

August 7, 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

8TH SUNDAY AFTER PENTECOST—TONE 7  
AFTERFEAST OF THE TRANSFIGURATION OF  
OUR LORD  
MARTYR DOMETIUS OF PERSIA

+

**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**

To the pious it is natural to give to  
everyone who asks; and to the more pious,  
to give even to him who does not  
ask." (Step 26:74)

Be most charitable if you truly care about  
prayer. For through mercy you shall receive  
a hundredfold, and everything else in the  
life to come." (Step 28:44)

*St. John Climacus  
On Giving Charitably  
The Ladder of Divine Ascent*

+

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

### 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)



### 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**

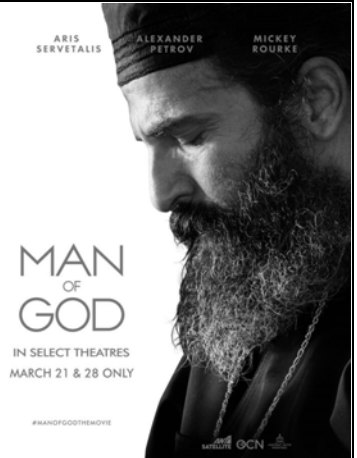
Dormition Fast            Aug 1-14  
Nativity Fast/Advent    Nov 15-Dec 24

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

After Christmas        Dec 26-Jan 4

### Movie Viewing Mon Aug 15 After Liturgy

On Monday 8/15 after Divine Liturgy we will have a celebratory potluck breakfast along with a viewing of the recent movie about the life of St Nectarios of Aegina.



Please plan on coming to enjoy the film on our big screen and bring something to share for breakfast. Coffee and tea will be provided



### 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)**

## Parish Life

### Auxiliary Cooking Days in August

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

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

### 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.

### 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.

### 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 — Hymns

### TROPARIA

#### Resurrection — Tone 7

By Thy Cross, Thou didst destroy death! To the thief, Thou didst open Paradise! For the Myrrhbearers, Thou didst change weeping into joy! And Thou didst command Thy disciples, O Christ God, to proclaim that Thou art risen, granting the world great mercy!

#### Transfiguration — Tone 7

Thou wast transfigured on the mountain, O Christ God, revealing Thy glory to Thy Disciples as far as they could bear it. Let Thine everlasting Light also shine upon us sinners, through the prayers of the Theotokos!// O Giver of Light, glory to Thee!

#### 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. Dometius — Tone 4

Trained in asceticism on the mountain, with the weapon of the Cross you destroyed the spiritual assaults of the hostile powers, all-blessed one; once again you bravely prepared for combat and for both struggles you have been crowned by God,// Monk-martyr Dometius of eternal memory.

### KONTAKIA

#### Resurrection — Tone 7

The dominion of death can no longer hold men captive, for Christ descended, shattering and destroying its powers! Hell is bound, while the prophets rejoice and cry: The Savior has come to those in faith! Enter, you faithful, into the Resurrection!

#### St. Dometius – Tone 6

You rose above earthly things which drag down the mind; You were a great guide of monks, O Dometius. You did not fear the furious emperor who would not honor God. Therefore, hieromartyr, you died singing the hymn:// “God is with me and no one is against me.”

#### Transfiguration – Tone 7

On the Mountain wast Thou Transfigured, O Christ God, And Thy disciples beheld Thy glory as far as they could see it; So that when they would behold Thee crucified, They would understand that Thy suffering was voluntary, And would proclaim to the world, That Thou art truly the Radiance of the Father!

### PROKEIMENON

**Tone 7** (Resurrection) — The Lord shall give strength to His people. The Lord shall bless His people with peace. (*Ps 28/29:11*)

*v: Offer to the Lord, O you sons of God! Offer young rams to the Lord!*  
(*Ps 28/29:1*)

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

## Today's Worship — Scripture Readings

### Epistle — 1 Cor 1: 10-18

<sup>10</sup> I appeal to you, brethren, by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. <sup>11</sup> For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. <sup>12</sup> What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." <sup>13</sup> Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? <sup>14</sup> I am thankful that I baptized none of you except Crispus and Gaius; <sup>15</sup> lest any one should say that you were baptized in my name. <sup>16</sup> (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized any one else.) <sup>17</sup> For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

<sup>18</sup> For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.

