

August 14, 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

9TH SUNDAY AFTER PENTECOST—TONE 8

FOREFEAST OF THE DORMTION OF THE
THEOTOKOS
PROPHET MICAH

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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

“Know thyself”: this is true humility, the
humility that teaches us to be inwardly
humble and makes our heart contrite. Such
humility you must cultivate and guard. For if
you do not yet know yourself you cannot
know what humility is, and have not yet
embarked truly on the task of cultivating
and guarding. To know oneself is the goal
of the practice of the virtues.

*St. Nikitas Stithatos
On the Nature of Things*

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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.



“Lord, save me!”

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



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**

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.



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!

Bishop Boris Scholarship Recipients

At the recommendation of our Scholarship Committee and the approval of our Parish Council, the following people have been awarded this year's scholarships.

New: Alexis Rahal, Grace Cooper & Timothy Anderson

Continuing: Anna Rahal & Isabell Tekla Griebing

May God bless them with faith, discernment & persistence in their studies!

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 8

Thou didst descend from on high, O Merciful One! Thou didst accept the three-day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

Forefeast — Tone 4

Dance with joy, O peoples!
Clap your hands with gladness!
Gather today with fervor and jubilation;
sing with exultation!
The Mother of God is about to rise in glory,
ascending from earth to heaven.//
We ceaselessly praise her in song as truly
Theotokos.

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!

KONTAKIA

Resurrection — Tone 8

By rising from the tomb, Thou didst raise the dead and resurrect Adam. Eve exults in Thy Resurrection, and the world celebrates Thy Rising from the dead, O greatly Merciful One!

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.

Forefeast – Tone 4

Today the universe dances with joy at your
glorious memorial,
and cries out to you, O Mother of God:
"Rejoice, O Virgin, pride of Christians!"

PROKEIMENON

Tone 8 (Resurrection) — Pray and make your vows before the Lord, our God!
(Ps 75/76:11)

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

ALLELUIA

Tone 8 (Resurrection) — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps. 94:1)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)

Today's Worship — Scripture Readings

Epistle — 1 Cor 3:9-17

⁹ Indeed, we are God's co-workers! You are God's field, God's building. ¹⁰ According to the grace of God which was given to me, as a wise master builder, I have laid a foundation, and another builds on it. But let everyone be careful how he builds on it! ¹¹ As it is, no one can lay any other foundation than the one that has [already] been laid, which is Jesus Christ. ¹² But as one builds on that foundation with gold, silver, precious stones, wood, hay, or stubble, ¹³ each person's work will be revealed. Certainly, the Day will make it manifest, because it is revealed in fire; and the fire will test everyone's work. ¹⁴ If what someone has built on the foundation remains, then a reward shall be received. ¹⁵ [On the other hand], if someone's work is burned, it will be lost, but that person shall be saved, as through fire.

¹⁶ Do you not know that you are a sanctuary of God, and that God's Spirit lives in you? ¹⁷ If anyone destroys God's sanctuary, God will destroy him because God's sanctuary is holy, and this is what you are!

Gospel — Matt 14: 22-34

²² Immediately after this, Jesus made his disciples get into the boat and told them to go ahead of him to the other side, while he would send the crowds away. ²³ After he had sent the people away, he went up into the mountain by himself in order to pray. When evening came, he was there alone. ²⁴ But the boat was now in the middle of the sea, distressed by the waves, because the wind was against it. ²⁵ In the fourth watch of the night, Jesus came to them, walking on the sea. ²⁶ When the disciples saw him walking on the sea, they were troubled and said, "It is a ghost!" and they cried out in fear. ²⁷ But at once, Jesus spoke to them, saying "Take heart! It is I! Do not be afraid."

²⁸ Peter answered him and said, "Lord, if it is you, tell me to come to you upon the waters."

²⁹ And Jesus said, "Come!"

Peter stepped down from the boat and walked on the waters to come to Jesus. ³⁰ But when he saw that the wind was strong, he became afraid and beginning to sink, he cried out, saying, "Lord, save me!"

³¹ Immediately, Jesus stretched out his hand, took hold of Peter, and said, "You of little faith, why did you doubt?" ³² When they got up into the boat, the wind ceased. ³³ Those who were in the boat came [forward] and expressed adoration to him, saying, "You are truly the Son of God!"

³⁴ When they had crossed over [the lake], they arrived in the land of Gennesaret.

