

January 8, 2023



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

30TH SUNDAY AFTER PENTECOST—TONE 5
SUNDAY AFTER THEOPHANY
ST. GEORGE THE CHOZEBITE
ST. DOMINICA OF CONSTANTINOPLE

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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

What is the meaning of "Prepare the way of
the Lord"? It means, Make ready for the
reception of whatever Christ may wish to
do. ... Make the paths of our God straight.
For every path that leads to good is straight
and smooth and easy, but the one that is
crooked leads down to wickedness those
that walk in it.

St. Cyril of Alexandria Homily on Luke

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Include Something in the Bulletin or
Receive our Weekly
Parish E-mails

E-mail info@stjohnofdamascus.org
with your request.



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

Parish Life

Youth Choir Concert Today

Our children and youth will be having a mini concert for us this morning in the church hall before our fellowship meal.

Please be sure to come and enjoy!



Blood Drive Sign-up

We are working on scheduling another blood drive here at St John's to help with the current blood shortages being reported in San Diego County. This time we will be working with the San Diego Blood Bank.

We need 35 people to sign-up before we contact them about setting a day and time.

Please consider adding your name to the sign-up sheet on the bulleting board to the right of the doors in the church hall.



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.

Adult Ed Restarting Week of Jan 16 Topic Suggestions Welcome

Our Orthodox Christianity 101 class on Monday evenings and our next Wednesday Adult Education Class will resume the week of Jan 16.

This year our parish education classes are focusing on the gospels. Our last Wednesday evening class was "The Gospel and the Gospels"

If you have a topic you would like to suggest (Christ's Parables, Christ's Miracles, Christ's Teaching on the Kingdom, The Commandments of Christ, Christ & His Disciples, The Signs of the Messiah, etc.) please contact Fr Michael



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@stjohnofdamsacus.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
info@stjohnofdamsacus.org

Parish Life

Handmaidens Training

We will be restarting having the wine as well as bread for the faithful after receiving Holy Communion, Our Handmaidens will be facilitating this and will be having 2 practices before we start. They will be

- Sun Jan 15
- Sun Feb 5

Handmaidens need to be sure to attend at least one of the sessions. As time goes by we will have other opportunities for others to learn.



Fellowship Meal Sign-up Posted Jan—June

The sign-up calendar for fellowship meals after Sunday Divine Liturgies for the first half of 2023 has been posted in the church hall on the bulletin board. Please take a look and sign up for a few. There is room on the form for multiple families to sign-up for a given Sunday so no one is tasked with feed the masses alone. Please be a part of this important ministry of fellowship and hospitality.



Youth Singers Workshop with Vladimir Gorbik—January 29

The children & youth of St John's are invited to St Katherine Orthodox Church for an hour-long session with Vladimir Gorbik on Sunday afternoon June 29. . It takes 25 minutes to drive. They would have a chance to meet other kids and any from other parishes that might come, learn some songs together and make some new friends.

Please speak to Carole Shumaik if your child would like to attend.

Membership/Pledge Forms DUE

We have received many membership forms but are aware that there are still those who have not submitted their forms for 2023.

PLEASE complete your form TODAY, if at all possible and submit it to Fr Michael or a member of the Parish Council.

Next week an email will be sent to those who submitted forms last year but have not done so this year. There will also be a list of VOTING MEMBERS posted on the bulletin board in the church hall indicating Communing & Confessing members of the parish who we have received forms from.

Dates for 2023

MOVABLE FEASTS

Palm Sunday	April 9
Pascha	April 16
Ascension	May 25
Pentecost	June 4

FASTS

Great Lent	Feb 27-April 17
Holy Week	April 10-15
Apostles Fast	June 12-28
Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

Publican & Pharisee	Feb 5-11
Bright Week	April 16-22
After Pentecost	June 4-10
After Christmas	Dec 25-Jan 4

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.

