

March 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

FORGIVENESS SUNDAY —TONE 4

**EXPULSION OF ADAM & EVE FROM PARADISE
CHEESEFARE
40 MARTYRS OF SEBASTE**



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.



A Word from the Holy Fathers

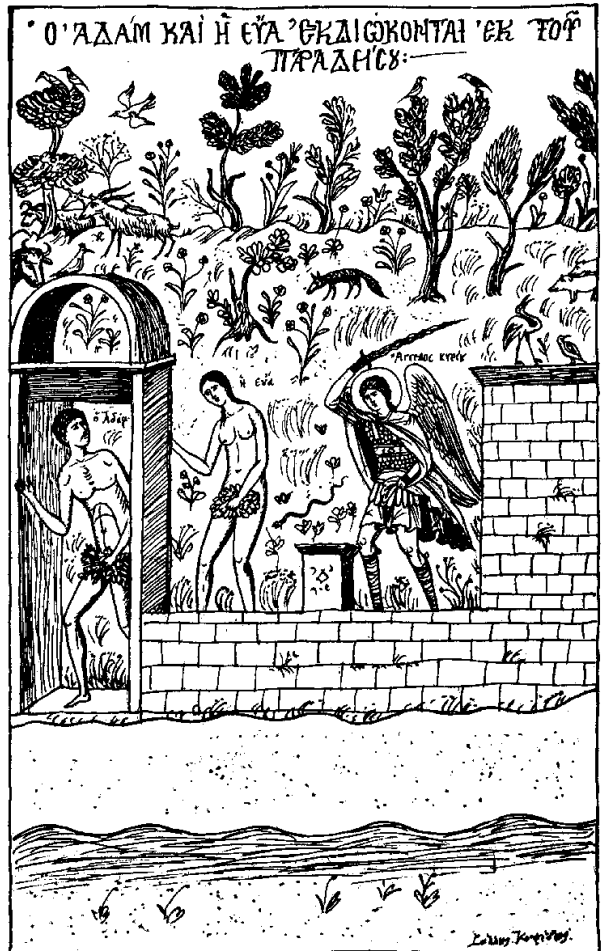
Nothing makes us so like God as our readiness to forgive the wicked and wrongdoer. For it is God who has made "the sun to shine on the evil and on the good." For this same reason again in every one of the clauses Jesus commands us to make our prayers together in one voice, saying, "our Father," and "give us the bread, and forgive us our debts," and "lead us not into temptation," and "deliver us." So everywhere he is teaching us to use this plural word that we may not retain so much as a vestige of resentment against our neighbor. *St. John Chrysostom*



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

E-mails

E-mail info@stjohnofdamascus.org



O Paradise, garden of delight and beauty, dwelling-place made perfect by God, unending gladness and eternal joy, the hope of the Prophets and the home of the saints, by the music of your rustling leaves beseech the Creator of all to open the gates which my sins have closed, that I may partake of the Tree of Life and Grace, which was given to me in the beginning!

Parish Life

Youth Choir to Perform after Church

Our Youth Choir continues to meet and learn new songs.

Today after Forgiveness Sunday Vespers they will share a mini program with us to help us enter Great Lent!



Blood Drive—June 27 Make Your Appointment

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.

Now that we passed the 25 donors needed to schedule the blood drive we have been scheduled to have it on June 27.

People need to make appointments for the day. Please see Justin Wong



Sat Adult Ed Book Club—3:00pm Growing in Christ: Shaped in His Image

Beginning Sat Mar 12 through April 16, our Saturday Adult Education Series will discuss the book "Growing in Christ" by Mother Raphaela Wilkinson !

Deacon George facilitates the discussion via the Zoom format at 3:00PM on Saturdays.

The book is available from multiple sources including a Kindle version at Amazon. Copies are also available at our parish bookstore for \$12.

You can find the Zoom link on our parish calendar: <https://stjohnofdamascus.org/calendar/>

Cheesefare Luncheon to Collect for IOCC & Ukraine

At this week's luncheon all donations will go to IOCC, the InterOrthodox Christian Charities. This is one way we can support those suffering in Ukraine. IOCC has a network across all of Ukraine and an excellent record of non partisan and non sectarian humanitarian relief.

Please come prepared to give generously.



Help Needed—George Rahal's Sister

George Rahal's sister and her two boys ages 18 & 21 are looking to rent a room in the area until they are able to find a long term residence. They recently immigrated to the US from Lebanon. If you can help or know someone that can please call/text George Rahal at 858 386 3752. Thank you



Auxiliary Cooking Days in March 22nd & 29th

Tuesday March 22nd & 29th the Auxiliary will be gathering to make pierogies and other goodies for our upcoming Spring Bake Sale (April 18).

