

September 11, 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

13TH SUNDAY AFTER PENTECOST—TONE 4

SUNDAY BEFORE THE ELEVATION OF THE
CROSS

AFTERFEAST OF THE NATIVITY OF THE
THEOTOKOS

ST. THEODORA OF ALEXANDRIA
HIEROMARTYR AUTONOMOUS

+

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

Through this woman, the pledge of our
salvation has been made and kept, in that
this marvelous creature has both reached
the limits of our lot and has paid the
common debt proper to our nature. And if
not all the features of her life were the
same as ours, that is due simply to her
nearness to God.

St. Andrew of Crete

+

**Include Something in the Bulletin or
Be Included in our Weekly
(NEWS@StJohnofDamascus.org)
E-mails**

E-mail info@stjohnofdamascus.org



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

Parish Life

Church School for Children & Youth 1st & 3rd Sunday of Month Youth Choir 2nd & 4th Sunday of Month Fr Michael & Teens 2nd Sunday of Month AFTER Choir

This year our Church School for children and youth on Sundays will be held on the 1st and 3rd Sundays of the month.

Our children's and youth choir (for those able to read) will be held on the 2nd and 4th Sundays of the month.



Scrip Sales Coordinators Needed

We need 2-3 people to sell scrip gift cards.

Please consider helping with this substantial fund raiser and speak to Carmen Brown, Tanya Franchak of Fr Michael if you are interested.



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.

Church School Registration Begins for 2022-2023

Registration for this coming year's church school program is beginning. Registration forms will be distributed to families beginning this weekend. Parents, please complete the forms and return them ASAP so our teachers can plan appropriately. Please see Bill Moision to get a form for your family.

NOTE: Church school will be held on the 1st and 3rd Sundays of each month. Youth Choir will be held on the 2nd and 4th Sundays.

Some dates:

Beginning of Church School 9/18
Church School BBQ 9/25

OCA Parish Development Webinars

Thursday September 15: 7:30 PM (EDT) -

Sarah Byrne Martelli, an Orthodox chaplain and bereavement counselor, will share tips about *"Being a Ministry of Presence to the Grieving"* based on her book "Memory Eternal: Living with Grief as Orthodox Christians".

Thursday September 22 7:30 PM (EDT) - Kenny

Kidd, executive director of FOCUS North America, notes that many people believe that only larger parishes in urban areas can successfully provide food, clothing, and shelter to the impoverished around them. Kenny will dispel that myth in his session: *"Creating Opportunities to See and Serve Our Parish Neighbors"*.

Thursday September 29 7:30 PM (EDT) - Father

Justin Patterson, pastor at Saint Athanasius Church, Nicholasville, KY will review seeming 'failures' that eventually led to future ministry progress in his segment titled *"Hopes and Hurdles: Three Stories of Challenges in Growing Parish Ministry"*.

Attendees must register for each webinar separately. (No series registration.). Each

webinar is available without charge. More information about each webinar and the links for registration can be found at

<https://www.ocadwpa.org/2022parishdevforumencorewebinarseries>

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!”

Nativity of the Theotokos — Tone 4

Your nativity, O Virgin,
has proclaimed joy to the whole universe!
The Sun of righteousness, Christ our God,
has shone from you, O Theotokos.
By annulling the curse,
He bestowed a blessing.//
By destroying death, He has granted us eternal
life.

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. Theodora — Tone 8

The image of God was truly preserved in you,
O Mother,
for you took up the Cross and followed Christ.
By so doing you taught us to disregard the
flesh for it passes away
but to care instead for the soul, since it is
immortal.//
Therefore your spirit, venerable Theodora,
rejoices with the Angels.

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!

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. Theodora – Tone 2

You depleted your bodily strength by fasting,
vigil, and prayers,
entreating the Creator to grant forgiveness of
your sin;
having received it, you showed us the way of
repentance,
Venerable Mother Theodora.

Nativity of the Theotokos – Tone 4

By your nativity, most pure Virgin,
Joachim and Anna are freed from barrenness,
Adam and Eve -- from the corruption of death.
And we, your people, freed from the guilt of sin,
celebrate and sing to you://
“The barren woman gives birth to the
Theotokos, the nourisher of our Life.”

