

November 20, 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

23RD SUNDAY AFTER PENTECOST—TONE 6

FOREFEAST OF THE ENTRY OF THE  
THEOTOKOS INTO THE TEMPLE  
ST. GREGORY DECAPOLITES

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### Welcome!

...to all who have gathered to follow  
Jesus Christ and 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.

Please join us for our fellowship meal  
following the service

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### From the Holy Fathers

You will lose nothing of what you have  
renounced for the Lord's sake. For in time it  
will return to you greatly multiplied  
- *St. Mark the Ascetic*

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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.

### Why do we fast before Christmas?

Whenever we fast, we “shift our focus” from ourselves to God & others. We learn through fasting that, in Christ, we can gain control over things which we sometimes allow to control us—and for many people, food is a controlling factor. While fasting from food, however, we are also challenged to fast from sin, from gossip, from jealousy, from anger, and from those other things which, while well within our control, we all too often allow to control us.

Just as we would refrain from eating a lot before going to an expensive restaurant for dinner—if we “ruin our appetite” we will enjoy the restaurant less—so too we fast 40 days before the Nativity of our Lord in the Flesh in order to more fully feast and celebrate on the Nativity itself..

During the Nativity Fast, we are called upon to refrain from meat, dairy, fish, wine, and olive oil. At the same time, we are challenged, within this framework, to fast to the best of our ability, and to do so consistently. If we must modify the extent to which we fast within this framework, it is of course possible, but in every instance our fasting should be consistent and regular, for Christ does not see fasting as an option, but as a “must.” In Matthew Christ says, “WHEN you fast,” not “IF you fast” or “IF YOU CHOOSE to fast.”

It seems quite odd that in our society—a society in which people gladly and freely spend huge sums of money for diets, most of which recommend that one refrain from red meats, dairy products & alcohol—fasting is not more widely embraced. When a diet guru or fad suggests it we accept it. When Christ's Church says the same things for the health of body AND soul we tend to balk, as if we were being asked to do the impossible. -*Fr John Matusiak*

## Parish Life

### Adopt a Poway Family

Our local Poway Unified School District is once again coordinating an "Adopt a Family" program for local families.

This year St John's is adopting 3 families (each with 3 children).

Information about purchasing items for these families can be found on the bulletin board in the church hall.

If you have a questions, please contact Ken Telles.



### 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.



### 1 or 2 Scrip Sales Coordinators Needed

We have 3 people who have stepped forward to offer help with coordinating our Scrip Sales on Sundays after Liturgy. Thank you!!!

We are still looking for 1 or 2 more to fill out the team.

Please consider helping with this substantial fund raiser and speak to Carmen Brown, Gene Francello or Fr Michael if you are interested.

### Auxiliary Thanksgiving Ethnic Foods & Bake Sale

**Save the Date**

**Saturday Nov 19 — 11am-2pm  
Get Your Orders In!**

On Saturday Nov 19 from 11:00am—2:00pm our Auxiliary will be having its Thanksgiving Ethnic Foods & Bake Sale.

Pre-orders are taken by phone or email.

All our traditional ethnic foods and freshly made-baked goods will be available. A menu flyer with ordering instructions has been emailed and posted on our website at

<https://stjohnofdamascus.org/st-johns-auxiliary/>

We encourage you to order early.

To be added to the Auxiliary's e-mail list and receive this year's menu immediately, send an email to [Auxiliary@stjohnofdamascus.org](mailto:Auxiliary@stjohnofdamascus.org) or

### Annual Youth Sunday—Dec 4

The purpose of Youth Sunday is to involve all the Youth of St. John of Damascus Orthodox Church on the Sunday closest to our Parish Name Day celebration. Everyone will have an opportunity to participate in various ministries during the Divine Liturgy. Children are welcome to come early to help decorate the Church with flowers.

There will be a sign-up planning sheet to coordinate everything beginning next Sunday

For more information you can speak to one of our Church School teachers.

### Dates for 2021

#### **FAST SEASONS**

Nativity Fast/Advent      Nov 15-Dec 24

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

After Christmas              Dec 26-Jan 4

## Parish Life

### **St John's to Host World-Renowned, Grammy Nominated Church Musician Vladimir Gorbik for Area Workshops Dec 2-4**

We are blessed to have a world renowned Orthodox church musician hosting a choir director, choir and reader workshop the weekend of our patronal feast day. Vladimir Gorbik is a true student and servant of the church focusing on increasing the skills of those who read, sing and conduct choirs during our services.

In addition to the various workshops on Friday and Saturday and Sunday after Liturgy Vladimir will be conducting the choir for the liturgy of our patronal feast day on Sunday Dec 4.

