

July 24, 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

6TH SUNDAY AFTER PENTECOST—TONE 5  
HOLY PASSION-BEARERS BORIS & GLEB  
MARTYR CHRISTINA OF TYRE

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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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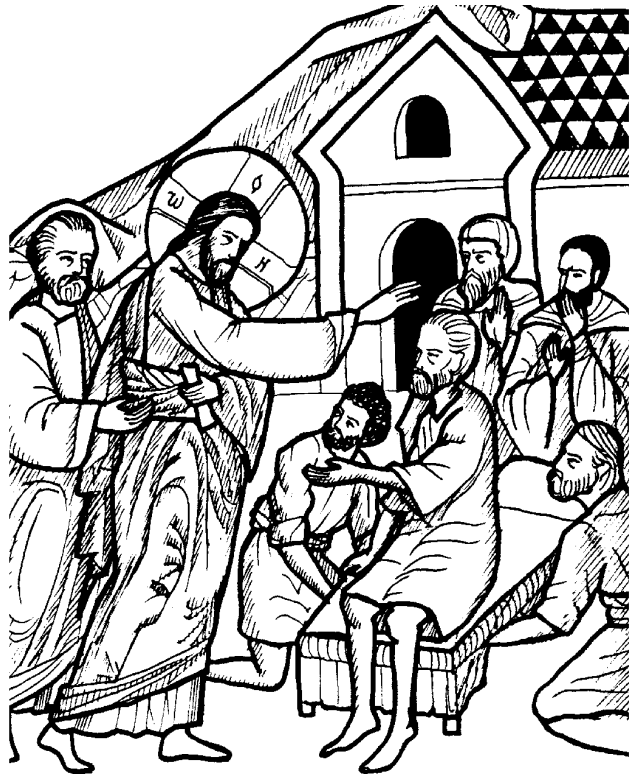
### A Word from the Holy Fathers

He could have simply said "Arise," but since the reason for doing every work had to be explained, he added, "Take up your pallet and go home." First he granted remission of sins; next he showed his ability to restore health. Then, with the taking up of the pallet, he made it clear that bodies would be free from infirmity and suffering; lastly, with the paralytic's return to his home, he showed that believers are being given back the way to paradise.

*St Hilary of Poitiers*

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Include Something in the Bulletin or  
Be Included in our Weekly  
([NEWS@StJohnofDamascus.org](mailto:NEWS@StJohnofDamascus.org))



**"Your Sins are Forgiven.... Get up! Take Up Your Mat & Go to Your House!"**

## Parish Life

### **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**

### **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](mailto:info@stjohnofdamascus.org)

### **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 5**

Let us, the faithful, praise and worship the Word, coeternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead by His glorious Resurrection.

#### **Ss Boris & Gleb — Tone 2**

Righteous passion-bearers and true fulfillers of the Gospel of Christ, chaste Boris and guileless Gleb, You did not resist the attacks of your brother, the enemy, when he killed your bodies but could not touch your souls. Therefore, let the evil lover of power mourn while you rejoice with the Angels standing before the Holy Trinity. Pray that those who honor your memory may be pleasing to God, // and that all Orthodox Christians may be saved!

### KONTAKIA

#### **Resurrection — Tone 5**

Thou didst descend into hell, O my Savior, shattering its gates as almighty; resurrecting the dead as Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of Man, and we all cry to Thee: O Lord, save us!

#### **St. Christina — Tone 4**

O Venerable Christina, You appeared as a shining dove, With a pair of golden wings Alighting in the Highest Heavens. Therefore we celebrate your glorious feast And bow before the place that holds your relics. Pray that we may receive grace and healing for body and soul

#### **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!

### PROKEIMENA

**Tone 5** (Resurrection) — 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 4** (Sts. Boris and Gleb) - The Lord has shown the wonders of His will / to the saints who are in His land. (Ps. 15:3a)

## Today's Worship — Scripture Readings

### Epistle — Rom 12: 6-14

<sup>6</sup>We have different gifts according to the grace given to us: if it is prophecy, let us prophesy according to the measure of our faith. <sup>7</sup>If it is service, let us dedicate ourselves to service! He who teaches should do his teaching; <sup>8</sup>or he who exhorts his exhorting. As for the one who gives, let the giving be done with generosity. He who rules should rule with diligence and the one who shows mercy should do so with joy.