Today's Worship — Hymns

Epistle—Gal 6: 11-18

¹¹ See with what large letters I am writing to you with my own hand. ¹² It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. ¹³ For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. ¹⁴ But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. ¹⁵ For neither circumcision counts for anything, nor uncircumcision, but a new creation. ¹⁶ Peace and mercy be upon all who walk by this rule, upon the Israel of God. ¹⁷ Henceforth let no man trouble me; for I bear on my body the marks of Jesus.

¹⁸ The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Epistle—1 Cor 16: 13-24

¹³ Be watchful, stand firm in your faith, be courageous, be strong. ¹⁴ Let all that you do be done in love.

¹⁵ Now, brethren, you know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints; ¹⁶ I urge you to be subject to such men and to every fellow worker and laborer. ¹⁷ I rejoice at the coming of Stephanas and Fortunatus and Achaicus, because they have made up for your absence; ¹⁸ for they refreshed my spirit as well as yours. Give recognition to such men.

¹⁹ The churches of Asia send greetings. Aquila and Prisca, together with the church in their house, send you hearty greetings in the Lord. ²⁰ All the brethren send greetings. Greet one another with a holy kiss.

²¹ I, Paul, write this greeting with my own hand. ²² If any one has no love for the Lord, let him be accursed. Our Lord, come!

PROKEIMENON

Tone 6 (Sunday before Elevation) — O Lord, save Your people, and bless Your inheritance! (*Ps 27/28:9*)

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

Tone 3 (*Song of the Theotokos*) — My soul magnifies the Lord, and my spirit rejoices in God my Savior. (*Lk 1:46-47*)

Today's Worship — Scripture Readings

Gospel — John 3: 13-17

¹³ No one has ascended into heaven but he who descended from heaven, the Son of man. ¹⁴ And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, ¹⁵ that whoever believes in him may have eternal life.”

¹⁶ For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. ¹⁷ For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.

Gospel — Matt 21: 33-42

³³ “Hear another parable. There was a householder who planted a vineyard, and set a hedge around it, and dug a wine press in it, and built a tower, and let it out to tenants, and went into another country. ³⁴ When the season of fruit drew near, he sent his servants to the tenants, to get his fruit; ³⁵ and the tenants took his servants and beat one, killed another, and stoned another. ³⁶ Again he sent other servants, more than the first; and they did the same to them. ³⁷ Afterward he sent his son to them, saying, ‘They will respect my son.’ ³⁸ But when the tenants saw the son, they said to themselves, ‘This is the heir; come, let us kill him and have his inheritance.’ ³⁹ And they took him and cast him out of the vineyard, and killed him. ⁴⁰ When therefore the owner of the vineyard comes, what will he do to those tenants?” ⁴¹ They said to him, “He will put those wretches to a miserable death, and let out the vineyard to other tenants who will give him the fruits in their seasons.”

⁴² Jesus said to them, “Have you never read in the scriptures:

‘The very stone which the builders rejected
has become the head of the corner;
this was the Lord’s doing,
and it is marvelous in our eyes’?

ALLELUIA

Tone 1 — V. I have exalted one chosen out of My people. (Ps. 88:18b)

V. For My hand shall defend him and My arm shall strengthen him. (Ps. 88:20)

Tone 8 — V. Hearken, O daughter, and see, and incline thine ear! (Ps. 44:9a)

Orthodox Christians & Death - Part 5—Suicide

(See previous week's bulletin for Parts 1—4)

Our faith teaches us that, no matter how hopeless our plight in life may seem, with God there is always cause to have hope. Our Lord continually emphasizes this, not only by His words, but likewise by His deeds, and most specifically by the miracles that He performed which transformed what often seemed to be hopeless situations into occasions of joy.

As seen in the image of Judas, who sunk into despair and hopelessness and hung himself—he, like the Wise Thief, could have repented and sought and received forgiveness—when one forgets that “with God, all things are possible,” one can indeed sink to such a state of despair that suicide might appear to be a solution. However, as we know, suicide is never a valid solution to life’s trials and difficulties and, as such, it might be termed the ultimate form of despair, the ultimate admission that even with God, there is no hope for one’s life and crises.

