of the heavenly God. (Ps. 90:1)

V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust." (Ps. 90:2)

Today's Worship — Scripture Readings

Epistle—Ephesians 2:4-10

⁴But God who is rich in mercy, on account of his great love by which he loved us, ⁵even when we were dead through our trespasses, made us alive together with Christ. By grace you have been saved! ⁶God raised us up with him, and granted us to sit with him in the heavenly places in Christ Jesus, ⁷so that in the ages to come, he might show the overflowing treasure of his grace in kindness toward us, in Christ Jesus. ⁸Yes, by grace you have been saved through faith, and not by yourselves. It is the gift of God, ⁹not of works, so that no one would boast. ¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared in advance so that we should walk in them.

Gospel — Luke 13: 10-17

¹⁰Jesus was teaching in one of the synagogues on the Sabbath day. ¹¹Behold, there was a woman who had had a spirit of infirmity for eighteen years. She was bent over and could not straighten herself up. ¹²When Jesus saw her, he called her, and said to her, "Woman, you are freed from your infirmity!" ¹³He laid his hands on her and immediately, she stood up straight and glorified God.

¹⁴However, the ruler of the synagogue was indignant because Jesus had healed on the Sabbath. He said to the crowd, "There are six days in which people should work! Therefore, come on those days and be healed, not on the Sabbath day!"

¹⁵Then the Lord answered him, "You hypocrites! Does not each one of you free his ox or his donkey from the stall on the Sabbath, and lead it out to water? ¹⁶Should not this woman, a daughter of Abraham who was bound by Satan for eighteen years, be freed from this bondage on the Sabbath day?"

¹⁷As he said these things, all his adversaries were put to shame and all the people rejoiced over all the glorious things that were done by him.

Our Life in Christ—On the Nativity Fast

We fast before the Great Feast of the Nativity in order to prepare ourselves for the celebration of Our Lord's birth. As in the case of Great Lent, the Nativity Fast is one of preparation, during which we focus on the coming of the Savior by fasting, prayer, and almsgiving.

By fasting, we "shift our focus" from ourselves to others, spending less time worrying about what to eat, when to eat, how much to eat, and so on in order to use our time in increased prayer and caring for the poor. We learn through fasting that we can gain control over things which we sometimes allow to control us—and for many people, food is a controlling factor.

Dietary Rules of the Nativity Fast

In the Orthodox Christian Church, the fast traditionally entails fasting from red meat, poultry, meat products, eggs, dairy products, fish, oil, and wine. Fish, wine and oil are allowed on Saturdays and Sundays, and oil and wine are allowed on Tuesdays and Thursdays. The fasting rules permit fish, and/or wine and oil on certain feast days that occur during the course of the fast: Evangelist Matthew (November 16), Apostle Andrew (November 30), Great-martyr Barbara (December 4), St. Nicholas (December 6), St. Spiridon and St. Herman (December 13), St. Ignatius (December 20), etc. The Nativity Fast is not as severe as Great Lent or the Dormition Fast.

As is always the case with Orthodox fasting rules, persons who are ill, the very young or elderly, and nursing mothers are exempt from fasting. Each individual is expected to confer with their confessor regarding any exemptions from the fasting rules, but should never place themselves in physical danger.

There has been some ambiguity about the restriction of fish, whether it means the allowance of invertebrate fish (ie, shrimp, clams, etc.) or all fish. Often, even on days when fish is not allowed, shellfish may be consumed. More detailed guidelines vary by jurisdiction, but the rules strictly state that from the December 20 to December 24 (inclusively), no fish may be eaten.

The Eve of Nativity (December 24) is a strict fast day, called *Paramony* (lit. "preparation"), on which no solid food should be eaten until the first star is seen in the evening sky (or at the very least, until after the Vespers Divine Liturgy that day). If Paramony falls on a Saturday or Sunday, the day is not observed as a strict fast, but a meal with wine and oil is allowed after the Divine Liturgy, which would be celebrated in the morning.

Some Liturgical Elements

Forefeast The liturgical Forefeast of the Nativity begins on December 20, and concludes with the Paramony on December 24. During this time hymns of the Nativity are chanted every day.

