

January 30, 2022



# 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

32ND SUNDAY AFTER PENTECOST—TONE 7

SYNAXIS OF THE THREE HIERARCHS

ST. BASIL THE GREAT, ST. GREGORY THE THEOLOGIAN & ST. JOHN CHRYSOSTOM

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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

The person characterized by humility, gentleness, mercy and righteousness does not build a fence around good deeds. Rather, that one ensures that these good fountains overflow for the benefit of others. One who is pure in heart and a peacemaker, even when persecuted for the sake of truth, orders his way of life for the common good.

St. John Chrysostom

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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](mailto:info@stjohnofdamascus.org) with your request.



Their proclamation has gone out into all the earth, and their words to the ends of the universe. (Ps. 18:4)  
Alleluia, Alleluia, Alleluia!

## Parish Life

### Parish Annual Meeting—Sun Feb 20

Our Annual Parish Meeting will take place on Sun Feb 20 after Liturgy. That Sunday we will have our traditional **potluck** so everyone is well fed and ready to hold annual elections for Parish Council, adopt the 2022 Budget, adopt a new set of By-laws for the Parish as required by the Diocese, and hear about and have the opportunity to ask questions about various ministries and activities in the parish. Materials will be sent via email to all voting members a couple weeks prior to the meeting to enable people to come to the meeting prepared.



### Blood Drive—Need 25 Commitments

As many of you may have heard there is a significant shortage of blood donations currently. We are investigating hosting a blood drive in response. We need at least 25 people committed to giving blood to host the drive. Once we have that number of people we can schedule the event. Please consider signing up. There is a form on the Calendar/Schedules bulletin board in the hall.



### 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.

### Elections for Parish Council

Our Parish Annual Meeting is approaching. If you are a voting member and a regular participant in the Sacraments and would like to be considered to serve as a Parish Council Member please see Fr Michael.



### 2022 Membership/Pledge Drive

December is the time for our membership and pledge drive to help us prepare our budget for next year. It is now January. 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](mailto:powaypadre@stjohnofdamascus.org)) or our Treasurer ([treasurer@stjohnofdamascus.org](mailto:treasurer@stjohnofdamascus.org)) before the end of the month.

A list of people we have received forms from is posted on the bulletin board in the hall. Please check to see if your name is listed.



### Auxiliary Annual Meeting—Sun Feb 6

The Auxiliary will have its annual meeting on Sun Feb 6. The Auxiliary needs new members to help with its various efforts. This is a wonderful opportunity to become more familiar with the many ways the Auxiliary supports our parish. Please consider attending and possibly joining them in their good works!

## Today's Worship—Hymns

### TROPARIA

#### Resurrection—Tone 7

By Your Cross You destroyed death.  
To the thief You opened Paradise.  
For the Myrrhbearers You changed weeping into joy.  
And You commanded Your disciples, O Christ God,  
to proclaim that You are risen, //  
granting the world great mercy.

#### Three Hierarchs—Tone 1

Let us who love their words come together with hymns,  
and honor the three great torch-bearers of the ^triune Godhead:  
Basil the Great, Gregory the Theologian and John Chrysostom!  
These men have enlightened the world with the rays of their divine doctrines.  
They are sweetly flowing rivers ^of wisdom,  
and have filled all creation with springs of heavenly knowledge.  
They ceaselessly intercede for us //  
before the Holy Trinity.

#### Three Hierarchs —Tone 4

As sharers of the Apostles' life and character  
and teachers of the universe,  
intercede with the Master of all  
to grant peace to the world, //  
and great mercy to 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!"

#### Three Hierarchs— Tone 2

O Lord, You have taken up to eternal rest  
and to the enjoyment of Your blessings  
the divinely-inspired heralds, the greatest of Your teachers,  
for You have accepted their labors and deaths as  
a sweet-smelling sacrifice, //  
for You alone are glorified in Your saints.

