

February 5, 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

**34TH SUNDAY AFTER PENTECOST—TONE 1
SUNDAY OF THE PUBLICAN & THE PHARISEE
AFTER FEAST OF THE MEETING OF THE
LORD**

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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

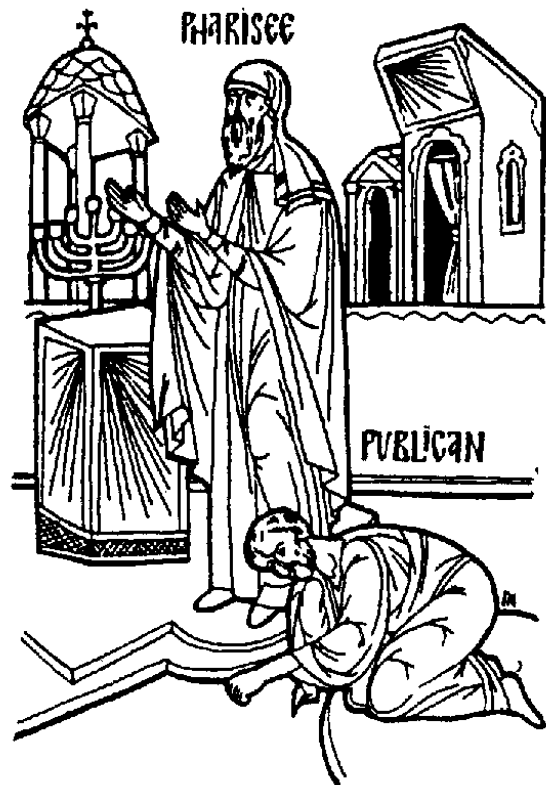
The person who listens to Christ fills
himself with light; and if he imitates Christ
he reclaims himself.

St. Thalassios—the Philokalia

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

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



Parish Life

Schedule Your Annual House Blessing Jan 6-Feb 25

The annual blessing of our homes is a regular part of Orthodox Christian life. It reaffirms our understanding that God desires and promises to be with us ALWAYS. It is our opportunity to receive the blessing of the Lord into our daily lives in the place we spend most of our time.

You can schedule your house blessing by contacting Fr Michael via email, text or phone.



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.



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. At present we have 12.

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

Adult Classes New Adult Ed Wednesdays 7pm Christ's Parables: Images of the Kingdom

Our Orthodox Christianity 101 class on Monday evenings and our Wednesday evening Adult Education Class will resume this week.

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

Our next class will be on Christ's Parables: Images of the Kingdom and will continue up until Great Lent.. Everyone is encouraged and welcome to take part.

Classes will be held in person and via Zoom (see online calendar for link

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

Parish Life

Handmaidens Training—TODAY

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—Completed
- **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.



Help Needed with Pre-School & Early Elementary Church School Classes

We need a couple people to help with our pre-school and early elementary church school classes.

Classes are held twice a month (1st & 3rd Sundays) from September to June at the conclusion of the Divine Liturgy.

If you are willing to help please see Bill Moision, Fr Michael or Sally Menig

Auxiliary Meeting Sun Feb 5 TODAY

The Auxiliary will be having a meeting on Sunday Feb 5 after Divine Liturgy.

It is a wonderful time for people who may not be aware of all that the Auxiliary does to learn about its various ministries & activities.

Newcomers are very welcome to attend and see how they can help!

If you have any questions see Tanya Franchak

Potluck & Chili “Cookoff” Sunday February 19

On Sunday February 19, in connection with our annual parish meeting, we will have our usual potluck meal. However, some parishioners, in the spirit of Meat-fare Sunday, thought it might be fun to also include a “Chili Cook-off”

Prizes would be announced at the conclusion of the meeting.

We are inviting parishioners to submit entries for the day. If you would like to participate please speak to Fr Michael by Sunday Feb 11

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.

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 (need 2 new people)
- Parish Lay Representative.

Nino Kiria & Gene Francello are our Nominations Committee and will be asking people if they would be willing to run for a position

Today's Worship — Hymns

TROPARIA

Resurrection — Tone 1

When the stone had been sealed by the Jews;
while the soldiers were guarding Thy most pure
Body; Thou didst rise on the third day, O
Savior, granting life to the world. The powers of
heaven therefore cried to Thee, O Giver of Life:
Glory to Thy Resurrection, O Christ! Glory to
Thy Kingdom! Glory to Thy dispensation, O
Thou who lovest mankind.

Meeting of the Lord — Tone 1

Rejoice, O Virgin Theotokos, Full of Grace!
From you shone the Sun of Righteousness,
^Christ our God,
enlightening those who sat in darkness.
Rejoice and be glad, O righteous Elder,
you accepted in your arms the ^Redeemer of
our souls,
Who grants us the Resurrection!

