

September 18, 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

14TH SUNDAY AFTER PENTECOST—TONE 5

SUNDAY AFTER THE ELEVATION OF THE  
CROSS

ST EUMENES, BISHOP OF GORTYNA

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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**

You are not born a Christian,  
you become one.

- *Tertullian*

The Lord fills His teachers with grace  
according to the quality and longing of  
those that listen.

- *St. John Cassian*

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**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

### **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 BBQ NEXT SUNDAY Please RSVP to Bill Moision**

Next Sunday we will be having our regular BBQ to kick-up the Church School Year.

Please....

1. RSVP to Bill Moision so he can purchase appropriate amounts of supplies.
2. Sign-up to bring something to the BBQ such as salad, desserts, chips/dip, etc See Bill Moision.

**Note: Parents this is NOT a drop off event. Be prepared to stay with and supervise your child/children.**

**A map with directions can be found in the narthex and in the church hall.**



### **Adult Ed Topic Search**

#### **Classes Begin Wed Oct 12 7-8:30pm**

All our parish education efforts this year will focus on the Gospel & the Gospels.

If you have a specific topic you would like to discuss and learn more about within the 4 Gospels please share it with Fr Michael.



### **Orthodox Christianity 101 Class Day/Time Search**

We will be offering our "101 Class" on the Faith beginning the week of Oct 10. If you are interested in participating and have a preferred day and time please speak with Fr Michael.

Options include things like: Saturdays 4-5:30pm, Mondays 7-8:30pm

## 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.

#### 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. Eumenes – Tone 4

We have you as a friend and helper,  
gracious advocate Eumenes:  
for compassion flowed from you  
and you pour forth healings on the Church.//  
Protect those who honor you.

### Archpastoral Visit of His Eminence Archbishop Benjamin Nov 5-6

His Eminence Archbishop Benjamin will be with us the weekend of Nov 5-6. Please mark your calendars, plan on attending services on both days and invite others to join us!

The fullness of the Church and its worship is always made manifest with the presence of the bishop. "Where the bishop appears, there let the people be, even as wheresoever Christ Jesus is, there is the catholic church."  
*St Ignatius of Antioch*

### KONTAKIA

#### Resurrection — Tone 5

You descended into hell, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
You have delivered Adam from the curse, O  
Lover of man,//  
and we cry to You: "O Lord, save us!"

#### 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. Eumenes – Tone 2

Radiant with divine light, O blessed one,  
illumine us who lovingly praise your precious  
and glorious passing;  
O Hierarch Father Eumenes,//  
unceasingly intercede for us all.

#### Cross— Tone 4

As You were voluntarily raised upon the Cross  
for our sake,  
grant mercy to those who are called by Your  
Name, O Christ God;  
make all Orthodox Christians glad by Your  
power,  
granting them victories over their adversaries//  
by bestowing on them the invincible trophy,  
Your weapon of peace!

## Today's Worship — Epistle Readings

### Galatians 2:16-20

<sup>16</sup>yet knowing that no one is justified by the works of the law but through faith in Jesus Christ, we believed in Christ Jesus, so that we might be justified by faith in Christ, and not by the works of the law, because no one will be justified by the works of the law. <sup>17</sup>But if, even though we desired to be justified in Christ, we were found to be sinners, does that mean that Christ is a servant of sin? Certainly not!

<sup>18</sup>Indeed, if I build up again those things which I [once] destroyed, I show that I am breaking the law. <sup>19</sup>For I, through the law, died to the law, so that I might live to God. <sup>20</sup>I have been crucified with Christ, and it is no longer I who live, but Christ who lives in me. I now live this life in the flesh, but I live [it] by faith in the Son of God, who loved me and who gave himself up for me.

### 2 Corinthians 1:21-2:4

<sup>21</sup>Now the one who establishes us with you in Christ and who has anointed us is God. <sup>22</sup>He has also sealed us and given us the pledge of the Spirit in our hearts. <sup>23</sup>I call God as a witness to my soul, that to spare you I did not come to Corinth. <sup>24</sup>It is not that we have lordship over your faith: we are fellow workers with you for your joy, as you stand firm in faith.

