

July 31, 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

7TH SUNDAY AFTER PENTECOST—TONE 6  
FOREFEAST OF THE PROCESSION OF THE  
CROSS  
ST. EUDOCIMUS OF CAPPADOCIA

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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

These things were written so that we might  
not fall away, for we have many battles to  
fight, both inward and outward. But being  
comforted by the Scriptures we can exhibit  
patience, so that by living in patience we  
might dwell in hope. For these things  
produce one another—hope brings forth  
patience, and patience, hope..

*St. John Chrysostom*

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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](mailto:info@stjohnofdamascus.org)  
with your request.



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

## 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](mailto: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)

### **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...

	<b>SUMMER FEASTS</b>
August 6	Transfiguration
August 15	Dormition of the Theotokos

	<b>SUMMER FASTS</b>
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

### Auxiliary Cooking Days in August

The Auxiliary will be cooking the following days in the church hall.

Thursday Aug 4— Pierogies

Thursday Aug 11— Pierogies

Thursday Aug 18— Pierogies

Thursday Aug 25— Pierogies

Please consider and helping (training is offered for new folks). See Tanya for details



### Purchase Gift Cards Through Our Scrip Coordinator & Help our Parish

Scrip gift cards raise money for St. John's Auxiliary. When you buy Scrip cards, the store makes a donation with NO extra expense. Use the cards for your regular monthly purchases or gifts for loved ones and support our parish's ministry. Cards are available for gas, groceries, Amazon, restaurants and many other stores.

See Carmen Brown after Liturgy for more information or to purchase your cards.

### Dates for 2022

#### **FAST SEASONS**

Dormition Fast            Aug 1-14  
Nativity Fast/Advent    Nov 15-Dec 24

#### **FAST-FREE WEEKS**

After Christmas        Dec 26-Jan 4

### 50th Wedding Anniversary Celebration Fr Alexander & Vickie Federoff Save the Date—Aug 28

Fr Alexander and Vickie will be celebrating their 50th wedding anniversary this year (Aug 20). As part of that celebration they have asked for a service of thanksgiving to be celebrated on Sunday Aug 28.

After the service they will be sponsoring a celebratory fellowship meal.

EVERYONE IS WELCOME!

### Online Giving System

We have an online giving system that enables people to be able to manage their giving to our church.

You can set up automatic ongoing donations each month to cover your pledges. You can also use the system to make occasional donations for things like charities, flowers, candles, memorial donations, etc. You can even pay for your bookstore purchases.

There is an option to cover the bank processing fees if you would like to do that.

Not only is this a convenience for you it helps reduce the work required of our Counters on Sundays

[https://www.aplos.com/aws/give/  
StJohnofDamascusOrthodoxChurch/donations](https://www.aplos.com/aws/give/StJohnofDamascusOrthodoxChurch/donations)



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

## Today's Worship — Scripture Readings

### 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!

#### Cross — Tone 1

O Lord, save Thy people, and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by virtue of Thy Cross, preserve Thy habitation.

#### 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. Eudocimus — Tone 4

He Who called you from earth to heaven,  
keeps your body unharmed after death, holy Eudocimus;  
for you lived a sober and holy life  
and did not defile your flesh; //  
so with boldness intercede with Christ that we  
may be saved!

### KONTAKIA

#### Resurrection — Tone 6

When Christ God, the Giver of Life, raised all of the dead from the valleys of misery with His mighty hand, He bestowed resurrection on the human race. He is the Savior of all, the Resurrection, the Life, and the God of all.

#### St John of Damascus — Tone 4

Let us the faithful sing praises to John, worthy of great honor the composer of hymns. The star & teacher of the Orthodox Faith, the defender of its doctrine. Through the might of the Lord's Cross he overcame heretical error! Now he is fervent in prayer to Christ God, to grant forgiveness of our sins.

#### St. Eudocimus — Tone 3

Today your honored memory has assembled us at the holy shrine of your sacred relics;  
all then who approach and venerate them are rescued from the evil malice of ^demons// and are swiftly delivered from various diseases, blessed Eudósimus.

#### Steadfast Protectress—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 & to intercede for us, O Theotokos,  
For you always protect those who honor you!

### PROKEIMENON

**Tone 6** (Resurrection) — O Lord, save Thy people, and bless Thine inheritance! (Ps 27/28:9))

*v: To Thee, O Lord, will I call. O my God, be not silent to me! (Ps 27/28:1)*

## Today's Worship — Scripture Readings

### Epistle — Romans 15: 1-7

15 Now we who are strong should bear the weaknesses of the weak, and not {just} please ourselves. <sup>2</sup> Let each one of us please our neighbor for what is good, to be edifying to him. <sup>3</sup> Even Christ did not please himself. But, as it is written, "The insults of those who insulted you fell on me." <sup>4</sup> For whatever things were written before were written for our instruction, so that through patience and the Scriptures' encouragement we might have hope. <sup>5</sup> Now may the God of endurance and encouragement grant you to be together of the same mind according to Christ Jesus, <sup>6</sup> so that with one accord, you may with one mouth glorify the God and Father of our Lord Jesus Christ.