<sup>9</sup>Let your love be without hypocrisy. Reject with horror what is evil. Cling to what is good.

<sup>10</sup>In love for the brethren, be tenderly affectionate with one another; place the honor of others above your own. <sup>11</sup>Do not fall back in zeal; be fervent in the spirit, serving the Lord.

<sup>12</sup>Rejoice in hope, endure in troubles, persevere in prayer; <sup>13</sup>contribute to the needs of the saints; look for opportunities to be hospitable. <sup>14</sup>Bless those who persecute you; bless, and do not curse!

### Epistle — Rom 8:28-39

<sup>28</sup>We know that all things work together for good for those who love God, to those who are called according to his purpose. <sup>29</sup>Whoever God foreknew, he also predestined to be conformed to the image of his Son, so that his Son might be the firstborn among many brethren. <sup>30</sup>Whoever God predestined, he also called. Those whom he called, he also justified. Those whom he justified, he also glorified.

<sup>31</sup>What then shall we say about these things? If God is for us, who can be against us? <sup>32</sup>He who did not spare his own Son but delivered him up for us all, how would he not also give us all things with him freely? <sup>33</sup>Who could bring a charge against God's elect? It is God who justifies! <sup>34</sup>Who is the one who condemns? It is Christ who died, yes and rather, who is risen, who is even at the right hand of God, who also makes intercession for us.

<sup>35</sup>Who shall separate us from the love of Christ? Could oppression, or anguish, or persecution, or famine, or nakedness, or peril, or sword? <sup>36</sup>Even as it is written:

For your sake we are killed all day long. We were accounted as sheep for the slaughter.

<sup>37</sup>No, in all these things, we are more than conquerors through him who loved us. <sup>38</sup>Indeed, I am convinced that neither death, nor life, nor principalities, nor powers, nor things present, nor things to come, <sup>39</sup>nor height, nor depth, nor any other created thing, will be able to separate us from the love of God which is in Christ Jesus our Lord.

### ALLELUIA

**Tone 5** (Resurrection) — V. I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. (Ps. 88:1-2)

V. For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens. (Ps. 88:3)

**Tone 4** - V. The righteous cried and the Lord heard them, and He delivered them from all their afflictions. (Ps. 33:17)

## Today's Worship — Scripture Readings

### Gospel — Matt 9: 1-8

<sup>9</sup> Jesus entered into a boat, crossed over [the lake] and came into his own town. <sup>2</sup> Behold, some people brought him a man who was paralyzed, lying on a bed. Seeing their faith, Jesus said to the paralytic, "Son, be of good cheer! Your sins are forgiven!"

<sup>3</sup> At this, some of the scribes said to themselves, "This man blasphemes!"

<sup>4</sup> Jesus, knowing their thoughts, said, "Why do you think evil [thoughts] in your hearts? <sup>5</sup> Which is easier, to say, 'Your sins have been forgiven' or, 'Get up, and walk?' <sup>6</sup> But so that you may know that the Son of Man has authority on earth to forgive sins" (then he said to the paralytic), "Get up, take up your mat, and go to your house."

<sup>7</sup> The man got up and departed to his house.

<sup>8</sup> But when the crowds saw this, they were astonished and glorified God, who had given such authority to men.

### Gospel — John 15: 17-16:2

<sup>17</sup> These things I command you, so that you may love one another.

<sup>18</sup> If the world hates you, you know that it has hated me before it hated you. <sup>19</sup> If you were of the world, the world would love its own! But you are not of the world, since I chose you out of the world, and so the world hates you. <sup>20</sup> Remember what I told you: 'A bondservant is not greater than his lord.' If they persecuted me, they will also persecute you. If they kept my word, they will also keep yours. <sup>21</sup> But they will do all these things to you on account of my Name, because they do not know the one who sent me. <sup>22</sup> If I had not come and spoken to them, they would not have had sin; but now they have no excuse for their sin! <sup>23</sup> Whoever hates me also hates my Father. <sup>24</sup> If I had not accomplished among them the works which no one else had done [before], they would not have had sin. But now, they have seen [those things] and yet they have hated both me and my Father. <sup>25</sup> But this has happened so that the word which was written in their law may be fulfilled: 'They hated me without reason.'

