

July 17, 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

5TH SUNDAY AFTER PENTECOST—TONE 4

FATHERS OF THE FIRST 6 ECUMENICAL COUNCILS

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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

When a man walks in the fear of God he knows no fear, even if he were to be surrounded by wicked men. He has the fear of God within him and wears the invincible armor of faith. This makes him strong and able to take on anything, even things which seem difficult or impossible to most people.

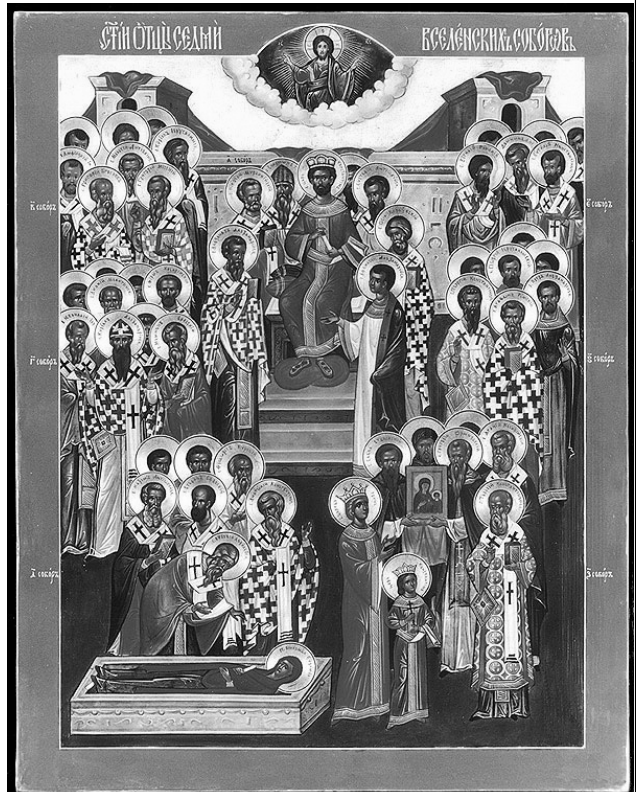
St. Symeon the New Theologian

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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.



Fathers of the Ecumenical Councils

Parish Life

Bulletin Bible Question “Test” Submit by Aug 15

This year every week the bulletin have had a Bible Question connected to the Old Testament. A “test” has been included in the bulletin and will be available in the narthex from July 10-Aug 15.

Whoever completes the “test” (you can use past bulletins to help) and submits it by Aug 15 will be entered into a raffle for a gift card to their favorite store and/or restaurant.

Submit your test to Fr Michael in person or by e-mailing it to info@stjohnofdamascus.org

Diamond Circle Senior Group Potluck and Movies Tues 7/19—11am

This month’s Diamond Circle gathering will be a potluck in the hall along with movies and photos from the day when our members transferred all the liturgical items from what is now our hall to our current beautiful church on March 13, 1994.

Plan on arriving at 10:45am to heat your food to share. Fr Alexander & Vickie will be joining the group to share the stories and answer any questions.

The Diamond Circle meets every month on the 3rd Tuesday. Contact Jim or Patty Pelachik for questions or to be put on the contact list.

Online Giving



Scan with your phone to be taken to our secure online giving system.
You can set up 1-time or recurring gifts

SUMMER IS HERE! HOLD ON TO YOUR FAITH

With summer comes much needed vacations and opportunities to do fun things with friends & loved ones. As you are planning your summer be sure to keep your faith in mind. Remember to attend to your prayer life, scripture reading, and reception of the holy Sacraments.

Some dates to remember...

	SUMMER FEASTS
August 6	Transfiguration
August 15	Dormition of the Theotokos

	SUMMER FASTS
August 1-14	Dormition Fast

Also, please do what you can to **maintain your much-needed offerings of time and talent as well as your pledges and contributions over the summer.**

Unfortunately, our parish’s expenses and needs do not go down during the summer months. The water bill still needs to be paid. We still want to have fellowship meals after Liturgy on Sundays.

Regarding financial giving, people handle this differently. Some people make up for weeks away when they return. Other members keep their financial contributions regular by using their online banking system to write and send their donations to the parish each month automatically. The parish also has an online giving system on our website. Simply click the “DONATE” button.

Whatever works best for you, please keep your spiritual home in mind.

Today's Worship—Hymns

TROPARIA

Resurrection — Tone 4

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

Fathers — Tone 8

You are most glorious, O Christ our God!
You have established the Holy Fathers as
lights on the earth.
Through them You have guided us to the true
Faith. //
O greatly compassionate One, glory to You!

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!

Fathers — Tone 8

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!

