

December 5, 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

24TH SUNDAY AFTER PENTECOST—TONE 7
VENERABLE SABBAS THE SANCTIFIED

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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

You see, those who give thanks and those who glorify have the same kind of feelings. They bless their helper for the benefits they have received. That is why Paul urged everybody to “glorify God with your body.” Isaiah also commanded, “Give glory to God.”

—*St. Athanasius the Great*

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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.



Were there not 10 who were healed?

Parish Life

Auxiliary Baking/Cooking Days Dec 7, 8 & 9 at 9:00am

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

Baking Cooking Days

Dec 7— Pierogies

Dec 8—Stuffed Cabbage

Dec 9—Nut Rolls

We are also asking for donations of pecans.



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.



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!

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!



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 .



Parish Christmas Card Be Part of the Joy

Each year St John of Damascus sends Christmas cards to friends and members (some of whom are not able to come to church very often or at all).

It is a simple way to tell people, "We remember you and love you" while sharing the joy of the feast.

It is \$10 per line to include your name.

Please see Vickie Federoff for details.

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, & 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!

St Sabbas —Tone 8

By a flood of tears thou didst make the desert
fertile,
and thy longing for God brought forth fruits in
abundance.
By the radiance of miracles thou didst illumine
the whole universe. //
Our Father Sabbas, pray to Christ God to save
our souls!

KONTAKIA

Resurrection — Tone 7

The dominion of death can no longer hold men
captive,
for Christ descended, shattering and destroying
its powers.
Hell is bound, while the Prophets rejoice and cry:
"The Savior has come to those in faith; //
enter, you faithful, into the Resurrection!"

St Sabbas — Tone 8

From thy youth thou didst offer thyself to God as
a blameless sacrifice,
having been dedicated to Him before thy birth, O
blessed Sabbas.
Thou wast an adornment of the righteous and a
praiseworthy citizen of the desert. //
Therefore, we cry to thee: "Rejoice, O 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!

PROKEIMENA

Tone 7 (*Resurrection*) — The Lord shall give strength to His people. / The Lord shall bless His people
with peace. (Ps. 28:11)

V. Offer to the Lord, O you sons of God! Offer young rams to the Lord! (Ps. 28:1a)

Tone 7 (Ven. Sabbas) - Precious in the sight of the Lord / is the death of His saints. (Ps. 115:6)

Today's Worship — Epistle Readings

Epistle—Ephesians 2:14-22

¹⁴ He is our peace, he who made both [groups to be] one and tore down the wall of separation. ¹⁵ He abolished in his flesh the enmity which is the law of commandments with its decrees, so that he might create in himself one new humanity instead of two, making peace. ¹⁶ He reconciled both [groups] to God in one body, through the cross, by which he destroyed that enmity. ¹⁷ He came and preached peace to you who were far off and also to those who were near. ¹⁸ Through him, we both have access to the Father in one Spirit. ¹⁹ And so, you are no longer strangers and foreigners! Instead, [you are] fellow citizens with the saints, and members of God's household, ²⁰ being built on the foundation of the apostles and prophets. Jesus Christ himself is the chief cornerstone, ²¹ in whom the whole building, fitted together, grows into a holy sanctuary in the Lord. ²² In him, you too are built up into a dwelling place of God in [the] Spirit.

Epistle— Galatians 5: 22-6:2

²² On the other hand, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, ²³ gentleness, and self-control. Against such things there is no law! ²⁴ Those who belong to Christ have crucified the flesh with its passions and lusts. ²⁵ If we live by the Spirit, let us also walk by the Spirit! ²⁶ Let us not become arrogant, challenging and envying one another.

6 Brethren, even if someone is caught in some fault, you who are spiritual must restore such a person in a spirit of gentleness. But watch out for yourself in order not to be tempted. ² Bear each others' burdens, and thus fulfill the law of Christ.

ALLELUIA

Tone 7 — 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)

Tone 6 — V. Blessed is the man who fears the Lord, who greatly delights in His commandments. (Ps. 111:1)

Today's Worship — Gospel Readings

Gospel — Luke 17: 12-19

¹² As he entered into a certain village, ten men who were lepers met him, and they stood at a distance. ¹³ They lifted up their voices, saying, "Jesus, Master, have mercy on us!"

¹⁴ When Jesus saw them, he told them, "Go and show yourselves to the priests." And it happened that as they went, they were cleansed. ¹⁵ One of them, when he saw that he was healed, turned back, glorifying God with a loud voice. ¹⁶ He fell on his face at Jesus' feet, giving him thanks; and this man was a Samaritan. ¹⁷ Jesus said, "Were not ten cleansed? But where are the nine [others]? ¹⁸ Was no one found who came back to glorify God, except for this foreigner?" ¹⁹ Then Jesus said to him, "Get up and go your way. Your faith has healed you!"

Gospel — Matthew 11:27-30

²⁷ All things have been delivered to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and the one to whom the Son desires to reveal him.