But I resolved this for myself: that I would not return to you in sorrow. <sup>2</sup>If I cause you distress, who will bring me joy except for you, the very ones whom I grieve? <sup>3</sup>Indeed, I wrote to you as I did, so that when I came, I would not have sorrow from the ones who should be my joy; but I trust in you all, that my joy would also be shared by all. <sup>4</sup>It was out of much affliction and anguish of heart that I wrote to you with many tears, not to cause you distress but to let you know what overflowing love I have for you.

### PROKEIMENON

**Tone 7** (Sunday after Elevation) — Extol the Lord our God: worship at His footstool for it is holy! (Ps 98/99:5)

*v: The Lord reigns, let the people tremble! (Ps 98/99:1)*

### ALLELUIA

**Tone 1** — V. Remember Your congregation, which You have gotten of old! (Ps. 73:2)

V. God is our King before the ages; He has worked salvation in the midst of the earth! (Ps. 73:13)

## Today's Worship — Gospel Readings

### Mark 8: 34—9:1

<sup>34</sup> Jesus called the multitude to himself with his disciples and said to them, "Whoever wants to come after me, let him deny himself, take up his cross, and follow me. <sup>35</sup> Indeed, whoever wants to save his life will lose it; and whoever will lose his life for my sake and for the sake of the Good News will save it. <sup>36</sup> What will it profit if someone gains the whole world and loses his life? <sup>37</sup> Or what will someone give in exchange for his life? <sup>38</sup> Whoever will be ashamed of me and my words in this adulterous and sinful generation, the Son of Man also will be ashamed of when he comes in the glory of his Father with the holy angels." The Lord's transfiguration

Jesus said to them, "Amen, I tell you that there are some standing here who will not taste death until they see the Kingdom of God come with power."

### Matthew 22:1-14

<sup>22</sup> Jesus now addressed them with another parable, saying: <sup>2</sup> "The Kingdom of Heaven is like a king who planned a wedding feast for his son. <sup>3</sup> He then sent out his slaves to call those who were invited to the wedding feast, but they refused to come. <sup>4</sup> Again, the king sent out other slaves, saying: 'Tell those who are invited, "Behold, I have prepared my dinner! My cattle and my fatted calves have been killed and everything is ready. Come to the wedding feast!"' <sup>5</sup> But those who were invited made light of it and went off, one to his own farm, another to his merchandise, <sup>6</sup> and the others seized the king's slaves, treated them shamefully, and killed them. <sup>7</sup> But when the king heard about it, he was furious. He sent out his soldiers to destroy those murderers and to burn their city. <sup>8</sup> Then the king said to his servants, 'The wedding is ready, but those who were invited were not worthy. <sup>9</sup> Go therefore to the crossroads of the highways, and as many people as you may find, invite to the wedding feast.' <sup>10</sup> Those slaves went out into the highways and gathered as many people as they could find, both good and bad. Thus, the wedding [hall] was filled with guests. <sup>11</sup> But when the king came in to see the guests, he saw a man who was not wearing a wedding garment. <sup>12</sup> He asked him, 'Friend, how did you come in here, not wearing a wedding garment?' And the man was speechless. <sup>13</sup> Then the king said to the servants, 'Bind him hand and foot, take him away, and throw him into the outer darkness where there will be weeping and grinding of teeth.' <sup>14</sup> Indeed, many are called, but few are chosen!" <sup>14</sup> For many are called, but few are chosen.

## Orthodox Christians & Death - Part 6—End of Life Decisions

*(See previous week's bulletin for Parts 1—5)*

### **Palliative Care & Advanced Directives**

The Church teaches that life is sacred and that care should be given to alleviate suffering. As our knowledge of medicine and technology increases end of life decisions have become increasingly difficult and often heart wrenching. More and more people find themselves having to make life and death decisions for loved ones.