Given St John of Damascus' role as a hymnographer, it seems incredibly appropriate to host this wonderful event not just for ourselves but for our brothers and sisters in Christ in the area.

See the flyers posted in the church and the church hall.



### **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**

### **Baptism of Paul Swanson Dec 10 10:30am**

Our catechumen and friend Paul Swanson will receive Holy Baptism & Chrismation on Saturday Dec 10 at 10:30am.

Everyone is welcome to come and add their "Amen" to this life-changing event.

There will also be a reception following at Paul & Marina's home. They would like to invite all those attending the baptism to be part of the celebration afterward.

Please RSVP to Marina by Dec 3 at 619-405-2444



### **Pick Up Your Bake Sale Orders**

We had a wonderful bake sale yesterday and due to the hard work and dedication of our Auxiliary members we raised about \$8,000 so far. It was wonderful to see so many of our neighbors come and pick up their orders, some of which took the opportunity to come and see our church temple.

If you haven't picked up your order yet, please do so today after church.

### **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.

## Today's Worship — Hymns

### 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!

#### **Forefeast — Tone 4**

Today Anna bequeaths joy to all instead of sorrow,  
by bringing forth her fruit, the only ever-Virgin.  
In fulfillment of her vow,  
today with joy she brings to the temple of the Lord  
the true temple and pure Mother of God the Word.

#### **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. Gregory & Proclus— Tone 4**

The twofold lamps of divine gifts,  
Proclus, shepherd of New Rome, and Gregory,  
scion of Decapolis,  
guide us by the light of grace as divinely-  
inspired fathers!  
Let us draw near and eagerly beseech them,  
that we may receive forgiveness and salvation  
of our souls!

### 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. Gregory – Tone 3**

The Church knows you to be a brilliant sun  
enlightening all with the rays of healing and the  
beauty of virtue.  
Therefore, as we celebrate your honored  
memory,  
We glorify your struggles,  
ever-blest and all-wise Father Gregory.

#### **Forefeast — Tone 4**

Today the universe is filled with joy  
at the glorious feast of the Mother of God,  
and cries out: "She is the heavenly tabernacle."

## Today's Worship — Scripture Readings

### Epistle Ephesians 2: 4-10

<sup>4</sup>But God who is rich in mercy, on account of his great love by which he loved us, <sup>5</sup>even when we were dead through our trespasses, made us alive together with Christ. By grace you have been saved! <sup>6</sup>God raised us up with him, and granted us to sit with him in the heavenly places in Christ Jesus, <sup>7</sup>so that in the ages to come, he might show the overflowing treasure of his grace in kindness toward us, in Christ Jesus. <sup>8</sup>Yes, by grace you have been saved through faith, and not by yourselves. It is the gift of God, <sup>9</sup>not of works, so that no one would boast. <sup>10</sup>For we are his workmanship, created in Christ Jesus for good works, which God prepared in advance so that we should walk in them.

### Gospel — Luke 12: 16-21

<sup>16</sup>Then Jesus told them a parable, saying, "The ground of a certain rich man produced in abundance. <sup>17</sup>He thought to himself, 'What will I do? I do not have room to store my crops!' <sup>18</sup>Then the man said, 'This is what I will do: I will pull down my barns, build bigger ones, and there I will store all my crops and my goods. <sup>19</sup>Then I will say to my soul, "Soul, you have many goods stored up for many years. Take your ease, eat, drink, and be merry!" ' <sup>20</sup>But God said to him, 'You fool! Tonight your soul is demanded of you. The things which you have prepared, to whom will they belong?' <sup>21</sup>This is how it is when someone amasses treasure for himself but is not rich toward God."

### 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)*

### 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*)

## Our Life in Christ

We are preparing pledge forms and will be distributing them in the next couple weeks. Please take this time to pray about your situation and what an appropriate pledge of time & talent as well as financial offerings would be as good stewards of the gifts the Lord has given you

The Ministry Directory to the right as well as the Financial Offering information below are offered as resources to aid you as you prayerfully make your decisions.

Thank you!

Often people ask, "How much should I give to the Church?" We remember the full tithe, or 10%, that was due to God under the old covenant. But under grace in Christ, we understand that everything (100%) we have is His given to us from Him and we are mere stewards of it in this life. Such there is no fixed percentage commanded of us. It is up to each of us to consult God in prayer, to seek His will for us in this regard. In truth, what is most important is the spirit with which our gift is given.

