

February 6, 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

33RD SUNDAY AFTER PENTECOST—TONE 8

**AFTERFEAST OF THE PRESENTATION/
MEETING OF THE LORD IN THE TEMPLE**

**SUNDAY OF ZACCHAEUS
ST BUCOLUS, BISHOP OF SMYRNA**

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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

Zacchaeus of little stature climbed into a tree in order to see the Lord Jesus with his own eyes. Zacchaeus, therefore, sought him; Zacchaeus desired Him. We must also seek Him in order to find Him and desire Him in order that He would draw nearer to us and, with our spirit, to climb high in order to encounter His glance. Then He will visit our house as He visited the house of Zacchaeus and with Him salvation will come.

—*St Nikolai Velimirovich*

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



“Zacchaeus, hurry and come down, for today I must stay at your house!”

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

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.



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!

Elections for Parish Council, Auditor, Parish Representative

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, Auditor or Parish Representative please see Fr Michael.



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.

The Auxiliary needs you. Please consider attending and possibly joining them in their good works!



OT Bible Question “Test” Results Are In!

We had wonderful participation in our Bulletin Bible Question Test. We received a dozen completed tests across three age categories. It is with joy to announce our winners!

Children — Tessa Stavrou
Youth — Kelvin Brown
Adults — Kathryn Jones

Winners, please see Fr Michael about choosing your gift card.

Congratulations to our winners and to everyone who gained a bit more knowledge of our Holy Scriptures by participating!

Parish Life

Auxiliary Chili & Cornbread For Superbowl & Fast Free Week In Support of our Seminaries

Our Auxiliary wants to add some spice to your Super Bowl Sunday while raising funds for our Church's seminaries.

1 pint of homemade chili (not too spicy)
w/ a 6" Corn bread - \$10 suggested donation
All proceeds will go to support our Orthodox
Church in America Seminaries

Pick-up Saturday Feb 12 after Great Vespers or
Sunday Feb 13 after Divine Liturgy.
Pay via check to St John's Auxiliary or via
Venmo @SJD-Auxiliary.

Pre-Orders only - email

Auxiliary@stjohnofdamsacus.org

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

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— Fr Michael

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 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!

Presentation of the Lord —Tone 1

Rejoice, O Virgin Theotokos, Full of Grace!
From thee shone the Sun of Righteousness,

^Christ our God,
enlightening those who sat in darkness.

Rejoice and be glad, O righteous Elder,
thou didst accept in thine arms the ^Redeemer of our souls,//

Who grants us the Resurrection!

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 Bucolus—Tone 4

Thou didst shine with the rays of virtue
received from him who leaned on the Master's breast.

Resplendent, God-inspired hierarch,
thou didst lead thy flock to the pastures of truth.//
Entreat Christ our God for those who honor thee,
Father Bucolus!

KONTAKIA

Resurrection — Tone 8

By rising from the tomb, Thou didst raise the dead and resurrect Adam.

Eve exults in Thy Resurrection,//
and the world celebrates Thy rising from the dead, O greatly Merciful One!

Presentation of the Lord —Tone 1

By Thy Nativity Thou didst sanctify the Virgin's womb

and didst bless Simeon's hands, ^O Christ God.
Now Thou hast come and saved us through love.
Grant peace to all Orthodox Christians,//
O only Lover of Man!

PROKEIMENA

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 3 (Song of the Theotokos) - My soul doth magnify the Lord, / and my spirit hath rejoiced in God my Savior. (Lk. 1:46-47)

Today's Worship — Scripture Readings

Epistle—1 Timothy 4: 9-15

⁹ This saying is faithful and worthy of all acceptance. ¹⁰ For this purpose, we both work hard and experience rejection, because we have placed our trust in the living God who is the Savior of all, especially of those who believe. ¹¹ Command and teach these things.

¹² Let no one despise your youth, but be an example for those who believe: in speech, in your way of life, in love, in spirit, in faith, and in purity.

¹³ Until I come, devote yourself to public reading, encouragement, and teaching. ¹⁴ Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the council of presbyters. ¹⁵ Be attentive in these things. Give yourself to them completely, so that your progress may be manifest to all.