Sunday of the Forefathers Two Sundays before Nativity, the Church calls to remembrance the ancestors of Christ according to the flesh, both before the giving of the Law of Moses and after.^[3] The Menaion contains a full set of hymns for this day which are chanted in conjunction with the regular Sunday hymns from the Octoechos. These hymns commemorate various biblical persons, as well as the prophet Daniel and the Three Young Men. There are also a special Epistle (Colossians 3:4-11) and Gospel (Luke 14:16-24) readings appointed for the Divine Liturgy on this day.

Sunday of the Holy Fathers The Sunday before Nativity is even broader in its scope of commemoration than the previous Sunday, in that it commemorates all of the righteous men and women who pleased God from the creation of the world up to Saint Joseph.^[3] The Menaion provides an even fuller service for this day than the previous Sunday. At the Vespers portion of the All-Night Vigil three Old Testament "parables" (*paroemia*) are read: Genesis 14:14-20, Deuteronomy 1:8-17 and Deuteronomy 10:14-21. The Epistle which is read at the Divine Liturgy is a selection from Hebrews 11:9-40; the Gospel is the Genealogy of Christ from the Gospel of Matthew (1:1-25)

(to be continued)

Our Life in Christ

Bible Question(s)

ACCORDING TO THE BIBLE.....

Q. WHO WAS BORN FIRST JACOB OR ESAU?

Q. WHAT DID ESAU "SELL" TO JACOB AND WHY?

Q. WHY DID ESAU HATE JACOB?

Q FOR WHAT PURPOSE AND REASON DID REBEKAH WANT ISAAC TO GO TO MESOPOTAMIA?

Answers will be included in next week's bulletin. Stay tuned!

This year every week the bulletin will have a Bible Question connected to the Old Testament. After Christmas a "test" will be included in the bulletin. Whoever completes the "test" (you can use past bulletins to help) and submits it will be entered into a raffle for a gift card to their favorite store and/or restaurant.

Bible Question(s) - Last Week's Questions

ACCORDING TO THE BIBLE.....

Q. WHO DIED FIRST ABRAHAM OR SARAH? A. SARAH

Q. WHERE WERE ABRAHAM & SARAH BURIED? A. THE CAVE OF MACHPELA, OPPOSITE MAMRE, IN THE FIELD OF EPHRON WHICH ABRAHAM BOUGHT FROM THE SONS OF HETH.

Q WHO WERE THE PARENTS OF REBEKAH? A. BETHUEL THE SYRIAN OF MESOPOTAMIA & THE SISTER OF LABAN THE SYRIAN.

WHAT "NATIONALITY" WOULD THAT HAVE MADE REBEHAK? A. SYRIAN

Q WHAT ARE THE NAMES OF ISAAC & REBEKAH'S SONS? A. ESAU & JACOB



LOOKING AHEAD

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

Monday Nov 29

7:00pm — Orthodox Christianity 101:
[In person & via Zoom—see online calendar]

Tuesday Nov 30

10:30am — Father's Café: In person & via Zoom

Friday Dec 3

6:00pm—Great Vespers for Patronal Feast Day:

Saturday Dec 4—Patronal Feast Day

8:30am—3rd Hour & Festal Divine Liturgy
1:00pm — Adult Ed: The Names of Jesus via Zoom
(see online calendar for link)
6:00pm — Great Vespers for the Resurrection

Sunday Dec 5

Youth Sunday

Monday Dec 6—St Nicholas

Fr Michael Travels to MA (through Dec 17)
6:00pm — Akathist to St Nicholas

Dec 7, 8, 9

9:00am — Auxiliary Cooking Baking Days

Saturday Dec 11

1:00pm — Adult Ed: The Names of Jesus via Zoom
(see online calendar for link)

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

Many Years!

Newly Illumined Ivan Sadybekov

Name Days

Barbara Karleen 12/04

Birthdays

Archpriest Michael Anderson, Andrew Lump 11/29
Cora Temnick 11/30

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

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

Priest: V. Rev. Michael Anderson, Rector

Email: powaypadre@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