



LOOKING AHEAD

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

Tuesday March 22

9:00am—Auxiliary Cooking Day
10:30am — Father's Café (in person in church hall AND via Zoom—see online calendar for link)

Wednesday March 23

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

Thursday March 24

6:00pm — Vigil for Annunciation

Friday March 25—Annunciation

6:00pm — Vespers Liturgy for Annunciation

Saturday March 26

3:00pm — Adult Ed: Book Study :“Growing in Christ” (via Zoom—see online calendar for link to join.

Tuesday March 29

9:00am—Auxiliary Cooking Day
10:30am — Father's Café (in person in church hall AND via Zoom—see online calendar for link)

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!

	<i>Name</i>	<i>Days</i>
	Evangelos Keeling	3/25
	<i>Birthdays</i>	
	Klavdia Ivanushkina, Reena Kale	3/22
	Michael Wesdell, Viorica-Victoria Rădulescu	3/23
	Caleb Fenlason, Margarita Sladack	3/25
	Nicholas Ketz	3/26

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

March 20, 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

2ND SUNDAY OF GREAT LENT —TONE 6
ST GREGORY PALAMAS

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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

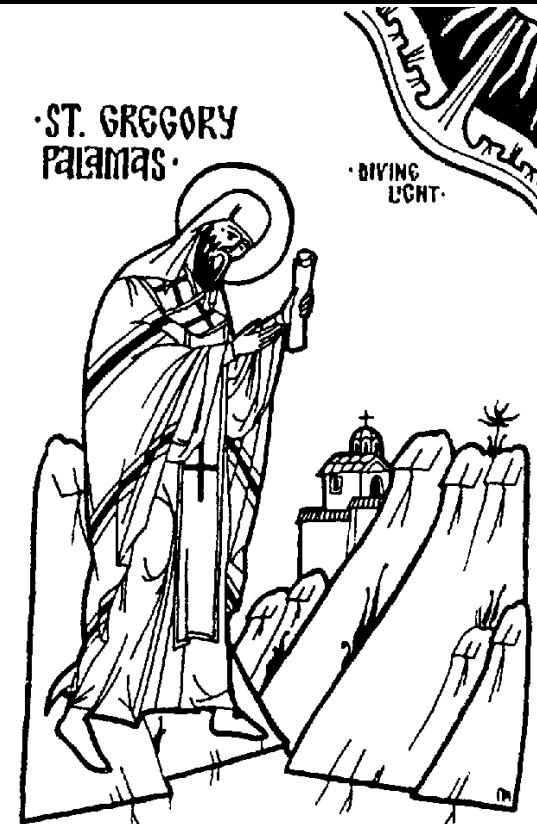
Prior to the incarnation of the Word of God the kingdom of heaven was as far from us as the sky is from the earth. But when the King of heaven sojourned among us and was pleased to become one with us, the kingdom of heaven drew near to us all.

St. Gregory Palamas

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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.



If anyone is looking for the right season to practice virtue, IT IS NOW, in these forty days. Our whole life is intended as a suitable means of attaining salvation, but this season of fasting is more especially so. Christ, the Author and Giver of our salvation, began by fasting. Just as failing to restrain the stomach destroys the virtues and is the mother of passionateness, so self-control destroys the stains caused by self-indulgence and is the mother of dispassion.

St. Gregory Palamas (Homily 10)

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

Metropolitan Tikhon Appeal for Ukrainian Refugees

By the Grace of God and through the generosity of our members and friends we were able to raise over **\$5200** for the refugees fleeing Ukraine through Poland.

Our Orthodox Church in America together has raised **well over \$650,000**. May it help bring some level of comfort and security to those in desperate need of both.

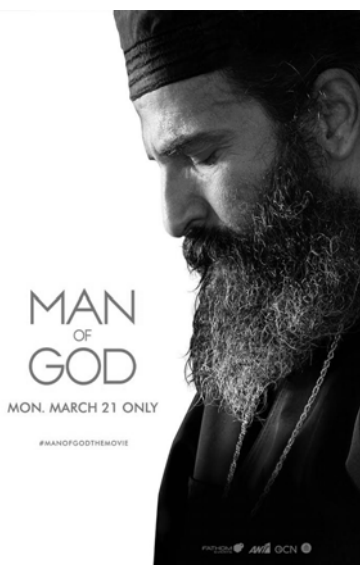


Film about Orthodox Saint Comes to Local Movie Theaters—Mon 3/21 7pm

A professional film about St Nektarios of Aegina is coming to theaters A synopsis of the film: Exiled unjustly, convicted without trial, slandered without cause. Man of God depicts the trials and tribulations of Saint Nektarios of Aegina, as he bears the unjust hatred of his enemies while preaching the Word of God. You can find out more about the movie at <https://www.imdb.com/showtimes/title/tt6060964/>

The film is playing ONLY on March 21st. There is a 7pm showing. Check your local theaters for listings.

It would be wonderful to have this film receive enough support to encourage more movies about Orthodox Christian subjects.



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



**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/>

This year every week the bulletin will have a Bible Question connected to the Old Testament. After Pentecost 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)

ACCORDING TO THE BIBLE.....

- Q. HOW OLD WAS JOSEPH (SON OF JACOB/ISRAEL) WHEN HE DIED?**
- Q. WHERE WAS JOSEPH & HIS BROTHERS LIVING WHEN JOSEPH DIED?**
- Q.WHY WERE THEY LIVING THERE?**

Answers will be included in next week’s bulletin. Stay tuned!



**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

Dates for 2022

MOVABLE FEASTS

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

FASTS

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

Parish Life

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.