<sup>7</sup> Therefore, accept one another, even as Christ also accepted you, to the glory of God.

### Gospel — Matthew 9:27-35

<sup>27</sup> As Jesus passed by from there, two blind men followed him, calling out and saying, "Have mercy on us, son of David!"

<sup>28</sup> When he entered the house, the blind men came to him. Jesus asked them, "Do you believe that I am able to do this?"

They replied, "Yes, Lord."

<sup>29</sup> He then touched their eyes, saying, "According to your faith, let it be done to you!"

<sup>30</sup> And their eyes were opened. Jesus strictly commanded them, saying, "See that no one knows about this." <sup>31</sup> However, they went out and spread his fame throughout that entire land.

<sup>32</sup> As they were leaving, behold, a mute man who was demon-possessed was brought to him. <sup>33</sup> When the demon was cast out, the mute began to speak. The multitudes marveled, saying, "Nothing like this has ever been seen in Israel!"

<sup>34</sup> But the Pharisees said, "It is by the prince of the demons that he casts out demons."

<sup>35</sup> Jesus went about all the cities and villages, teaching in their synagogues and preaching the Good News of the Kingdom. He also healed every kind of disease and sickness among the people

### ALLELUIA

**Tone 6** (Resurrection) — 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)

## What is Constant Prayer?



What is prayer? St. Isaac, an expert instructor, offers a broad definition: “*Any conversation*” [with God] that is secret, inward and positive, and any “*reflection on the spiritual.*” To be a true conversation, it has to include the Other. It’s not a prayer if it’s a monologue, when the one praying is not listening for a response. At first reading it may appear that the sacred saint includes just about anything one thinks of as praying. For all its faults, America is still a nation filled with believers. Public prayer is being challenged, but private prayer is possible, and man will “*say a little prayer*” for others and self. By *secretly*, he means intimate, heart-felt and deeply meaningful. *Inwardly* insists that the words framed in the mind sink into the soul through the heart. Regardless of the determination by government, media and public education to marginalize believers

and drive away religion from the arena of society in our nation, human beings made in God’s image feel the Holy Spirit within them that cries out from their souls the awareness of the Lord’s presence. We are not whole until we are in touch with the living God within our souls.

When that God-awareness happens and the light of the Spirit illumines the mind, the reaction is one of awe, followed by repentance. Why had I not seen it before, the person wonders. Have I been wandering in the darkness of ignorance and did not know it? O Lord, I’m so sorry – says the conscience to the mind. Repentance is a precious gift, the beginning of the journey of the soul to the Lord. Like the Hebrews leaving Egypt, repentance is an exodus from the former attitude to society and self. The penitent is not sure where he or she is going, not even the direction – except that it is a constant putting behind of the old attitudes, freeing up the mind and will for what happens next. The process is a change, and the journey an adventure towards self-discovery by the Holy Spirit of God’s glory. Some signs that affirm the sense that we are in touch with the living God: a) the joy of freedom, a liberation from entanglements of passion, obsession, depression and anger towards self and others; b) a positive attitude, knowing that all is well, and all will be well; “*any consideration of a positive attitude about God,*” which stands to reason, because a negative attitude contradicts the meaning of prayer; c) seeing the goodness in others.

Purification follows repentance as a natural sequence. One lightens the load of passions and old ways of thinking. One cleanses the body by fasting, the mind by reading the sacred writings and the soul by prayer. The eye looks out at the world with a new, cleaner vision. The world comes into focus, and the mind sorts out what before had been murky and foggy images, but now is clearly good or evil, true or false, helpful or harmful to the struggle towards union with God in Christ Jesus. We realize how we had been deceived and led into blind alleys and dead ends of life, not thinking much of it at the time. The crossroads on life’s journey are not arbitrary. There is only one right way that leads to paradise.

Silent inner prayer is part of that process of salvation from the initial enlightenment into repentance, through purification and on to the third stage of the journey, which is perfection, described by St. Isaac as the “*silence of the mind.*” Even there prayer never ceases but continues in a new form, the awareness of being in the presence of the Lord.

Fr. Vladimir Berzonsky

## 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).*

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

**Thursday Aug 4**  
9:00am—Auxiliary Cooking Day

### Friday Aug 5

6:00pm—Great Vespers for Transfiguration w/ blessing of fruit

### Saturday Aug 6—Transfiguration

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

### Tuesday Aug 9

7:00pm—Parish Council Meeting

### Wednesday Aug 10

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)

**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*

Alan Martot 8/2  
Igor Bishaev 8/4  
Lilian Coyle 8/5  
Alexis Rahal 8/6

### 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