

January 9, 2022



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

29TH SUNDAY AFTER PENTECOST—TONE 4

AFTERFEAST OF THE THEOPHANY

SUNDAY AFTER THE THEOPHANY

MARTYR POLYEUCTUS OF MELITENE

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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

Everything around you is alive and everything calls you to life. God is not the God of the dead, but of the living. You too may partake of His vibrant life. Go and drink of the springs of living water.

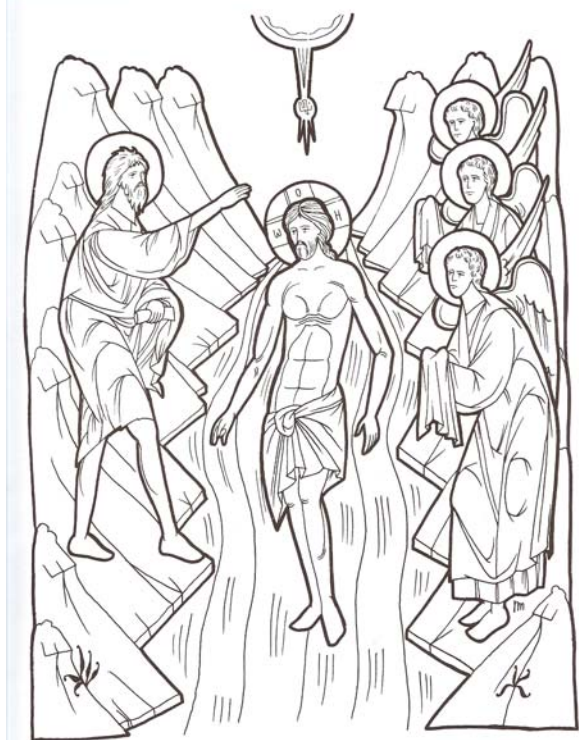
St. Theophan the Recluse

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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.



ST. JOHN OF DAMASCUS ORTHODOX CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA

Parish Life

New Wed Eve Adult Ed Class Whose Who in the Canon of St Andrew of Crete (Old Testament) Begins Wed Jan 12 - 7pm

As we continue our study of the Old Testament this year, our next Adult Ed class will focus on all the Old Testament figures mentioned in the Canon of St Andrew of Crete sung during Great Lent,

We will focus on how St Andrew uses these people as examples to guide us to repentance.



Retirement Celebration for Fr Alexander Federoff POSTPONED

We regret that the Hierarchical Divine Liturgy and banquet reception will be postponed due to significantly high numbers of COVID cases in San Diego County that are expected to persist for at least several weeks.

The celebration will be rescheduled, as conditions allow, to an available date after the Feast of Great and Holy Pascha.

We will contact you in advance with a new announcement.



Please Sign-up for Fellowship Hour

We have posted a sign-up sheet for Fellowship/ Coffee Hours for the next few months. There are many Sundays open.

We typically have 3 or 4 families sign up to avoid it being a burden on anyone.

Having something simple to eat enables people to stay for fellowship and build relationships.

Please take part and sign up for a Sunday or 2!

TODAY—Jan 9—Church School Christmas Youth Program

Our Church School Christmas program has been rescheduled to Jan 9.

Plan on staying and supporting our children & youth!



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.



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@stjohnofdamascus.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@stjohnofdamascus.org**

Today's Worship—Hymns

Church School for Children & Youth 1st & 3rd Sunday of Month Youth Choir 2nd & 4th Sunday of Month

This year our Church School for children and youth on Sundays will be held on the 1st and 3rd Sundays of the month.

Our children's and youth choir (for those able to read) will be held on the 2nd and 4th Sundays of the month. This will allow enough time to prepare them to sing during our Youth Sunday (1st weekend of December) as well as our Christmas Program.

Dates for 2022

MOVABLE FEASTS

Palm Sunday	April 17
Pascha	April 24
Ascension	June 2
Pentecost	June 12

FASTS

After Meatfare	Feb 28-Mar 6
Great Lent	Mar 7-April 17
Holy Week	April 18-23
Apostles Fast	June 20-28
Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

Publican & Pharisee	Feb 13-19
Bright Week	April 24-30
After Pentecost	June 12-18
After Christmas	Dec 25-Jan 4

OT Bible Question "Test" Due Jan 31

As we continue our exploration of the Old Testament this year we have completed the 1st half of our bulletin bible questions. The questions are available in the narthex. Whoever completes the "test" (you can use past bulletins to help) and submits it will be entered into a raffle by age group for a gift card to their favorite store and/or restaurant.

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

Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Linda Kedroff

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.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 4

When the women disciples of the Lord
learned from the angel the joyous message of
Thy Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen, //
granting the world great mercy!”