Steadfast Protectress of Christians – 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 and to intercede for
us, O Theotokos,
For you always protect those who honor you!

Today's Worship — Hymns

Epistle — Rom 10: 1-10

¹ Brethren, my heart's desire and prayer to God for them is that they may be saved. ² I bear them witness that they have a zeal for God, but it is not enlightened. ³ For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. ⁴ For Christ is the end of the law, that every one who has faith may be justified.

⁵ Moses writes that the man who practices the righteousness which is based on the law shall live by it. ⁶ But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) ⁷ or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). ⁸ But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); ⁹ because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

Epistle — Heb 13: 7-16

⁷ Remember your leaders, those who spoke to you the word of God; consider the outcome of their life, and imitate their faith. ⁸ Jesus Christ is the same yesterday and today and for ever. ⁹ Do not be led away by diverse and strange teachings; for it is well that the heart be strengthened by grace, not by foods, which have not benefited their adherents. ¹⁰ We have an altar from which those who serve the tent have no right to eat. ¹¹ For the bodies of those animals whose blood is brought into the sanctuary by the high priest as a sacrifice for sin are burned outside the camp. ¹² So Jesus also suffered outside the gate in order to sanctify the people through his own blood. ¹³ Therefore let us go forth to him outside the camp and bear the abuse he endured. ¹⁴ For here we have no lasting city, but we seek the city which is to come. ¹⁵ Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. ¹⁶ Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

PROKEIMENA

Tone 4 (Resurrection) — O Lord, how manifold are Thy works; in wisdom hast Thou made them all. (*Ps 103/104:24*)

v: Bless the Lord, O my soul! O Lord, my God, Thou art very great! (Ps 103/104:1)

Tone 4 (*Song of the Fathers*) - Blessed are Thou, O Lord God of our fathers, and praised and glorified is Thy name forever! (*Song of the three Holy Children, v. 3*)

ALLELUIA

Tone 4 (Resurrection) — V. Go forth, prosper and reign, for the sake of meekness, righteousness and truth! ([Ps. 44:3b](#))

V. For Thou lovest righteousness, and hatest iniquity. ([Ps. 44:6](#))

Tone 1 - V. The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting. (*Ps. 49:1*)

Today's Worship — Scripture Readings

Gospel — Matt 8: 28-9:1

²⁸ And when he came to the other side, to the country of the Gadarenes, two demoniacs met him, coming out of the tombs, so fierce that no one could pass that way. ²⁹ And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" ³⁰ Now a herd of many swine was feeding at some distance from them. ³¹ And the demons begged him, "If you cast us out, send us away into the herd of swine." ³² And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. ³³ The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. ³⁴ And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood.

¹ And getting into a boat he crossed over and came to his own city.

Gospel — John 17: 1-13

¹ When Jesus had spoken these words, he lifted up his eyes to heaven and said, "Father, the hour has come; glorify thy Son that the Son may glorify thee, ² since thou hast given him power over all flesh, to give eternal life to all whom thou hast given him. ³ And this is eternal life, that they know thee the only true God, and Jesus Christ whom thou hast sent. ⁴ I glorified thee on earth, having accomplished the work which thou gavest me to do; ⁵ and now, Father, glorify thou me in thy own presence with the glory which I had with thee before the world was made.

⁶ "I have manifested thy name to the men whom thou gavest me out of the world; thine they were, and thou gavest them to me, and they have kept thy word. ⁷ Now they know that everything that thou hast given me is from thee; ⁸ for I have given them the words which thou gavest me, and they have received them and know in truth that I came from thee; and they have believed that thou didst send me. ⁹ I am praying for them; I am not praying for the world but for those whom thou hast given me, for they are thine; ¹⁰ all mine are thine, and thine are mine, and I am glorified in them. ¹¹ And now I am no more in the world, but they are in the world, and I am coming to thee. Holy Father, keep them in thy name, which thou hast given me, that they may be one, even as we are one. ¹² While I was with them, I kept them in thy name, which thou hast given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. ¹³ But now I am coming to thee; and these things I speak in the world, that they may have my joy fulfilled in themselves.

Our Faith, Our Church—ON MOLIEBENS

The peculiarity of the life of a believer, an ecclesiastical person, is that he sees God in all aspects of his or her life and seeks to sanctify every significant event in one way or another by prayer. All of one's beginnings, requests, and aspirations are carried to the Lord. In moments of joy, we give thanks to Him, in difficult moments, we appeal to His mercy and love. This desire to call upon the Lord and His saints in various life situations has led to the development of prayer services such as a molieben. A molieben (or service of intercession) is a special prayer to God, to the All Holy Theotokos, or to the saints, on some special occasion, when the faithful ask for mercy or give thanks for the blessings received (supplication and thanksgiving prayers).