We need your help. It is also a nice time to visit and chat with your fellow parishioners.

If you are available plan on coming and joining the fun.

Parish Life

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!”

40 Martyrs —Tone 1

Through the sufferings which Thy holy Forty
Martyrs endured for Thy sake, O Lord,
we beseech Thee, O Lover of mankind://
“Heal all of our infirmities!”

KONTAKIA

40 Martyrs —Tone 8

You have abandoned all earthly armies,
cleaving to the heavenly Master, O Forty Martyrs
of the Lord.
Having passed through fire and water, O blessed
ones, //
you have fittingly received heavenly glory and
many crowns.

Lenten Triodion – Tone 6

O Master, Teacher of wisdom,
Bestower of virtue,
Who teachest the thoughtless and protectest the
poor,
strengthen and enlighten my heart!
O Word of the Father,
let me not restrain my mouth from crying to Thee:
“Have mercy on me, a transgressor, //
O merciful Lord!”

PROKEIMENA

Tone 8 (*Lenten Triodion*) — 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 5 (Holy 40 Martyrs) - Thou, O Lord, shalt protect us / and preserve us from this generation forever. (Ps. 11:7)

Church School w/ Fr Michael About Holy Confession March 27 & April 10

On Sunday March 27 and April 10 Fr Michael will meet with the children and youth of the parish to talk about the Sacrament of Repentance (Holy Confession) after their youth choir time.

Please mark your calendars and plan on having your child participate.

Today's Worship — Scripture Readings

Epistle — Romans 13:11-14:4

¹¹ Do this, being aware of the time: it is already time for you to awaken from sleep, for salvation is now nearer to us than when we first believed!

¹² The night is far gone, and the day is near. Let us therefore throw off the works of darkness, and let us put on the armor of light. ¹³ Let us walk decently, as in the day; not in parties and drunkenness, not in sexual immorality and lustful acts, and not in strife or jealousy.

¹⁴ Instead, put on the Lord Jesus Christ and do not think how to satisfy the flesh and its lusts.

14 Accept the one who is weak in faith, but not to enter into arguments over disputable matters.

² One has faith to eat all things while the weak eats only vegetables. ³ The one who eats [everything] should not look down on the one who does not eat. The one who does not eat should not judge the one who eats because God has accepted him. ⁴ Who are you who judge someone else's servant? He stands or falls to his own master! Yes, that one will be made [able] to stand, because God has the power to make someone stand.

Epistle — Hebrews 12:1-10

12 And so, seeing that we are surrounded by such a great a cloud of witnesses, let us lay aside every weight and the sin which so easily entangles us. Let us run with endurance the race that is set before us, ² fixing our eyes on Jesus, the author and perfecter of faith. For the joy that was set before him, he endured the cross, despising its shame, and he has sat down at the right hand of the throne of God. ³ Consider him who has endured such opposition from sinners, and you will not grow weary or faint in your souls. ⁴ In your own battle against sin, you have not yet struggled to the point of shedding blood. ⁵ Have you forgotten the exhortation which reasons with you as with children:

My child, do not take lightly the chastening of the Lord, do not faint when you are reproved by him; ⁶ for whom the Lord loves, he also chastens, and he disciplines every son whom he receives.

⁷ Endure hardship as discipline; God is treating you as his children, for what son is there whom his father does not discipline? ⁸ But if you are not getting this discipline (as you are), this makes you illegitimate, not children! ⁹ Moreover, we had biological fathers to chasten us, and we respected them. Shall we not much rather be in subjection to the Father of {our} spirits, and live? ¹⁰ Our fathers punished us for a few days as seemed good to them; but God does so for our benefit, so that we may be partakers of his holiness.

ALLELUIA

Tone 6—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 4—V. Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise! (Ps. 65:1)

Today's Worship — Scripture Readings

Gospel — Matthew 6:14-21

¹⁴ For if you forgive people their offenses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive people their offenses, neither will your Father forgive your offenses.

About fasting—Treasures in heaven—The light of the body

¹⁶ Moreover, when you fast, do not be like the hypocrites with their gloomy faces. For they disfigure their faces so that people may see that they are fasting. Amen, I tell you: they have received their reward. ¹⁷ But you, when you fast, anoint your head and wash your face ¹⁸ so that people may not see that you are fasting. Only your Father who is in secret will see, and your Father, who sees in secret, will reward you openly.