### Gospel — Matt 14: 14-22

<sup>14</sup> As he went ashore he saw a great throng; and he had compassion on them, and healed their sick. <sup>15</sup> When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." <sup>16</sup> Jesus said, "They need not go away; you give them something to eat." <sup>17</sup> They said to him, "We have only five loaves here and two fish." <sup>18</sup> And he said, "Bring them here to me." <sup>19</sup> Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the disciples, and the disciples gave them to the crowds. <sup>20</sup> And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. <sup>21</sup> And those who ate were about five thousand men, besides women and children.

<sup>22</sup> Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.

### ALLELUIA

**Tone 7** (Resurrection) — 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 8**—V. The heavens are Thine, the earth also is Thine! (Ps. 88:11a)

## Our Life in Christ—The Deacon's Beacon

### Once Upon a Mountain



Mountains have fascinated humans for eons. They are beautiful yet foreboding. They can dominate a horizon. They can serve as barriers while begging to be ascended. English mountaineer George Mallory died attempting to scale Mount Everest in 1924. When asked why he chose to climb the highest of peaks, he famously answered, "Because it is there!" Conquering a mountain is often invoked as a metaphor for any arduous task including the trials and tribulations of life itself. Success for summitting is

rewarded by not only viewing a panorama but to contemplate that which lies beyond.

The Orthodox Church holds that the message of the Bible from both the Old and New Testaments is a narrative about the Anointed One, the Messiah – our Lord and Savior, Jesus Christ. It is remarkable how much of that revelation is brought forth from the mountains of Judea. Scripture is replete with references to those peaks many of which are topographically little more than hills.

Noah's Ark came to rest upon Mount Ararat as the waters of the Great Flood receded. (Gen 8) The first sign given to Noah of the earth's restoration was a dove with an olive branch in its beak. God made a covenant with Noah commanding him to "go forth and multiply" for "I will never again curse the ground because of man, for the imagination of man's heart is evil from his youth"(Gen 8:21) The Ark is a foreshadowing of the Church and the dove of the Holy Spirit. God is steadfast in His covenant promise but not so for us who have repeatedly violated the contract in the vanity of our self-interest. Reconciliation would require an intercessor - a messiah - a savior- a Christ.

God commanded Abraham to take his first-born son Isaac and sacrifice him on Mount Moriah, even having Isaac carry the wood for his own pyre - "And Abraham took the wood of the burnt offering, and laid it on Isaac his son" (Gen 22:6) The faith and trust of Abraham lead the Father to spare Isaac preserving His promise – "And I will establish my covenant between me and you and your descendants after you throughout their generations for an everlasting covenant, to be God to you and to your descendants after you." (Gen 17:7) Again, God the Father is true to His word knowing that in the fullness of time He would not withhold His first-born Son for "the life of the world". Jesus would come to voluntarily bear the wood of His own sacrifice.

Upon Mount Sinai Moses encounters God in the uncreated light of the burning bush. The Ten Commandments are delivered inscribed in the rock by the "finger" of the Father with the covenant renewed again. The book of Exodus chronicles the story of the Hebrews being lead out of bondage in Egypt to sojourn in the dessert until they are brought into the land of Canaan. The narrative is punctuated with stories of human disobedience with nothing from God but steadfast love. The faithful but sinful Moses was not allowed to enter the Promised Land but only view it from Mount Nebo where he died. It is Joshua, son of Nun, (Jesus in Hebrew) who brings the "people of the book" to the Promised Land – a clear prefiguration of Jesus, the Christ, bringing us to His Kingdom.