Spring Bake Sale April 16—Save the Date

The Auxiliary will have this year's Spring Bake Sale on Saturday April 16.

Please mark your calendars to come and help!



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.

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.

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

Electronic Sign—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 Vice-President—Patty Pelachik

Prophora— 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 6

The Angelic Powers were at Thy tomb;
the guards became as dead men.

Mary stood by Thy grave,
seeking Thy most pure body.

Thou didst capture hell not being tempted by it.

Thou didst come to the Virgin, granting life.

O Lord, Who didst rise from the dead, //
glory to Thee.

St Gregory Palamas —Tone 8

O light of Orthodoxy, teacher of the Church, its
confirmation,

O ideal of monks and invincible champion of
theologians,

O wonderworking Gregory, glory of Thessalonica
and preacher of grace, //
always intercede before the Lord that our souls
may be saved!

KONTAKIA

St Gregory Palamas —Tone 8

Holy and divine instrument of wisdom,
joyful trumpet of theology,
together we sing thy praises, O God-inspired
Gregory.

Since thou now standest before the Original Mind,
guide our minds to Him, O Father, //
so that we may sing to thee: "Rejoice, preacher
of grace!"

Lenten Triodion —Tone 4

Now is the time for action!

Judgment is at the doors!

So let us rise and fast,

offering alms with tears of compunction and
crying:

"Our sins are more in number than the sands of
the sea;

but forgive us, O Master of all, //

so that we may receive the incorruptible crowns!"

PROKEIMENA

Tone 5 — Thou, O Lord, shalt protect us / and preserve us from this generation forever.
(Ps. 11:7)

V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)

Tone 1—(St. Gregory Palamas) My mouth shall speak wisdom; / the meditation of my heart shall be understanding. (Ps. 48:3)

ALLELUIA

Tone 6—V. He who dwelleth in the shelter of the Most High will abide in the shadow of the heavenly God. (Ps. 90:1)

V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust."(Ps. 90:2)

Tone 2 - V. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. (Ps. 36:31)

Today's Worship — Scripture Readings

Epistle — Hebrews 1:10-2:3

¹⁰You, Lord, in the beginning, laid the foundation of the earth.

The heavens are the works of your hands.

¹¹They will perish, but you continue.

They all will grow old as a garment,

¹²As a mantle, you will roll them up, and they will be changed;

but you are the same.

Your years will not fail.

¹³Indeed, to which of the angels did he ever say,

Sit at my right hand,
until I make your enemies the footstool of
your feet?

¹⁴Are the angels not all ministering spirits, sent out to serve for the sake of those who will inherit salvation?

2 Therefore, we should pay greater attention to the things that we were taught, for fear that we may drift away. ²Certainly, if the word spoken through angels proved reliable and every transgression and disobedience received a just penalty, ³how will we escape if we neglect so great a salvation! It was first announced by the Lord himself, and it is confirmed to us by those who heard him.

Epistle — Hebrews 7: 26-8:2

²⁶Indeed, such a high priest was fitting for us: holy, blameless, undefiled, separated from sinners and made higher than the heavens.

²⁷He does not need, like those [former] high priests, to offer up sacrifices daily, first for his own sins and then for the sins of the people. Instead, he did this once for all, when he offered himself up. ²⁸For the law appoints as high priests men who have weaknesses, but the word of the oath which came after the law appoints forever a Son who has been perfected.

Christ: high priest and mediator of a better covenant

8 The point of what we are saying is this: we have such a high priest, who sat down at the right hand of the throne of the Majesty on high, ²a servant of the sanctuary and of the true tabernacle, which the Lord has set up, and not man.

Today's Worship — Scripture Readings

Gospel — Mark 2:1-12

2 After some time, when Jesus returned to Capernaum, it was heard that he was in the house. ²Immediately, many people gathered so that there was no more room, not even around the door. As Jesus was preaching the word to them, ³four men came, carrying a paralytic to him. ⁴Since they could not come near Jesus because of the crowd, they removed the roof where he was. When they had broken it up, they let down the mat which the paralytic was lying on. ⁵Seeing their faith, Jesus said to the paralytic, "Son, your sins have been forgiven you."

⁶But there were some of the scribes sitting there, and they reasoned in their hearts, ⁷"Why does this man speak blasphemies like that? Who can forgive sins except God alone?"

⁸Immediately, Jesus perceived in his spirit that they were reasoning within themselves in this way. He asked them, "Why do you reason these things in your hearts? ⁹Which is easier, to tell the paralytic, 'Your sins have been forgiven,' or to say, 'Arise, take up your bed, and walk?' ¹⁰But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic—¹¹"I tell you, arise and take up your mat, and go to your house!"

¹²At once, the man arose and took up the mat, and went out in front of everyone. The people were all amazed and glorified God, saying, "We have never seen anything like this!"

Gospel — John 10: 9-16

⁹I am the gate! Anyone who enters in by me will be saved, and go in and out, and will find pasture. ¹⁰The thief only comes to steal, kill, and destroy. I came so that people may have life, and have it in abundance. ¹¹I am the good shepherd! The good shepherd lays down his life for the sheep. ¹²The one who is a hired hand, not a shepherd, and who does not own the sheep, leaves the sheep and flees when he sees the wolf coming. Then the wolf snatches the sheep and scatters them. ¹³The hired hand flees because he is a hired hand and does not care for the sheep. ¹⁴I am the good shepherd! I know my own, and I am known by my own; ¹⁵even as the Father knows me, and I know the Father. I lay down my life for the sheep. ¹⁶I have other sheep, which are not of this fold. I must bring them also, and they will hear my voice. And there will be one flock—one shepherd.