Theophany—Tone 1

When Thou, O Lord, wast baptized in the Jordan,
the worship of the Trinity was made manifest.
For the voice of the Father bore witness to Thee,
and called Thee His beloved Son;
and the Spirit in the form of a dove
confirmed the truthfulness of His word.
O Christ our God, Who hast revealed Thyself //
and hast enlightened the world, 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!

St Polyeuctus—Tone 4

Thy holy martyr Polyeuctus, O Lord,
through his sufferings has received an
incorruptible crown from Thee, our God.
For having Thy strength, he laid low his
adversaries,
and shattered the powerless boldness of
demons. //
Through his intercession, save our souls!

KONTAKIA

Resurrection — Tone 4

My Savior and Redeemer
as God rose from the tomb and delivered the
earth-born from their chains.
He has shattered the gates of hell,
and as Master, //
He has risen on the third day!

Theophany — Tone 4

Today Thou hast shone forth to the world, O Lord,
and the light of Thy countenance has been
marked on us.
Knowing Thee, we sing Thy praises:
“Thou hast come and revealed Thyself, //
O unapproachable Light.”

Today's Worship — Scripture Readings

Epistle—Ephesians 4: 7-13

⁷ But grace has been granted to each one of us according to the measure of Christ's gift.

⁸ Therefore, God says, "When he ascended on high, he led captivity captive, and gave gifts to men." ⁹ Now what does "he ascended" mean, if not that he first descended into the lower parts of the earth? ¹⁰ He who descended is the [same] one who also ascended far above all the heavens, so that he might fill all things.

¹¹ He gave some to be apostles, some prophets, some evangelists, some shepherds and teachers, ¹² for the perfecting of the saints, for a work of ministry, to build up the body of Christ. ¹³ This is until we all attain to the unity of the faith and to the knowledge of the Son of God, to maturity, having reached the very fullness of Christ.

Gospel — Matthew 4: 12-17

¹² Now when Jesus heard that John had been arrested, he withdrew into Galilee. ¹³ Leaving Nazareth, he came and lived in Capernaum, which is by the sea, in the region of Zebulun and Naphtali, ¹⁴ so that what had been spoken through Isaias (Isaiah) the prophet might be fulfilled:

¹⁵ The land of Zebulun and the land of Naphtali, toward the sea, beyond the Jordan, Galilee of the Gentiles,

¹⁶ the people who sat in darkness saw a great light, to those who sat in the region and shadow of death, to them light has dawned.

¹⁷ From that time on, Jesus began to preach and to say, "Repent! For the Kingdom of Heaven is at hand."

PROKEIMENON

Tone 1 (Sun After Theophany)- Let Thy mercy, O Lord, be upon us / as we have set our hope on Thee! (Ps. 32:22)

V. Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)

ALLELUIA

Tone 5 — V. I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. (Ps. 88:1-2)

V. For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens. (Ps. 88:3)

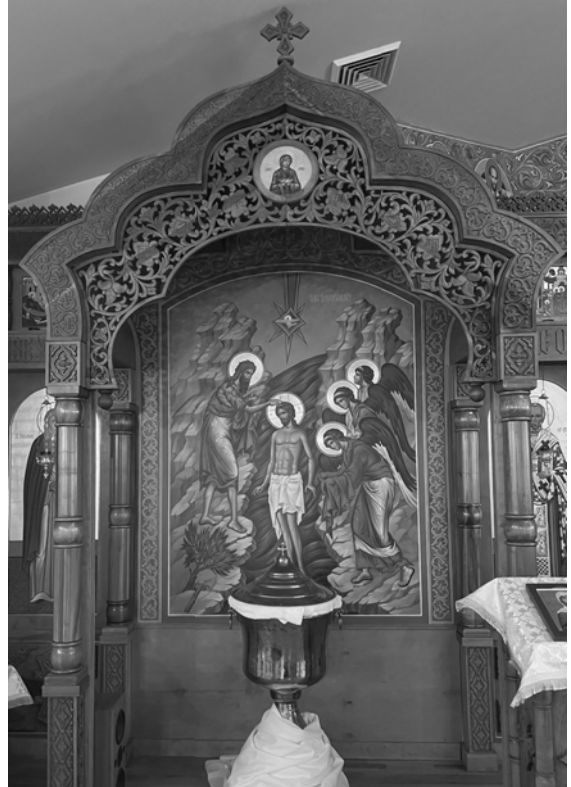
Our Life in Christ—The Deacon's Beacon

DEACON'S BEACON—LIVING WATER/WATER OF LIFE

A sad and inappropriate dichotomy has evolved over centuries between the Christian Faith and the discoveries of science. Scientific tools have revealed how complex and fascinating the cosmos is in its smallest and grandest expressions. With an expanding knowledge of HOW the universe works, it is ironic that mankind has not become more humbled by the unfathomable question of WHY it exists. Unlike other expressions of Christianity, Orthodoxy has never condemned any irrefutable discovery of science – the earth is not the center of the solar system but still might be the highest expression of God's creation. Anything that has material existence is amenable to being explained - can be "known". That which is uncreated and immaterial cannot be discovered by the scientific method. The uncreated must be experienced to become "known".