KONTAKIA

Publican & Pharisee — Tone 4

Let us flee from the pride of the Pharisee!
Let us learn humility from the Publican's tears!
Let us cry to our Savior:
"Have mercy on us, //
O only merciful One!"

Meeting of the Lord — Tone 1

By Thy Nativity Thou didst sanctify the Virgin's
womb
and blessed Simeon's hands, ^O Christ God.
Now Thou hast come and saved us through
love.
Grant peace to all Orthodox Christians,
O only Lover of Man!

PROKEIMENON

Tone 1 (*Resurrection*) — Let Your mercy, O Lord, be upon us /as we have set our hope on
You! (Ps. 32:22)

V. Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)

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

Epistle — 2 Timothy 3:10-15

¹⁰You, however, have paid close attention to my teaching, conduct, purpose, faith, patience, love, steadfastness, ¹¹persecutions, and sufferings. You know what happened to me at Antioch, Iconium, and Lystra. I endured those persecutions and the Lord delivered me out of them all! ¹²Yes, all those who desire to lead godly lives in Christ Jesus will be persecuted.

¹³But wicked impostors will go from bad to worse, deceiving others, being themselves deceived. ¹⁴As for you, remain in what you have learned, which is what you firmly believe, knowing from whom you have learned them.

¹⁵From infancy, you have known the Holy Scriptures which are able to make you wise for salvation through faith, which is in Christ Jesus.

Gospel — Luke 18: 10-14

¹⁰“Two men went up into the temple to pray; one was a Pharisee, and the other was a Publican. ¹¹The Pharisee, standing by himself, prayed like this: ‘God, I thank you that I am not like the rest of men, dishonest, unrighteous, adulterers, or even like this tax collector. ¹²I fast twice a week; I give tithes of all that I earn.’ ¹³But the tax collector, standing far aside, would not even lift up his eyes to heaven. Instead, he beat his breast, saying, ‘God, be merciful to me, a sinner!’ ¹⁴I tell you, this man, rather than the other, went down to his house justified. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

ALLELUIA

Tone 1 (Resurrection) — V. God gives vengeance unto me, and subdues people under me. (Ps. 17:48)

V. He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever. (Ps. 17:51)

Tone 8 (Feast) — V. Lord, now let Your servant depart in peace, according to Your word, for my eyes have seen Your salvation! (Luke 2:29)

Preparation for Holy Communion— Fr. Thomas Hopko

Committed Orthodox Christians order and measure their lives in this world from communion to communion. We greet the Lord's Day each week with the eager expectation of entering into holy communion with God by the action of His Holy Spirit in the Church, through Jesus Christ, God's Son and Word, who is also the Lamb of God and the Bread of Life. Following each Lord's Day, we live in memory of the blessed experience of holy communion, and we begin immediately to anticipate this divine gift in the next divine liturgy.

Christians live from Sunday to Sunday, and, throughout the year, from Pascha to Pascha. We also live from liturgy to liturgy, from eucharist to eucharist, from communion to communion. Our lives are measured and tested by this sacred event. All that we are and do finds its beginning and end, its meaning and fulfillment, in God's gift of holy communion through Christ and the Holy Spirit in the Church.

Continual Preparation for Holy Communion

Committed Christians remember what God has done in history and anticipate what God is yet to do. We live in function of Christ's first coming as a slave to be crucified and glorified, and His final coming at the end of the ages to establish God's kingdom.

The Church's eucharistic worship unites and embraces the Lord's two comings, together with all of God's mighty acts in history. It makes them present for our participation, here and now, for the forgiveness of sins, for the healing of soul and body, and for life everlasting.

Every moment of a Christian's life is a preparation for the encounter with God which is sacramentally realized in holy communion. Every moment we are making ready to enter God's kingdom which is coming with observation and power at the end of the ages. We live every moment in constant awareness of the Lord's presence in our lives here and now, preparing us in hope for unending communion with Him in the age to come. In this perspective, everything that we Christians think, say and do in every moment of our lives is a preparation for holy communion -- in this life in the holy eucharist, and without end in the age to come at the end of the world.

General Preparation for Holy Communion

Because we Christians living in this world are inevitably caught up in earthly activities, afflictions, trials and temptations, and because we are so easily overcome by sinful passions, God gives us ways by which we are enabled never to forget Him. He provides practices by which we can keep ourselves constantly prepared to meet Him at His coming. He offers rules of spiritual and physical discipline for us to practice so that we can remain constantly alive to His presence and power in our lives and so to be ready to receive Him when He gives Himself to us in holy communion.