Theophany—Tone 1

When Thou, O Lord, wast baptized in the Jordan, the worship of the Trinity was made manifest
For the voice of the Father bear witness to Thee and called Thee His Beloved Son
And the Spirit in the form of a dove, confirmed the truthfulness of His word.
O Christ, our God who hast revealed Thyself and hast enlightened the world, 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!

KONTAKIA

Resurrection — Tone 5

Thou didst descend into hell, O my Savior, shattering its gates as almighty; resurrecting the dead as Creator, and destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of Man, and we all cry to Thee: O Lord, save us!

St George — Tone 4

You have appeared as a brilliant light and have illumined with divine rays those who cry to you, O George.
Pray for us to Christ the Master,
Who appeared in the waters//
to illumine those born on earth!

Theophany — Tone 4

Today, Thou has shown forth unto the world, O Lord and the light of our countenances has been marked on us. Knowing thee we sing Thy praises "You have come and hast revealed Thyself, O Light unapproachable!"

PROKEIMENON

Tone 1 (Sunday after Theophany) — Let Thy mercy, O Lord, be upon us as we have set our hope on Thee! (Ps 32/33:22)

v: Rejoice in the Lord, O your righteous! Praise befits the just! (Ps 32/33:1)

Today's Worship — Scripture Readings

Epistle — Ephesians 4: 7-13

⁷ But grace has been granted to each one of us according to the measure of Christ's gift.

⁸ Therefore, God says, "When he ascended on high, he led captivity captive, and gave gifts to men." ⁹ Now what does "he ascended" mean, if not that he first descended into the lower parts of the earth? ¹⁰ He who descended is the [same] one who also ascended far above all the heavens, so that he might fill all things.

¹¹ He gave some to be apostles, some prophets, some evangelists, some shepherds and teachers, ¹² for the perfecting of the saints, for a work of ministry, to build up the body of Christ. ¹³ This is until we all attain to the unity of the faith and to the knowledge of the Son of God, to maturity, having reached the very fullness of Christ

Gospel — Matthew 4: 12-17

¹² Now when Jesus heard that John had been arrested, he withdrew into Galilee. ¹³ Leaving Nazareth, he came and lived in Capernaum, which is by the sea, in the region of Zebulun and Naphtali, ¹⁴ so that what had been spoken through Isaias (Isaiah) the prophet might be fulfilled:

¹⁵ The land of Zebulun and the land of Naphtali,
toward the sea, beyond the Jordan, Galilee
of the Gentiles,

¹⁶ the people who sat in darkness saw a
great light,
to those who sat in the region and shadow
of death,
to them light has dawned.

¹⁷ From that time on, Jesus began to preach and to say, "Repent! For the Kingdom of Heaven is at hand."

ALLELUIA

Tone 5 (Resurrection) — V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (Ps. 88:1-2)

V. For You have said: Mercy will be established forever; Your truth will be prepared in the heavens. (Ps. 88:3)

Our Life in Christ—Annual Blessing of Homes

The blessing of homes of faithful Christians following the feast of Holy Theophany is an ancient custom. It is the central sign of God's sanctification of all things through Christ's epiphany to the world and His baptism in the Jordan River.

From the feast of Theophany until the beginning of Great Lent, the Orthodox priest visits all the members of the Church in order to pray with them in the place where they live, and to bless their surroundings with the sanctified water.

According to the Orthodox Christian Faith, the family is considered to be a "small church" and the family table is the "home altar" where the people gather each day to receive their "daily bread" from God with thanksgiving in the Name of Christ. Thus, during the Theophany season, the priest, who is the father of the great "family of God," the Church community, comes to each of the "small churches" bringing the blessings of God the Father and all of the brothers and sisters in Christ.

The sanctification of the home takes place not only by the words of prayer, but by the sprinkling with the blessed water which stands for the new creation of the Kingdom of God in which God Himself "fills all things with Himself" including even the smallest particles of material existence.