Chapters five through seven of the Gospel of Matthew is collectively known as the Sermon on the Mount although the mountain is not named. It is the longest discourse given by Jesus to his disciples and includes the Beatitudes and the Lord's Prayer. In contrast to the Ten Commandments presented to Moses in clouds and thunder emphasizing the "shall-not", Christ delivers an affirmative piety of love

## Our Life in Christ—The Deacon's Beacon

for your enemy, almsgiving, fasting and humility. He contrasts this vision to that of the harsh piety of the scribes and Pharisees of the day – “For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.” (Matt 5:20)

The encounter of Moses with God on Mount Sinai parallels the New Testament narrative of the Transfiguration of Christ. Although the site is not identified in the Gospel, the early Church Fathers taught that this event took place on Mount Tabor. Nonetheless it is on a mountain that Jesus reveals the uncreated light of His Divinity to Peter, James, and John. Jesus is seen in the company of both Moses and Elijah representing the Law and the Prophets. On Sinai, Moses had discourse with the Father but was not allowed to see His face being placed in the cleft of a rock as the Glory of God passed by. (Ex 33:22) At the Transfiguration, “His [Jesus] face shone like the sun, and his garments became white as light.” (Matt 17:2) It is apparent that none of the Apostles fully understood the revelation at the time. It became clear only after His resurrection and glorification that Jesus Christ is consubstantial with the great “I am” of the Mosaic encounter.

Mountains are prominent in the events that we commemorate during Holy Week. It is on the Mount of Olives at the Garden of Gethsemane where Jesus prayed alone on the eve of His betrayal surrendering Himself to be tried, scourged, mocked, and crucified. Outside the walled city of Jerusalem there is a mound cast in the semblance of a skull known as Golgotha or Calvary. It is not hyperbole to consider this hillock to be the highest mountain ever scaled by a human being. It is from His Cross, which Jesus voluntarily carried and then ascended, that He speaks his final words offering Paradise to the repentant thief. From the summit of His Cross, Jesus viewed and submitted to the greatest apostasy of humankind while still offering forgiveness “for they know not what they do!”. (Luke 23:34)

The iconography of the Orthodox Church depicts Jesus on the mount of Calvary still hanging upon His Cross. Should not the Cross be empty? He is Risen! He is Ascended to sit eternally at the right hand of the Father. There is no disagreement here. The icon of the Crucifixion needs to be understood not as a depiction of torture, humiliation, and defeat but of victory over the wages of sin – death has been overthrown! His hands and arms that suffered the nails are now held outstretched to embrace humanity calling all of us to His salvation.

Life is a journey and along the pathway there are obstacles, mountains to be ascended often requiring arduous effort. As Orthodox Christians, we make the climb with the assurance of the love and companionship of Christ, understanding that as the scriptures have revealed, it is on those mountains that we encounter God! Amen.

Dn George Shumaik



*Photos of Mount Tabor from a distance and the Orthodox Monastery of St Elias on Mount Tabor*



## 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

### Monday Aug 9

6:30pm—Pannikhida/Trisagion for Konstantine Worth  
(refreshments in the hall)

### Tuesday Aug 9

11:00am—Funeral for Konstantine Worth followed by repast meal  
in church hall  
7:00pm—Parish Council Meeting

### Wednesday Aug 10

11:00am—Burial of Konstantine Worth at Miramar National  
Cemetery

### Wednesday Aug 10 (continued)

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 11

9:00am—Auxiliary Cooking Day (Pierogies)

### Sunday Aug 14

6:00pm—Great Vespers w/ Litya for Dormition

### Monday Aug 15

8:30am—3rd Hour & Festal Divine Liturgy followed by potluck  
breakfast and viewing of “Man of God” movie in church hall

**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!

<i>Name Days</i>		<i>Wedding Anniversary</i>	
Sbdn Ken (Herman) Telles	8/9	Michael & Carolyn Kapsimalis	8/7
<i>Birthdays</i>			
Russell (Vasily) Herbert			8/7
Darla Wang			8/8
Don (Yakov) Rylander			8/11
Val Neskin , Pearl Elizabeth Keeling			8/13

### 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