During the prayer service, the Church consecrates and invokes God's grace for everything that plays a role in a person's life — actions, events, time and space. The reason for serving a molieben can be a new undertaking (building a house, opening your own business, going to a university, starting a trip), remembering an important moment in your life (wedding anniversary, name day), religious events (church holidays, days of remembrance of saints), and much more. Often moliebens are also served in connection with the sad circumstances of life — as a whole society (crop failure, war, fire, man-made disasters, epidemic), and individuals (illness, loss of property, etc.).

The service can be served either in the Church or outside it — in private homes, apartments, or even on the street. During patronal feast days, moliebens are often accompanied by bell ringing and a procession.

What kind of moliebens are there? By the number of participants' moliebens can be divided into:

- public, which are committed to the needs of a large number of people (e.g., residents of a village or town)
- private, performed at the request or need of individuals or families

While, prayers of thanksgiving are addressed only to the Lord Himself, petitions can also be dedicated to the Mother of God and saints of the Orthodox Church.

The most frequently performed prayer services are moliebens for thanksgiving as well as services for health. They can be addressed to the Lord, the Holy Virgin Theotokos, or the saints.

Saint Theophan the Recluse, responding to the request of a certain woman to pray for her sick daughter, said that neither a molieben, nor a proskomidia, nor any prayer for health will be effective if the person who orders it does not pray with feeling for his loved one. Prayer is performed in the human heart. Therefore, having requested a molieben in the church, we must attend the service ourselves and together with the clergy ask the Lord for the healing of the soul and body of our loved one.

How do I request a molieben service? Simply speak with Fr Michael to arrange a day and time.

Scriptures about Prayers of Intercessions

Mark 11:24 Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

Hebrews 4:16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Ephesians 6:18 Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

John 15:7 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

Parish Life

Join a Parish Ministry!

With the new Church year approaching in September, now is wonderful time to pray and consider joining one of our parish ministries.

While people are welcome to inquire about any ministry, the FOLLOWING MINISTRIES ARE SEEKING MORE HELP:

Church School (Teachers & Helpers)
Greeters
Candle Stand
Koliva Makers
Commemoration Loaves Bakers
Security Committee
Auxiliary Bakers

We are also looking to begin a **NEW** ministry: **Flowers/Decorating of the Church Temple**
This group of people will work together to beautify our church for all the major feast days.

If you have an interest in helping with this or any of the ministries please see the person listed in the ministry directory or contact Fr Michael.



Monthly Collections

As we continue to restore many of the beloved practices of our parish we are reinstating our monthly Sunday collections:

- 2nd Sunday of the Month—Seminarian at St Herman's Seminary in Alaska
- 3rd Sunday of the Month—Charities (local needs, IOCC, Project Mexico, etc.)

The basket will be placed out for the veneration of the cross at the end of Liturgy. Please plan on contributing as you can.

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

Counters — TBD

Social Media —Evan Keeling & Iryna Thayer

Electric 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 Vice-President—Patty Pelachik

Prospora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Saturday Adult Ed — Dn George Shumaik

Security Committee — John Thayer

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.



LOOKING AHEAD

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

July 18-23

Fr Michael & Elaine M attend All-American Council Baltimore, MD

Tuesday July 19

11:00am—Diamon Circle Potluck & Movies

Sunday July 24

After Divine Liturgy—Blessing of Vehicles in connection with commemoration of St Elijah (July 20)

Wednesday July 27

10:30am — Father's Café (NOW ON WEDNESDAYS)

In Person in Church Hall & via Zoom (see online calendar for link)

7:00pm—Adult Ed: Images of the Kingdom of God in the Book of Isaiah (In Person & via Zoom—see online calendar for link)

Aug 1-14

Dormition Fast

Wednesday Aug 3

10:30am — Father's Café (NOW ON WEDNESDAYS)

In Person in Church Hall & via Zoom (see online calendar for link)

Friday Aug 5

6:00pm—Great Vespers for Transfiguration

Saturday Aug 6—Transfiguration

8:30am—3rd Hour & Festal Divine Liturgy with blessing of fruit

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!

Name Days

Rita (Margarita) Sladack	7/17
Pearl Elizabeth Keeling	7/18
Alina (Macrina) Panasenکو	7/19
Dmitriy Panasenکو, Margie (Maria) Hicks	7/20

Birthdays

Laurie Eivet	7/18
Katrina Griebing	7/21
Konstantin Worth	7/23

Wedding Anniversaries

James & Patricia Pelachik	7/21
Masha & Jason Jones	7/22

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