<sup>26</sup> But when the Counselor has come, whom I will send to you from the Father, the Spirit of truth who proceeds from the Father, he will bear witness to me. <sup>27</sup> You also will bear witness, because you have been with me from the beginning."

<sup>16</sup> "I have told you these things, so that you would not be made to stumble. <sup>2</sup> They will expel you from the synagogues! Yes, the time is coming when whoever kills you will think that he is offering {divine} service to God!

## Life of St Christina of Tyre



The Martyr Christina lived during the third century. She was born into a rich family, and her father was governor of Tyre. By the age of 11 the girl was exceptionally beautiful, and many wanted to marry her. Christina's father, however, envisioned that his daughter should become a pagan priestess. To this end he placed her in a special dwelling where he had set up many gold and silver idols, and he commanded his daughter to burn incense before them. Two servants attended Christina.

In her solitude, Christina began to wonder who had created this beautiful world. From her room she was delighted by the stars of the heavens and she constantly came back to the thought about the Creator of all the world. She was convinced, that the voiceless and inanimate idols in her room could not create anything, since they themselves were created by human hands. She began to pray to the One God with tears, entreating Him to reveal Himself. Her soul blazed with love for the Unknown God,

and she intensified her prayer all the more, and combined it with fasting.

One time Christina was visited by an angel, who instructed her in the true faith in Christ, the Savior of the world. The angel called her a bride of Christ and told her about her future suffering. The holy virgin smashed all the idols standing in her room and threw them out the window. In visiting his daughter Christina's father, Urban, asked her where all the idols had disappeared. Christina was silent. Then, having summoned the servants, Urban learned the truth from them.

In a rage the father began to slap his daughter's face. At first, the holy virgin remained quiet, but then she told her father about her faith in the One True God, and that she had destroyed the idols with her own hands. Urban gave orders to kill all the servants in attendance upon his daughter, and he gave Christina a fierce beating and threw her in prison. Having learned about what had happened, St. Christina's mother came in tears, imploring her to renounce Christ and to return to her ancestral beliefs. But Christina remained unyielding. On another day, Urban brought his daughter to trial and urged her to offer worship to the gods, and to ask forgiveness for her misdeeds. Instead, he saw her firm and steadfast confession of faith in Christ.

The torturers tied her to an iron wheel, beneath which they lit a fire. The body of the martyr, turning round on the wheel, was scorched on all sides. They then threw her into prison.

An angel of God appeared at night, healing her wounds and strengthening her with food. Her father, seeing her unharmed, gave orders to drown her in the sea. An angel sustained the saint while the stone sank down, and Christina miraculously came out of the water and reappeared before her father. In terror, the torturer imputed this to sorcery and he decided to execute her in the morning. That night he himself suddenly died. Another governor, Dion, was sent in his place. He summoned the holy martyr and also tried to persuade her to renounce Christ, but seeing her unyielding firmness, he again subjected her to cruel tortures. The holy martyr was for a long while in prison. People began to flock to her, and she converted them to the true faith in Christ. Thus about 300 were converted.

In place of Dion, a new governor named Julian arrived and resumed the torture of the saint. After various torments, Julian gave orders to throw her into a red-hot furnace and lock her in it. After five days they opened the furnace and found the martyr alive and unharmed. Seeing this miracle take place, many believed in Christ the Savior, and the torturers executed St. Christina with a sword.

***We are blessed to have an icon with relics of St Christina here at our parish.***

## 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).*

### 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](http://www.stjohnofdamascus.org/calendar)**

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

### Many Years!

#### *Name Days*

Archbishop Benjamin 7/31

#### *Birthdays*

Sergio Perez 7/26

Nathan Cooper, Jacob Lorelli 7/27

John Henry Keeling 7/28

Olga Bishaev 7/30

#### *Wedding Anniversaries*

Edward & Vera Klavzar 7/25

### PARISH CONTACT INFO:

**Church:** 16903 Espola Rd Poway — **Mailing Address:** PO Box 28291 San Diego, CA 92198

**Web:** [www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)

**Email:** [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org) — **Phone:** (858) 674-1931

**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

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