Orthodox Christians & Death - Part 1

“We are dying, yet behold, we live ...” (2 Corinthians 6:9)

The vital importance of preparing for death cannot be stressed enough for Orthodox Christians. The patristic maxim to “be ever mindful of your death” has obvious ramifications for our spiritual state while we are alive “in this world.” However, the Fathers’ admonition can equally apply to the realm that surrounds our own dying, death and burial as they relate to our family, parish, and friends. That is, we would do well to plan as much as possible for our death so that many challenging and painful decisions will not need to be made under the weighty pressures of grief, shock and anxiety.

It is critical that we not put our discussion of death and burial off until it is too late. There must be an on-going awareness of death during our entire lifetime.

St. Isaac the Syrian once wrote:

In your heart, be always ready for your departure. If you are wise, you will expect it at every hour... Go to sleep with these thoughts every night, and reflect upon them every day. When the messenger comes, go joyfully to meet him, saying: “Come in peace. I knew that you would be here and I have not neglected anything that could help me on my journey” (The Mystic Treatises, 1923, pp. 308-9).

Orthodox Christians have a decided advantage here. We are constantly reminded of death in our worship as we pray “for a Christian ending to our lives, painless, blameless, peaceful, and for a good account of ourselves before the awesome, dread judgment seat of Christ.” We are also continually reminded to pray for our loved ones who have died before us during Memorial Saturday Liturgies, as well as the 1st, 3rd, 9th, 40th day of their repose and subsequent annual prayer services (Trisagion, Pannikhida, etc.) for them.

We should keep this recollection before us continually in our Rule of Prayer. Mindfulness of death in the patristic sense is not the denial of life, but rather its enhancement. The quality of Orthodox Christian living is intense and serious, and it is wonderfully transfigured by God’s grace into hopefulness, joy, and faithfulness.

The reality of death for us is indeed a crisis and tragedy on one level. But beyond that, it also means that we shall be restored to our original likeness. In Christ, we are meant to be restored to our original life in communion with God. This begins at our baptism and lasts our whole life long, unto the ages of ages — from one degree of glory to the next.

Without becoming macabre, the Orthodox pastor should continually help to prepare his parishioners to face their death and the death of their fellows. The priest can and should assist with such things as physician orders for life-sustaining treatment and advance directive forms; the choice of a cemetery plot (Orthodox Christians are traditionally buried with their feet toward the east); the choice of a grave liner or vault (where applicable or required); the choice of a funeral home; the choice of a casket; choice of embalming or refrigeration; the degree to which the family will assist in the preparation of and laying-out of the body; choice of pall bearers; even the choice of burial clothing. The presence of the priest during planning can occasionally cause discomfort for the funeral director, but having the pastor along will help keep the family from being taken advantage of by the funeral industry. Given the fact that the priest plays a central role in the liturgy of death, it is actually very fitting that he accompany the family to the cemetery and funeral home to make arrangements. The selection of caskets, grave liners, etc., can be an area where an objective third-party is helpful. At this time, it is wise to identify someone who can act as the main contact person between the family and the priest about these arrangements.

(To be continued)

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.

Ἡ ΚΟΙΜΗΣΙΣ ΤΗΣ ΘΕΟΤΟΚΟΥ



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

Sunday Aug 14

6:00pm—Great Vespers & Litya for Dormition w/ blessing of flowers & herbs

Monday Aug 15—Dormition

8:30am—3rd Hour & Festal Divine Liturgy
w/ blessing of flowers herbs

After Liturgy—Potluck Breakfast & Showing of Movie
“Man of God”

Tuesday Aug 16

11:00am—Diamond Circle Lunch with Pauline Somers at Old Spaghetti Factory in San Marcos
Meet at Church Hall at 11am

Wednesday Aug 17

10:30am — Father’s Café
In Person in Church Hall & via Zoom (see online calendar for link)

Thursday Aug 18

9:00am — Auxiliary Cooking Day

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

Mary Caetta, Panagiota Rahal 8/15

Birthdays

Dee Leger Pluta 8/15

Layla Kathryn Menig 8/1

Anna Martot, Milos Vuskovich 8/20

Wedding Anniversaries

John & Iryna Thayer 8/18

Archpriest Alexander & Vickie (Vera) Federoff, Archpriest Michael & Vickie Anderson,
& Steven & Phyllis (Photini) Brown 8/20

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