The priest asks God to have mercy on the house, to rid it of every evil and to fill it with every blessing. All pray together for the good of the living and the departed of the family, and of all who live and have lived in the house. All sing together the great hymn of salvation that Christ, the Son of the Father by the grace of the Holy Spirit, "has revealed Himself and has enlightened the world." This the house itself, together with the living persons of the family, is "filled with all the fullness of God."

Preparing for your house blessing

When the priest comes to bless the family and its house it is not something to worry about. The priest comes to bless a house that is lived in, not one that has to be in Better Homes and Gardens. There are some basics that are normally observed:

- A lighted candle, an icon and a wide bowl for the blessed water should be placed on the main table in the house.
- All radios, televisions, video games, streaming etc. should be turned off. Phones should be on silent.
- All who are present in the house should come together and stand by the table until the end of service.
- Those who are able should join in the singing of the hymns and responses of the services.
- The first names of those for whom special prayers are to be offered, including, of course, all members of the family and those living in the house, should be clearly printed on a sheet of paper, with the clear distinction between the living and the departed.

Taken and revised from the Introduction to the Great Blessing of Water by Fr. Thomas Hopko.

Following the feast of Theophany until the beginning of Great Lent

(Jan. 6-Feb. 25) Fr. Michael will be blessing homes.

Please contact Fr. Michael to arrange a date and time.

Parish Elections Nominations Being Taken

Those who are interested in serving in one of the elected positions in our parish should speak to Fr Michael or a member of the Parish Council.

Elected positions include:

- Parish Council Member
- Parish Auditor
- Parish Lay Representative.

A Nomination Committee will be appointed this week and announced next Sunday.



Monthly Collections

St John's is committed to support our OCA seminaries who train our future priests & leaders as well as the needs of so many who need basic things like food, shelter, etc. :

- 2nd Sunday of each Month—Seminarians
- 3rd Sunday of each 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.

Please plan on contributing as you can.

Parish Annual Meeting Sunday February 19

Following our parish tradition of having our annual meeting on the Sunday after the Super Bowl, the Parish Council has scheduled this year's annual meeting for Sunday February 19 after Divine Liturgy.

Be sure to mark your calendars and make sure to get your membership/pledge form submitted.



Trash/Recycling Sorting REMINDERS

Our amazing members who take out the trash and recycling after our fellowship meals are noticing that we need to remember a couple things about what goes into which bin.

Plates & Bowls—We purchase paper plates and bowls that are compostable. Used plates and bowls go into the GREEN bin.

Plastic Utensils (forks, spoons, knives go into the TRASH bins.

Styrofoam— All Styrofoam cups (and bowls if they are accidentally put out) go into the bin marked STYROFOAM..

Parents are asked to please help their children get items into the correct bins

If you don't take the time to put things in the correct bins, then someone else has to sort through the dirty trash in the bins. Please be mindful and considerate.



LOOKING AHEAD

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

Jan 6-Feb 25

Annual House Blessings

Contact Fr Michael to arrange a time and place

Mon Jan 9– Fri Jan 13

Fr Michael Travels to MA to Help His Mother

Tues Jan 10

7:00pm — Parish Council Meeting

Mon Jan 16

6:00pm—Orthodox Christianity 101 (In person & via Zoom—see website calendar for link)

Tues Jan 17

11:00am—Diamond Circle Christmas Luncheon at Ternick Home (see inside of bulletin for details)

Wed Jan 18

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

7:00pm—Adult Ed: Topic TBD (submit ideas)

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

Tanya (Tatiana) Franchak, Tania Minakov 1/12
Nino Kiria, Nino Kapanadze 1/14

Birthdays

Tania Minakov 1/10
Michael Pluta, Vladimir Korolev 1/12
Cody Garrett Carlson 1/13

Wedding Anniversaries

George & Maha Rahal 1/8
Art & Rita Sladack 1/10

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 & Pdcn. George Shumaik

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