¹⁹ Do not store up treasures for yourselves on the earth, where moth and rust consume and where thieves break in and steal. ²⁰ Instead, store for yourselves treasures in heaven, where neither moth nor rust consume, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

Gospel — Matthew 20: 1-16

²⁰ "The Kingdom of Heaven is like a man who was the master of a household and who went out early in the morning to hire laborers for his vineyard. ² After agreeing with the laborers for a [salary of one] denarius a day, he sent them into his vineyard. ³ [Later], he went out when it was about the third hour and saw other men standing idle in the marketplace. ⁴ He told them, 'You too should go into the vineyard, and I will pay you whatever is right.' And so, they went their way. ⁵ Again, he went out when it was about the sixth and the ninth hour, and did the same thing. ⁶ About the eleventh hour, he went out and still found others standing idle. He asked them, 'Why do you stand here all day, doing nothing?'

⁷ They said to him, 'Because no one has hired us!'

The master told them, 'You too should go into the vineyard, and you will receive whatever is right.' ⁸ When evening came, the lord of the vineyard said to his manager, 'Call the laborers and pay them their wages, beginning from the last to the first.'

⁹ When those who were hired at about the eleventh hour came, they each received a denarius. ¹⁰ Now when the first came, they supposed that they would receive more, but they each likewise received one denarius. ¹¹ When they received it, they grumbled against the master of the household, ¹² saying: 'These last [workers] have spent one hour, and yet you have made them equal to us, who have borne the burden of the day and the scorching heat!'

¹³ But the master answered one of them and said, 'Friend, I am doing you no wrong! Did you not agree with me for one denarius?' ¹⁴ Take what is yours, and go your way. What if I wish to give to this last one just as much as to you! ¹⁵ Is it not lawful for me to do what I want with what I own? Or is your eye evil, because I am good?' ¹⁶ And so, the last will be first, and the first last! Indeed, many are called, but few are chosen."

Statement of His Eminence Archbishop BENJAMIN on War in Ukraine

“And Cain said to Abel his brother, “Let us go out to the field. And when they were in the field, Cain rose up against his brother Abel and killed him. Then the Lord said to Cain, “Where is Abel your brother?” He said, “I do not know; am I my brother’s keeper?” And the Lord said, “What have you done? The voice of your brother’s blood is crying to me from the ground.”

Brothers and sisters, today the sons of Cain are killing their brother in Ukraine. There is nothing more horrifying than fratricide, than brother killing brother. And indeed, today Abel’s blood is crying to God from the ground once more.

We have sadly become immune to the tragedy of war. When I was a child, I remember the first televised war, Vietnam, and the horrifying images that came right into our living room. Since then, we have had images of violence in the former Yugoslavia, Ethiopia, Afghanistan, Ossetia, Iraq, Libya and so many other places broadcast into our homes; and I fear we have become immune to human suffering. But today the senseless violence of brother killing brother has hit home as we see Russians and Ukrainians kill each other. They are our brothers and their conflict threatens the entire world.

One of my favorite poems is St. Silouan’s Adam’s Lament. In it he writes: Adam knew great grief when he was banished from paradise, but when he saw his son Abel slain by Cain his brother, Adam’s grief was even heavier. His soul was heavy, and he lamented and thought: Peoples and nations will descend from me, and multiply, and suffering will be their lot, and they will live in enmity and seek to slay one another. And his sorrow stretched wide as the sea, and only the soul that has come to know the Lord and the magnitude of His love for us can understand.

I, too, have lost grace and call with Adam: Be merciful unto me, O Lord! Bestow on me the spirit of humility and love.

It has been said young men fight the wars of old men. I cannot imagine how demoralizing it is for soldiers on either side to fight in this conflict. Many come from families with members on either side of the border. War is terrifying and its wounds are not only physical but spiritual as well. Let us pray for their safety and health.

We are here not to condemn any of our brothers, but to call them to repentance, to urge them to cease killing each other and grieving God who cares for every human soul. And let each of us here examine our hearts as we enter the Great Forty Days and repent of the evil we have done. As we heard last Sunday in the Gospel for Meatfare, we will be judged for what we have done or failed to do for our neighbor, for our brother. Let us rise and say: “God be merciful to us sinners. Forgive us the evil WE have done.” And let us pray for our Ukrainian & Russian brothers.

We have an opportunity to reach out and feed the hungry, give drink to the thirsty, to clothe the naked and to give them shelter. Our sister church, the Church of Poland, is being overwhelmed with refugees who are fleeing for their lives. I urge you to join me and the rest of the Orthodox Church in America in donating funds to help them meet the needs of our brothers and sisters who have come to their doorstep for help at this time.