Science can teach:

- 1) Water is made of three invisible atoms.
- 2) Most of the earth's surface consists of water.
- 3) The overall amount of water on earth has remained the same for two billion years.
- 4) Water is the only substance that is found naturally on earth in three forms: liquid, gas, solid.
- 5) Of all the water on earth, only 2.5% is fresh water and 90% of that is frozen in Antarctica.
- 6) Less than 1% of the water supply on earth can be used as drinking water.
- 7) Approximately 66% of the human body consists of water.
- 8) A person can live about a month without food, but only about a week without water.
- 9) A developing baby "breathes" water until the moment of his/her birth.
- 10) In the current scientific understanding of the cosmos, life does not exist in the absence of water.



The authors of the Bible knew little or nothing of this science and yet there are over 700 references to water in the Old and New Testaments. Ignorance of "the facts" in no way negates the spiritual revelation of scripture. Water is in the first chapter of Genesis and the last chapter of Revelation. Life springs forth, seas are parted, floods destroy, the rock spills forth in the desert, the woman draws from the well, feet are washed and water flows from the Savior's side.

How appropriate it is then that Christ, the Word through whom all was created chose as the first act of his public ministry to be immersed in the River Jordan — not doing so because of a need for cleansing or repentance but to sanctify the living water of His creation for us and for our salvation. With His baptism water is connected to Him and He makes it the "highway" (i.e., baptism) for us to be connected to Him (Gal 3:27).

May we all experience the Theophany of the Lord and partake of this living water! Amen.

- Deacon George Shumaik

Our Life in Christ

Preparing for Your House Blessing

Sanctification of the home

The blessing of homes with holy water maintains the spiritual association between the 'home or family church' and the parish, as well as again providing for the sharing of God's spiritual gifts. This annual blessing is not as elaborate as the blessing of the new dwelling, but because of this it should not be overlooked, for it is in this way that the grace of God is extended to individual dwellings.

The sanctification of the home takes place with prayer and the sprinkling of holy water. The priest, at this annual visit, asks God to have mercy on the house, to rid it of every evil and to fill it with every blessing. Everyone of the house, prays together for the living and the dead of the family, and all who live and have lived in the house. They all sing the hymn of salvation and process from room to room while the priest blesses the house.

Preparation

Traditions of the ceremony differ according to local custom, but these general guidelines should be observed:

- A candle with an icon and some holy water should be placed in a suitable place, such as kitchen or dining room table, or a home altar.
- Also, a list of first names for whom prayers are to be offered, including members of the family and all those living in the house. The list should have a clear distinction between the living and the dead.
- If it is the practice to give the priest a gift, it should not be placed with the holy objects on the table. It can be prepared in advanced, but given at the conclusion of the service.

The ceremony

When the priest comes, all who are present in the house should gather around the icon with the candle. They should, if they are able to join in, say the Trisagion Prayers and sing of the Troparion of the Feast of Epiphany. Then a family member leads the priest through the house with the candle. As he goes, he sprinkles holy water, and prays for a blessing upon each room and the activity that goes on there. When they have gone through the entire house, the family gathers again around the table and the priest blesses each person present.

**Following the feast of Theophany until the beginning of Great Lent
(Jan. 6 - Mar 6) Fr. Michael will be blessing homes.
Please contact Fr. Michael to arrange a date and time.**

*The voice of the Lord upon the waters cries out, saying,
'Come all of you, receive the Spirit of wisdom,
the Spirit of understanding, the Spirit of the fear of God,
of Christ who has appeared'.*

— from the Great Blessing of the Waters



LOOKING AHEAD

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

January 6-March 5

Annual House Blessings—Contact Fr Michael to Schedule

Monday Jan 10

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

Tuesday January 11

10:00am — Father's Café

Wednesday January 12

7:00pm — Adult Ed: Whose Who in the Canon of St Andrew (OT)
In-person & Via Zoom (see online calendar for link)

Monday Jan 17

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

Tuesday January 18

10:00am — Father's Café

Wednesday January 19

7:00pm — Adult Ed: Whose Who in the Canon of St Andrew (OT)
In-person & Via Zoom (see online calendar for link)

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

Many Years!

Name Days

Nino Kapanadze & Nino Kiria 1/14

Birthdays

Tania Minakov 1/10

Wedding Anniversaries

Art & Rita Sladak 1/10

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