Gospel — Luke 19: 1-10

Jesus entered Jericho and was passing through town. ² There was a man named Zacchaeus who was a chief tax collector, and he was rich. ³ He was trying to see who Jesus was, and could not because of the crowd, for he was short. ⁴ He ran on ahead and climbed up into a sycamore tree to see Jesus, who was [about] to pass that way. ⁵ When Jesus came to the place, he looked up, saw Zacchaeus, and said to him, "Zacchaeus, hurry and come down, for today I must stay at your house!" ⁶ He hurried, came down, and received Jesus with joy. ⁷ But when the people saw it, they all grumbled, saying, "He has gone in to stay with a man who is a sinner!"

⁸ Zacchaeus stood up and said to the Lord, "Behold, Lord, half of my goods I give to the poor. And if I have wrongfully obtained money from anyone, I restore four times as much!"

⁹ Then Jesus said to him, "Today, salvation has come to this house, because he, too, is a son of Abraham. ¹⁰ For the Son of Man came to seek and to save what was lost."

ALLELUIA

Tone 8 — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps. 94:1)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)

Tone 8 — V. Lord, now lettest Thou Thy servant depart in peace, according to Thy word, for mine eyes have seen Thy salvation! (Luke 2:29)

Our Life in Christ

Ten Steps to a Better Prayer Life

1. **Designate A Prayer Space:** Whether it is in the corner of your desk or a little stand in your room, it is important to have a place where you can put your Bible, Icons, etc. Dedicate the use of that space for God alone.
2. **Acquire A Time:** Incorporate prayer in your routine and set time aside to center your thoughts to God.
3. **Acquire A Library:** Start with a Bible, then get a small Orthodox Prayer Book, after that start collecting books. Here are some suggestions: 'Living the Liturgy' (Fr. Stanley Harakas), 'The Way of a Pilgrim' (Monk of the Eastern Church), 'For the Life of the World' (Fr. Alexander Schmemmann), 'Beginning to Pray' (Metropolitan Anthony Bloom), 'Bread for Life' (Fr. Theodore Stylianopoulos), 'The Orthodox Way' (Bishop Kallistos Ware), 'Way of the Aesetic (Tito Collander).
4. **Assemble a Home Altar:** In your prayer center gather icons (Christ, Theotokos, Guardian Angel and patron saint), service books, incense, votive light, a cross, a prayer rope, etc. Incorporate your five senses in prayer.
5. **Pray:** Speak from your heart. Learn prayers of the Church. Try the Jesus Prayer or the Lord's Prayer. Also incorporate your own prayers and thoughts.
6. **Acquire A Spiritual Guide:** This is a very important step. One should build a relationship with either a member of the clergy, monk or nun, who will become your spiritual guide. He/she will help guide and pace you to a balanced prayer life. The Sacrament of Confession can be arranged through your priest.
7. **Fasting and Almsgiving:** Fasting adds a dimension to your prayer life. Your fasting practice should be regulated to avoid physical and spiritual harm. As for alms, give where you see a need and trust that the Lord will provide.
8. **Build On What You Already Have:** If you already have a routine, build on it. If, for example, you pray before you go to sleep, it will be easier to read a chapter from the Bible before your bedtime prayers, than to set up some time during the day to read.
9. **Sanctify All That You Do.** You may have set aside a time and space for a prayer routine, but that doesn't mean you should separate your life into sacred and secular. Privately thank God for what you have at all times, and make Him aware of your every concern. Dedicate everything you do to



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.)

Those who left candles to be blessed in connection with the feast can find their bundles with their names on them in the narthex by the candle stand. Please be sure to pick them up.

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

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: NO CLASS
In-person & Via Zoom (see online calendar for link)

Saturday Feb 12

1:00pm — Adult Ed Book Study: The Names of Jesus (Via Zoom)

Feb 13-19

Fast Free Week of Publican & Pharisee

Monday Feb 14

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

Tuesday Feb 15

11:00am — Diamond Circle Trip to Safari Park
7:00pm — Parish Council Meeting

Wednesday Feb 16

7:00pm — Adult Ed: Who's Who in the Canon of St Andrew

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

Many Years!

Birthdays

Phyllis (Photini) Brown, Sarah Mendoza Michaud, Theodore Tarris	2/7
Kelli (Cassiani) Green	2/8
Timothy Anderson	2/9
Mark Sladack	2/10
Isidora Vuskovich	2/11

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