God is the Source and Giver of life—life which is sustained by the Holy Spirit, Who dwells within each of us. To willfully take one’s life, then, is to willfully cut oneself off from the Source of one’s life, to project a sense of hopelessness that cannot be reversed, even by the God Who sent His Son into this world precisely to give us the faith and hope to see, to accept, and to share His divine love. There is no problem, no crisis, no sin that is too great to overcome, if only we hold fast to that hope which is, as Scripture teaches, in us by virtue of the indwelling of the Holy Spirit, Who abides in us and claims us as God’s own.

Of course, there are many factors to consider in cases of suicide, just as there can be many factors which would lead someone to despair and hopelessness. There are those who would, on the one hand, see suicide as an unpardonable sin, one which precludes one’s salvation. On the other hand, there are those who would acknowledge that one who takes his or her own life cannot possibly be acting in a clear and conscious manner, being overcome by darkness or intense mental or emotional illness. In the case of any given suicide, of course, it is difficult to discern the multitude of factors that can lead to such personal destruction, leading many to reserve personal judgment against a victim of suicide. Complex as the issue can be, one thing, however, is certain: Our lives are not our own but, rather, a gift from God—a sacred gift entrusted to us which must be used wisely, nurtured lovingly, and accepted thankfully, regardless of the difficulties one may encounter. As such, our life is not ours to take, any more than taking the life of another is ours to take.

There are those who would categorically claim that those who commit suicide are victims—victims of overwhelming odds, victims of a bad upbringing, victims of abusive situations or addictions or any number of unfortunate circumstances. Indeed, such can be the case; regardless, it is precisely to lighten such burdens that Our Lord came into the world, proclaiming new life for all who would opt to change their hearts and minds and vision and direction and accept the hope that He freely offers to everyone who desires it, regardless of their sins or odds or upbringing or addictions. In Him, there is no situation, no problem that is too great to overcome; in Him, we are reminded that what overwhelms us today is often forgotten tomorrow, if only we focus on Him in faith, cling to Him in hope, and become one with Him in love.

In short, suicide never solves the problem; rather, it prevents us from putting the problem behind us, with God’s help, while delighting in the new life that He, and He alone, promises to all who place their burdens on Him.

The act of suicide is a profound tragedy affecting a parish. It necessitates prayers for forgiveness for the sake of the departed and exhorts the members of the parish community to repentance and sorrow. The Orthodox Church normally denies a Church burial to a person who has committed suicide. However, factors bearing on the particular case may become known to the priest, who must share this information with the diocesan hierarchy; the hierarchy will consider the factors and make the decision concerning funeral services.

Parish Life

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.

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
Scrip Card Coordinators/Sellers

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.



Auxiliary Cooking Days in September

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

Thursday Sept 15— Stuffed Cabbage

Thursday Sept 22—Stuffed Cabbage

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



LOOKING AHEAD

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

Sunday Sept 11

After Liturgy — Auxiliary Meeting

Tuesday Sept 13

6:00pm — Great Vespers & Litya for the Exaltation of the Cross

Wednesday Sept 14 Exaltation of the Cross

8:30am — 3rd Hour & Festal Divine Liturgy

7:00pm — Parish Council Meeting

Thursday Sept 15

9:00am — Auxiliary Cooking Day

Sunday Sept 18

After Liturgy—Molieben for Beginning of Instruction

1st Day of Church School

Monthly Service for the Departed

Tuesday Sept 20

11:00am — Diamond Circle

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

Sophia Geralt, Tessa (Sophia) Stavrou,
Matushka Vickie (Vera) Federoff, Vera Klavzar 9/17

Birthdays

David Martot 9/11
Challen Henry, Caitlin (Juliana) Gannon 9/12
Veronica Rahal 9/14
William (Vladimir) Moision, Liam Sullivan, Angeliqye My-Uyen Herbert 9/16

Wedding Anniversaries

Sarah & Alan Michaud 9/13

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