There are 2 major “poles” that the Church tries to avoid when dealing with end of life decisions and palliative care. The first extreme is that biological life must be preserved at all costs. The idea is if we have a way to keep the person physically alive we must do so no matter what. This denies the reality of the Resurrection and creates an idol out of biological living and breathing.

The second extreme is that life is in some ways something to be discarded if it gets difficult or if the rational part of the person is no longer accessible. This approach denies the salvific side of suffering that was made evident by our Lord, Himself, on the Cross and denies that the soul is present in the person even when the mind ceases to function in a way that helps us interact with them.

Each person's situation is unique and should be prayed upon within this framework trying to avoid each of these poles and asking the Lord, the Lover of mankind to grant wisdom & discernment, and seeking the advice of their spiritual father.

Each person should reflect on these situations and prepare advanced directives or a living will to articulate their wishes. Some questions to consider:

1. If your heart stops, do you want attempts made to start it? This is called cardiopulmonary resuscitation, or CPR, and usually includes cardiac compressions, electric shocks, placement of a tube from the nose or mouth into the lungs, and possibly the use of a ventilator to breathe for you. If there are no direct orders to the contrary, all emergency personnel will do CPR. If you do not wake up after CPR, would you want the ventilator to be discontinued to see if you would be able to breathe on your own? If you cannot breathe on your own, how many days would you want to remain on the ventilator? If you do not want full CPR, would you want intravenous (IV) medication if you had a serious disturbance of the heart rhythm? If you do not want full CPR, would you want ventilator support for a short time for something such as pneumonia?
2. If you are in a permanent coma, do you want to have artificially administered fluids and nutrition through intravenous tubes or through a feeding tube into your stomach (via the nose or directly through the abdominal wall)? If not, how long should the doctors wait to see if you could eat on your own?
3. Do you want antibiotics for infections? If so, do you want only oral antibiotics or would you accept intravenous or intramuscular (IM) antibiotics? Generally, the decision to give no antibiotics is used only for someone very close to the end of life.
4. Would you accept surgery for emergency problems such as appendicitis? Would you accept surgery for cancer? If not, do you want your doctor to continue doing screening tests for cancer, such as rectal exams, sigmoidoscopies, or mammograms?
5. Do you want to donate any organs after death?
6. Do you have strong feelings for or against post-mortem exams (autopsy)?

The answers to these questions usually change as a person gets older or develops serious illnesses such as cancer, Alzheimer's disease, or severe lung disease.

You should prepare the answers in a written form and share it with those close to you. A copy of this can be kept on file in the priest's confidential files.

*Next week some conclusions and a check list.*

## Parish Life

### Ministry Coordinator Directory

Below are the people who coordinate 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 — Parish Council

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.

### Auxiliary Cooking Days in September

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

Thursday Sept 22—Stuffed Cabbage

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

### Luncheon Collection for Christmas Shoebox Ministry

The past 2 years we have participated in a "Christmas Shoebox" ministry that provides Christmas gifts in packages the size of shoeboxes to impoverished children around the world.

Today's luncheon collection will go towards that ministry. Please give as you are able.



### OCA Parish Development Webinars

**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>



## LOOKING AHEAD

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

### Sunday Sept 18

After Liturgy—Molieben for Beginning of Instruction  
1st Day of Church School  
Monthly Service for the Departed

### Mon—Wed (9/19-21)

Fr Michael Travels to San Fran for Diocesan Council Meetings

### Tuesday Sept 20

11:00am — Diamond Circle—Church Hall

### Thursday Sept 22

9:00am — Auxiliary Cooking Day

### Sept 23-Oct 6

Fr Michael Vacation

Fr John Robinson will cover services 9/24-25  
Fr Alexander Federoff will cover services 10/1-2

### October 10-14

Father's Café & Adult Ed Classes Resume

**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*

Peter Anderson, Tekle Griebing 9/24

#### *Birthdays*

Sadie Perez, Elena Sullivan, Valerie Lane 9/19

#### *Wedding Anniversaries*

Nika & Craig Carlson, Peter & Megan Franchak 9/20

### PARISH CONTACT INFO:

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**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

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