- *He [Jesus] looked up and saw the rich putting their gifts into the treasury; and he saw a poor widow put in two copper coins. And he said, "Truly I tell you, this poor widow has put in more than all of them; for they all contributed out of their abundance, but she out of her poverty put in all the living that she had."* (Luke 21:1-4)
- *Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work.* (2 Corinthians 9: 7-8)

### The table below is offered as a resource:

#### **Percentage Giving—Approximate Proportionate Gift Per Week**

<b>If Annual Income is:</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>	<b>12%</b>
<b>\$25,000</b>	<b>\$14</b>	<b>\$19</b>	<b>\$24</b>	<b>\$38</b>	<b>\$48</b>	<b>\$58</b>
<b>\$30,000</b>	<b>\$17</b>	<b>\$23</b>	<b>\$29</b>	<b>\$46</b>	<b>\$58</b>	<b>\$69</b>
<b>\$35,000</b>	<b>\$20</b>	<b>\$27</b>	<b>\$34</b>	<b>\$54</b>	<b>\$67</b>	<b>\$81</b>
<b>\$40,000</b>	<b>\$23</b>	<b>\$31</b>	<b>\$38</b>	<b>\$62</b>	<b>\$77</b>	<b>\$92</b>
<b>\$45,000</b>	<b>\$26</b>	<b>\$35</b>	<b>\$43</b>	<b>\$69</b>	<b>\$87</b>	<b>\$104</b>
<b>\$50,000</b>	<b>\$29</b>	<b>\$38</b>	<b>\$48</b>	<b>\$77</b>	<b>\$96</b>	<b>\$115</b>
<b>\$55,000</b>	<b>\$32</b>	<b>\$42</b>	<b>\$53</b>	<b>\$85</b>	<b>\$106</b>	<b>\$127</b>
<b>\$60,000</b>	<b>\$35</b>	<b>\$46</b>	<b>\$58</b>	<b>\$92</b>	<b>\$115</b>	<b>\$138</b>
<b>\$65,000</b>	<b>\$38</b>	<b>\$50</b>	<b>\$63</b>	<b>\$100</b>	<b>\$125</b>	<b>\$150</b>
<b>\$70,000</b>	<b>\$40</b>	<b>\$54</b>	<b>\$67</b>	<b>\$108</b>	<b>\$135</b>	<b>\$162</b>
<b>\$75,000</b>	<b>\$43</b>	<b>\$58</b>	<b>\$72</b>	<b>\$115</b>	<b>\$144</b>	<b>\$173</b>
<b>\$80,000</b>	<b>\$46</b>	<b>\$62</b>	<b>\$77</b>	<b>\$123</b>	<b>\$154</b>	<b>\$185</b>
<b>\$85,000</b>	<b>\$49</b>	<b>\$65</b>	<b>\$82</b>	<b>\$131</b>	<b>\$163</b>	<b>\$196</b>
<b>\$90,000</b>	<b>\$52</b>	<b>\$69</b>	<b>\$87</b>	<b>\$138</b>	<b>\$173</b>	<b>\$208</b>
<b>\$95,000</b>	<b>\$55</b>	<b>\$73</b>	<b>\$91</b>	<b>\$146</b>	<b>\$183</b>	<b>\$219</b>
<b>\$100,000</b>	<b>\$58</b>	<b>\$77</b>	<b>\$96</b>	<b>\$154</b>	<b>\$192</b>	<b>\$231</b>

**REGARDLESS OF HOW MUCH YOU GIVE, THE PARISH IS GRATEFUL FOR WHAT YOU OFFER!**

## Our Life in Christ

### Ministry 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

Diamond Circle Seniors — Jim & Patty Pelachik

Electric Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Linda Kedroff

Flowers/Decorating—TBD

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

Security Committee — Parish Council

Scrip Sales—Auxiliary

Social Media —Evan Keeling & Iryna 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.

### 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**



## LOOKING AHEAD

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

### Sun Nov 20

6:00pm—Vespers & Litya Entry of the Theotokos into the Temple

### Mon Nov 21—Entry of the Theotokos into the Temple

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

6:00pm—Orthodox Christianity 101

### Tues Nov 22

7:00pm—Parish Council Meeting

### Wed Nov 23

7:00am—Monthly Weekday Liturgy (Thanksgiving)

10:30am — Father's Café (In person & via Zoom—see website calendar for link)

### Tues Nov 22

7:00pm—Parish Council Meeting

### Mon Nov 28

6:00pm—Orthodox Christianity 101

**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*

Diane (Marie) Worth 11/21

#### *Birthdays*

Steve Zmina, Sr. 11/20

Isabelle Tekla Griebing, Kyle Jeffrey Menig 11/23

Diane (Marie) Worth 11/25

#### *Wedding Anniversaries*

Nicole & Janina Poullas 11/25

### 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