Finally, I would like to say how proud I am to have known Metropolitan Onufry of Kiev and Ukraine. This conflict has placed him and his entire Church in a very awkward and difficult position. Nevertheless, he has shown great leadership and care for his flock. He is a remarkable shepherd and I urge you to pray for him in particular, that God will protect him and give him courage to continue to do and say what is right.

With love in Christ, † Benjamin—Archbishop of San Francisco and the West

Archpastoral Message of Metropolitan TIKHON on Beginning of Great Lent

To the Clergy, Monastics, and Faithful of the Orthodox Church in America,

Dear Beloved Children in the Lord,

As we stand at this moment, the threshold of Great Lent, with all turmoil and violence unfolding in the world, the Lenten fast comes like a spring breeze to refresh our souls. It is a time during which we take stock of our hearts, discard the unnecessary things of this world, refocus our spiritual vision, and bring our pains and grief before God's healing presence.

Even in the midst of everything we endure; a pandemic, social unrest, economic uncertainty, and now war in Ukraine, we must remember to always attend to doing good and becoming ever-brighter beacons of Christ's light in this darkening world.

We hear this through the Prophet Isaiah, where the Lord tells us what distinguishes our true fast: "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the cords of the yoke, to let the oppressed go free, and to break every yoke?" (Is 58:6)

In this turbulent moment, the Fast is a call to freedom as children of God through our spiritual discipline. In our time, there are many "bonds of wickedness" and "cords of the yoke" which Lent urges us to loose—but above all, the sins which bind our souls.

We also remember that Lent calls us to control not just our stomachs but our eyes, hands, feet, and mind. We avoid gluttony of food, but likewise we ought to avoid gluttony of all sorts: in recreation, media, or conversation with others. As the Scriptures tell us, "Every athlete exercises self-control in all things" (1 Cor 9:25).

This Lent, be especially on guard with social media, which too easily inflames our passions, devours our time, and devolves into the "foolish controversies" which Saint Paul warns us to avoid, "for they are unprofitable and futile" and only disturb our brothers and sisters in Christ (cf. Titus 3:9).

We are assured in the Letter to the Galatians that "For freedom Christ has set us free; stand fast therefore, and do not submit again to a yoke of slavery" (Gal 5:1). With these words we fast with cheerful hearts, because it is in our self-denial that we find freedom in the Resurrection.

So as we take up the spiritual disciplines given to us by our Lord, I pray that it is with a spirit of renewed commitment and not with a spirit of gloominess. Nor should we, as Christ warns, "look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men" (Mt 6:16). Great Lent is our much needed time of refreshment of the heart and cleansing of the soul, so that we may more clearly perceive the light of Christ on Great and Holy Pascha.

When we each ask God to "open to me the gates of repentance" this Lent, remember that we do not fast to earn God's love or to impress others around us. Over the next forty days we break the chains of sin and evil by controlling the things which control us—and so become free people. Let us run towards this freedom in the coming weeks.

Beloved children in the Lord, I conclude by directing you to keep in prayer those suffering in the calamity of war: the wounded, the grieving, and the displaced. Please also be of service to them in your charity and almsgiving this Lent. Remember also those who have been killed in this war. May God keep their memory eternal.

I humbly ask your forgiveness. May you have all the blessings of our Lord, God, and Savior Jesus Christ in your Lenten journey.

I remain sincerely yours in Christ,

+TIKHON Archbishop of Washington, Metropolitan of All America and Canada



LOOKING AHEAD

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

Sunday March 6

After Liturgy — Forgiveness Sunday Vespers

Monday March 7

6:00pm — Compline w/ Canon of St Andrew

Tuesday March 8

10:30am — Father's Café (in person in church hall AND
via Zoom—see online calendar for link)

6:00pm — Compline w/ Canon of St Andrew

Wednesday March 9

6:00pm — Compline w/ Canon of St Andrew

Thursday March 10

6:00pm — Compline w/ Canon of St Andrew

Friday March 11

6:00pm — Liturgy of the Presanctified Gifts followed by
Lenten Potluck

Saturday March 12

3:00pm — Adult Ed: Book Study: Growing in Christ—Shaped in His
Image (via Zoom—see online calendar for link)

Sunday March 13—Sunday of Orthodoxy

Procession with Icons at Conclusion of Divine Liturgy
(Bring Your Icon)

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

Confessions are held on Saturdays after Great Vespers or by appointment with Fr Michael.

Many Years!

Birthdays

Dennis Seitz

3/9

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Priest: V. Rev. Michael Anderson, Rector

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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