The general disciplines for preparing for holy communion are the disciplines of Christian life itself. They are the practices which keep us alive to God, the actions which open our minds, hearts and bodies to the presence of God's grace and power in our lives. They basically include:

- regular participation in the Church's liturgical worship
- regular practice of a rule of personal prayer
- regular practice of a rule of ceaseless mental prayer, or "prayer of the heart," to insure our constant remembrance of God
- regular practice of periods of silence
- regular practice of fasting and abstinence
- regular reading of the Bible and spiritual writings
- regular confession of sins (and thoughts, feelings, temptations and dreams) to our pastor, or to someone whom our pastor authorizes and blesses for this purpose
- regular giving and receiving of forgiveness of sins with all the people in our lives
- regular donations of money to the Church, and to those in need
- regular sharing of our time, energies, and possessions with others & constant effort to do our daily work as well as we can, to God's glory, for the good of people, and constant striving not to sin in the

Preparation for Holy Communion— Fr. Thomas Hopko

smallest way in the routine activities of our everyday life and personal relationships.

Regular attendance at Church services is a foundation of our preparation. The Church canons state that the faithful should attend all the services connected to the day they wish to receive Holy Communion.

That means attending the services the night before (ie Vespers). To be absent from Communion for three weeks requires participation in Holy Confession prior to returning to the Chalice.

The words regular and constant are repeated and emphasized because our spiritual practices and activities must be done according to a rule (*regula, kanona, pravilo*). They must be done constantly and consistently with conscious attention and discipline. They cannot be left to whim, caprice or feeling.

What a person does in regard to liturgical worship, personal prayer, fasting, reading, contributing, working and serving will be shaped according to the conditions of his or her life. It will be different for each person according to age, strength, health, available time, and personal capabilities. The saints say that rules of prayer, reading and fasting should be brief but frequent, simple, pure, uncomplicated and keepable. They should be determined and established with spiritual advice and counsel in ways which permit them to be easily included within the real possibilities of one's actual life.

Specific Preparation for Holy Communion

In addition to the Christian's general spiritual discipline, each believer must make specific devotional efforts in preparing for holy communion. These efforts will also differ from person to person. They will include a set number of specific prayers and readings, a specific practice of confession and reconciliation with others, and specific good deeds, such as almsgiving and financial contributions. They will depend on the conditions of one's life.

A monastic person or clergyman, for example, will normally have a longer rule of specific preparation for holy communion than a lay person. A person with fewer duties will also be freer to spend more time and effort in concentrated preparation for eucharistic communion than someone who has more tasks to perform (for instance, a mother of small children).

People with disciplined spiritual lives who partake regularly and frequently of the sacraments will have less specific preparation for holy communion than those with undisciplined spiritual lives who seldom partake of the holy mysteries. The latter will surely have to make extraordinary efforts to read special prayers, keep special fasts, do special good deeds, give special contributions, and make special acts of sacramental confession when these practices are not a regular, constant and consistent part of their lives.

Prayers Before and After Holy Communion

The usual psalms and prayers for Orthodox Christians before and after partaking of holy communion are contained in Orthodox prayer books of various editions. Literate believers must decide with spiritual counsel how they will, as a rule, use these prayers of preparation and thanksgiving. When this decision is made, every effort must be made to keep one's rule until it must be adjusted or altered, again with spiritual counsel and advice, because of the changing conditions of one's life.

When we believers fail to keep our rules, we must find the reasons for our failures, and take appropriate action, once again with the assistance of our pastors and spiritual guides. In this way our participation in the Lord's Mystical Supper will be done in a worthy manner. It will be for the forgiveness of our sins, for the healing of our souls and bodies, and for our eternal salvation, and not for our condemnation and judgment.

May the Lord convince us of our unworthiness to partake of holy communion. May He teach us that nothing we can say or do makes us worthy of this divine gift. May He convince that only the heartfelt confession of our unworthiness to partake permits us to participate in a worthy manner. And may He empower us to obey His Word and receive His Body and Blood in godly fear, with faith and love, so that we may really see the true light, find the true faith, receive the heavenly Spirit, and worship the Undivided Trinity Who has saved us through holy communion with Himself.



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 Feb 6

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

Wed Feb 8

7:00am — Monthly Weekday Divine Liturgy

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

7:00pm—Adult Ed: Topic The Parables of Christ

Fri Feb 10

7:00pm — Parish Council Meeting

Mon Feb 13

6:00pm—Orthodox Christianity 101 CANCELLED due to Fr Michael travelling to funeral of Bishop Tihon

Wed Feb 15

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

7:00pm—Adult Ed: Topic The Parables of Christ

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!

Birthdays

Phyllis Brown, Theodore Tarris	2/7
Kelli Cassiani Green	2/8
Timothy Anderson	2/9
Mark Sladack	2/10

PARISH CONTACT INFO:

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Priest: V. Rev. Michael Anderson, Rector

Email: powaypadre@stjohnofdamascus.org — **Phone:** (858) 717-2172

Attached Clergy: V. Rev. Alexander Federoff, Retired & Pdcn. George Shumaik

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