#### 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 8** (Three Hierarchs) Their proclamation has gone out into all the earth, / and their words to the ends of the universe. (Ps. 18:4)

## Today's Worship — Scripture Readings

### Epistle—1 Timothy 1:15-17

<sup>15</sup> This saying is faithful and worthy of all acceptance: that Christ Jesus came into the world to save sinners of whom I am the first. <sup>16</sup> This is how I obtained mercy, so that in me as 'the first,' Jesus Christ might show all his patience as an example for those who would believe in him for eternal life. <sup>17</sup> Now to the eternal King, immortal, invisible, to God who alone is wise, be honor and glory unto ages of ages. Amen.

### Epistle—Hebrews 13:7-16

<sup>7</sup> Remember your leaders, those men who proclaimed the word of God to you. Considering the results of their conduct, imitate their faith. <sup>8</sup> Jesus Christ is the same yesterday, today, and forever. <sup>9</sup> Do not be carried away by all sorts of strange teachings. It is good that the inner person should be strengthened by grace, not by food which is of no profit to those who have been preoccupied by it!

<sup>10</sup> We have an altar from which those who offer divine service [in] the holy tabernacle have no right to eat. <sup>11</sup> For the bodies of those animals (whose blood is brought into the holy place by the high priest as an offering for sin) are burned outside of the camp. <sup>12</sup> This is why Jesus suffered outside of the gate, so that he might sanctify the people through his own blood. <sup>13</sup> Let us therefore go out [of the city] to him who is outside of the camp and let us bear his disgrace. <sup>14</sup> For we do not have here [on earth] an enduring city, but we seek the one that is to come. <sup>15</sup> Therefore, through him, [Jesus], let us continually offer up a sacrifice of praise to God, the fruit of our lips which confessed his Name. <sup>16</sup> But do not forget to do what is good and to share because God is well pleased with such sacrifices.

### ALLELUIA

**Tone 7** — V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps. 91:1)

V. To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)

**Tone 1** - V. The heavens will praise Thy wonders, O Lord; and Thy truth in the congregation of the saints. (Ps. 88:5)

## Today's Worship — Scripture Readings

### Gospel — Matthew 15: 21-28

<sup>21</sup> Jesus then left that area and withdrew into the region of Tyre and Sidon. <sup>22</sup> Behold, a Canaanite woman came out from those borders and cried out, "Have mercy on me, Lord, son of David! My daughter is severely demonized!"

<sup>23</sup> But Jesus did not answer her a word.

His disciples came and begged him, saying, "Send her away! She is shouting after us!"

<sup>24</sup> However, Jesus answered, "I was not sent to anyone but the lost sheep of the house of Israel."

<sup>25</sup> Still, the woman came forward and expressed adoration to him, saying, "Lord, help me."

<sup>26</sup> But he answered, "It is not right to take the children's bread and throw it to the little dogs."

<sup>27</sup> But she replied, "Yes, Lord, but even the little dogs eat the crumbs which fall from their masters' table."

<sup>28</sup> Then Jesus answered her, "Woman, great is your faith! Let it be done to you even as you desire." And her daughter was healed from that hour.

### Gospel — Matthew 5: 14-19

<sup>14</sup> You are the light of the world! A city located on a hill cannot be hidden. <sup>15</sup> Neither do you light a lamp and place it under a measuring basket, but on a stand. And so it shines to all who are in the house. <sup>16</sup> Likewise, let your light shine before all, so that they may see your good works and glorify your Father who is in heaven.

<sup>17</sup> Do not think that I came to destroy the law or the prophets. I did not come to destroy, but to fulfill! <sup>18</sup> Amen, I tell you: until heaven and earth pass away, not even one smallest letter or one tiny pen stroke shall in any way pass away from the law, until all things are accomplished. <sup>19</sup> Whoever, therefore, shall break one of these least commandments and teach others to do so shall be called least in the Kingdom of Heaven; but whoever shall do and teach them shall be called great in the Kingdom of Heaven.