²⁸ Come to me, all of you who labor and are heavily burdened, and I will give you rest! ²⁹ Take my yoke upon you and learn from me because I am gentle and humble of heart, and you will find rest for your souls. ³⁰ Indeed, my yoke is easy and my burden is light."

Our Life in Christ—On the Nativity Fast—Part 2

“What will we eat?” That question invariably arises when preparations are under way for the arrival of a guest, especially an honored or long-awaited one. Advent, when Christians prepare to commemorate the arrival of the Christ Child, is no different.

Both the Old and New Testaments are generously peppered with references to fasting and feasting, and to bestowing food on both strangers and loved ones. Abraham and Sarah unwittingly entertained three angels with calf, curds, and milk (Gen. 18:1-16). To satisfy the hunger of the crowds that followed him, Jesus fed them with an abundance of bread and fish (Matthew 15: 29-37). "The Lord of hosts will provide for all peoples a feast of rich foods and choice wines, juicy, rich food and pure, choice wines," promised the prophet Isaiah (25: 6). Jesus referred to himself as "the bread of life" (John 6:35) and, significantly, the Hebrew name for Bethlehem, the site of the Savior's birth, is Bethlehem, which means "house of bread." [right: Rubev's icon of the Holy Trinity]



Precisely when the Nativity Fast first came to be observed is debated. According to some sermons of St. Gregory of Nazianzus, he introduced this feast into the Eastern Church about the year 379 or 388. But originally it was a penitential period similar to Lent. In 380 the Council of Saragossa stressed daily church attendance from December 17 until the Epiphany. Pope St. Leo I (the Great), best known for persuading Attila the Hun to spare Rome from destruction in the fifth century, called for fasting in the weeks before Christmas.

In 581 the Synod of Mac in present-day France called for fasting on the Mondays, Wednesdays, and Fridays from November 11, the feast of St. Martin of Tours, up to and including Christmas Eve, December 24. The Council of Constantinople in 1166 set the fast to begin on November 15.

For us in the Orthodox tradition, Advent remains to this day a solemn season, with the faithful abstaining from meat, fish other than shellfish, dairy products, and sweets in the days leading up to Christmas. In some Eastern churches, the pre-Christmas fast is known as St. Philip's Fast, because it begins on the day after the feast of St. Philip the Apostle, November 14.

Nonetheless, even in the ancient days of Advent commemoration, a variety of food traditions sprang up. Associated with the holy days that fall during the season, these traditions reinforce the concepts of compassion and hospitality that lie at the core of Christianity. They resonate with symbolism of warmth overtaking cold, light dispelling darkness, love conquering hate — in short, the message of Christmas itself.

2022 Membership/Pledge Drive

December is the time for our membership and pledge drive to help us prepare our budget for next year. Please take a moment to complete the attached membership and pledge (time, talent & financial) form (3 pages) and return it to myself (powaypadre@stjohnofdamascus.org) or our Treasurer (treasurer@stjohnofdamascus.org) before the end of the month.

Our Life in Christ

Bible Question(s)

ACCORDING TO THE BIBLE.....

- Q. WHEN JACOB DREAMED OF THE LADDER BETWEEN EARTH & HEAVEN WHAT DID GOD PROMISE HIM?**
- Q. WHO DID JACOB MARRY AND HOW LONG DID HE HAVE TO WAIT TO MARRY HER?**
- Q. WHAT ARE THE NAMES OF THE SONS OF JACOB?**
- Q. WHAT WAS THE NAME OF JACOB & RACHEL'S FIRST SON?**
- Q. WHY DID JACOB FLEE LABAN? WHAT AGREEMENT DID THEY COME TO?**

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 WAS BORN FIRST JACOB OR ESAU? A. ESAU**
- Q. WHAT DID ESAU "SELL" TO JACOB AND WHY? A. RED STEW**
- Q. WHY DID ESAU HATE JACOB? A. BECAUSE ISAAC BLESSED JACOB**
- Q. FOR WHAT PURPOSE AND REASON DID REBEKAH WANT ISAAC TO GO TO MESOPOTAMIA? A. TO FLEE FROM ESAU WHO WANTED TO KILL HIM**



LOOKING AHEAD

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

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)

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

Saturday Dec 18
10am-1:00pm — Christmas Ethnic Food & Bake Sale
1:00pm — Adult Ed: The Names of Jesus via Zoom
(see online calendar for link)

Sunday Dec 19
After Liturgy — Monthly Memorial for Departed

Monday Dec 20
7:00pm — Adult Ed: Orthodox Christianity 101
In-person & Via Zoom (see online calendar for link)

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

Many Years!

Newly Illumined Ivan Sadybekov & Luka Stewart-Barjadze

Name Days

Nicholas Franchak, Nicholas Geralt 12/6

Birthdays

George Minakov 12/5
Desirée (Anna) Geralt & George Rahal 12/11

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@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