## Our Life in Christ

### The Candle

What does a person first do upon crossing the threshold of a church? In nine out of ten cases, he or she goes to the candle stand. Our practice of Christianity, our involvement in its ritual, begins with a little beeswax candle. It is impossible to imagine an Orthodox church in which candles are not lit.

It is a physical expression of our prayer to the One Who is the Light of the World (John 8:12). It is offered as a sign of our having repented of stubbornness and self-will. The softness and pliability of wax speaks of our readiness to obey God. The burning of the candle represents our call to deification in Christ, our becoming a new creature through the fire of God's love.



Moreover, the candle is a witness to faith, of man's belonging to the Divine light. It expresses the flame of our love for the Lord, for the Mother of God, for the angels, or for the saints. One must not light a candle with a cold heart, merely as a formality. The external action must be supplemented by prayer, if only the simplest one, using one's own words.

A lighted candle is present at many church services. It is held by the newly baptized and by those being joined together in the Mystery of Matrimony. The funeral rite is performed amidst a multitude of burning candles. Protecting their burning candles from the wind, the faithful walk in Processions of the Cross such as those during Holy Week & Pascha.

There are no absolute rules as to where or how many lighted candles must be offered. Their purchase is a little offering to God, voluntary and not burdensome. A large and expensive candle is no more grace-giving than is a small one.

Those who are earnest about attending church try to light several candles during each visit: before the festal icon at the center of the church, at the icon of the Savior and/or of the Mother of God; for the health of their loved ones, and on the rectangular candlestand (*kanun*) before the Cross; for the repose of the souls of the deceased. If the heart so wishes, one may light candles to any saint.

The burning wax candle is pleasing to God, but He prizes the burning of the heart even more. Our spiritual life, our participation in church services, is not limited to the candle. The candle will not free us from sin, will not unite us with God, and will not give us the power to wage the unseen warfare. The prayer behind the candle and the Lord Who is our Light the Light shining in all the saints will. It is one more means that we participate in His Divine Grace.

### Blessing of Candles on February 2

Each year on the feast of the Meeting of our Lord in the Temple Orthodox Christians bring candles to be blessed to keep in their homes and used at special times throughout the year (Holy Pascha, name's days, wedding anniversaries, anniversaries of the repose of loved ones, days of special need, house blessings, etc.)

If you are not able to attend the Divine Liturgy that day but would like to take part in this ancient tradition, purchase the candles today or sometime before Wednesday, put your name on a paper with a rubber band (available on the welcome table) around the candles. They will be blessed after the Liturgy on the 2nd and you can pick them up afterwards.

## **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 31

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

#### Tuesday Feb 1

10:30am — Father's Café  
6:00pm — Great Vespers for Feast of the Meeting of the Lord

#### Wednesday Feb 2—Meeting of the Lord

8:30am—3rd Hour & Festal Divine Liturgy with Blessing of Candles  
7:00pm — Adult Ed: Whose Who in the Canon of St Andrew (OT)  
In-person & Via Zoom (see online calendar for link)

### Saturday Feb 5

1pm — Adult Ed: The Names of Jesus (via Zoom)

### Sunday Feb 6

After Divine Liturgy — Auxiliary Annual Meeting

### Monday Feb 7

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

### Tuesday Feb 8

10:30am — Father's Café

### Wednesday Feb 9

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 & links please visit our website: [www.stjohnofdamascus.org/calendar](http://www.stjohnofdamascus.org/calendar)**

## Many Years!

### *Name Days*

Kathryn Anne Jones 2/3

### *Birthdays*

Archpriest Kirill Sokolov, Kyra Miller, Emily (Emma) Neskin 1/31  
Beth Brown 2/2  
Laurian Dobrota 2/3  
Mike Kapsimalis 2/4

*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](mailto:powaypadre@stjohnofdamascus.org) — **Phone:** (858) 717-2172

**Attached Clergy:** V. Rev. Alexander Federoff, Retired & Dn. George Shumaik

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