

February 19, 2023



# 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

**36TH SUNDAY AFTER PENTECOST—TONE 3  
SUNDAY OF THE LAST JUDGEMENT  
APOSTLES OF THE 70 ARCHIPPUS &  
PHILEMON**

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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**

One should make use of food daily to the  
extent that the body, fortified, may be the  
friend and assistant of the soul in the  
practice of virtue. Otherwise, the soul may  
weaken because it is exhausted.

*St. Seraphim of Sarov*

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**Include Something in the Bulletin or  
Receive our Weekly  
Parish 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

### Great Lent Begins Next Week Books for Spiritual Reading Available in Bookstore & Library

Our bookstore has a number of titles appropriate for spiritual reading during Great Lent. Take a minute to take a look and see if there is one that might be helpful in this year's Lenten journey

Our library is also available to our parishioners with many books about the Faith, Holy Scripture, Life of Saints, etc.

See Fr Michael if you would like help picking something out.



### MASLENITSA NEXT SUNDAY 2/26 ALL ARE WELCOME!

Some of beloved members are hosting a traditional Slavic Maslenitsa meal of blini (thin yeast pancakes) with a variety of toppings (salmon, herring, caviar as well as maple syrup, jam, etc).

There will also be some ice cream for our younger members.



### Collection for Earthquake Victims in Syria & Turkey

As you all are probably aware the recent earthquakes in Syria and Turkey have caused immense suffering. The death toll continues to rise and these horrible numbers don't even include the thousands of injured and displaced.

His Eminence Archbishop Benjamin is calling on all the parishes in the Diocese of the West to hold collections to help with the humanitarian response need and asks that funding be directed to IOCC which has a **goal of \$250K** to meet the needs of most pressing urgency: food, bedding, and clothing for those who have been displaced.

Please give as generously as you are able.



### 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.

## Parish Life

### 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



### 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.



### 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.

Look for the Scrip sign on the rectangle table next to the church hall doors.

### Parish Annual Meeting (and Chili Cook-off) Sunday February 19—Today

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 Today.



### Sunday of Orthodoxy Vespers Sun Mar 5—St Anthony's Antiochian Orthodox Church—6pm

The canonical Orthodox Churches in San Diego County will be gathering for Sunday of Orthodox Vespers on Sun Mar 5 at 6pm.

Come and pray with and meet other Orthodox Christians and enjoy a Lenten reception after the service.

Church Address: 2825 Merton Ave  
San Diego, CA 92111



### Sunday Lenten Vespers Sun Mar 19—St Gregory of Nyssa Greek Orthodox Church

The canonical Orthodox Churches in San Diego County will be gathering for Sunday Lenten Vespers on Sun Mar 19 at 6pm.

Come and pray with and meet other Orthodox Christians and enjoy a Lenten reception after the service.

Church Address: 1454 Jamacha Rd  
El Cajon, CA 92019

## Today's Worship — Hymns

### TROPARIA

#### **Resurrection — Tone 3**

Let the heavens rejoice! Let the earth be glad!  
For the Lord has shown strength with His arm!  
He has trampled down death by death! He has  
become the first-born of the dead! He has  
delivered us from the depths of hell, and has  
granted the world great mercy!

#### **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

#### **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.

#### **Last Judgement – Tone 1**

When You, O God, shall come to earth with  
glory,  
all things shall tremble,  
and the river of fire shall flow before Your  
judgment seat;  
the books shall be opened, and the hidden  
things disclosed;  
then deliver me from the unquenchable fire, //  
and make me worthy to stand at Your right  
hand, O Righteous Judge!

### PROKEIMENON

**Tone 3** (*Resurrection*) — Great is our Lord, and abundant in power, His understanding is  
beyond measure. (Ps 146/147:5)

*v: Praise the Lord! For it is good to sing praises to our God! (Ps 146/147:1)*

### ALLELUIA

**Tone 3** (*Resurrection*) — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God  
our Savior! (Ps. 94:1)

V. Let us come before His presence with thanksgiving; let us make a joyful noise to Him with  
songs of praise. (Ps. 94:2)

## Today's Worship — Scripture Readings

### Epistle — 1 Cor 8:8-9:2

<sup>8</sup>But food does not commend us to God, for if we eat, we are not better; and if we do not eat, we are not worse! <sup>9</sup>However, be careful that your freedom may never become a stumbling block to the weak. <sup>10</sup>For if someone sees you who have knowledge sitting in an idol's temple, will not this person's conscience, if weak, be emboldened to eat things sacrificed to idols? <sup>11</sup>And thus, through your knowledge, shall the weak brother perish, for whom Christ died? <sup>12</sup>And so, by sinning against the brethren and wounding their conscience when it is weak, you sin against Christ! <sup>13</sup>Therefore, if food causes my brethren to stumble, I will never ever eat meat, so that I may not cause my brethren to stumble.

Am I not an apostle? Am I not free? Have I not seen Jesus Christ our Lord? Are you not my work in the Lord? <sup>2</sup>If to others I am not an apostle, yet at least for you I am one! You are the seal of my apostleship in the Lord.

### Gospel — Matthew 25:31-46

<sup>31</sup>“But when the Son of Man comes in his glory, and all the holy angels with him, then he will sit on the throne of his glory. <sup>32</sup>All the nations will be gathered before him, and he will separate them one from another, just as a shepherd separates the sheep from the goats. <sup>33</sup>He will place the sheep on his right hand, but the goats on the left. <sup>34</sup>Then the King will tell those on his right hand, ‘Come, you blessed of my Father! Inherit the Kingdom prepared for you since the foundation of the world!’ <sup>35</sup>For I was hungry and you gave me food to eat; I was thirsty and you gave me drink; I was a stranger and you took me in. <sup>36</sup>I was naked and you clothed me; I was sick and you visited me; I was in prison, and you came to me.’

<sup>37</sup>Then the righteous will answer him, saying: ‘Lord, when did we see you hungry and feed you; or thirsty and give you a drink?’ <sup>38</sup>When did we see you as a stranger and take you in; or naked, and clothe you?’ <sup>39</sup>When did we see you sick, or in prison, and visit you?’

<sup>40</sup>The King will answer them, ‘Amen, I tell you: as much as you did it to one of the least of these my brethren, you did it to me.’ <sup>41</sup>Then he will also say to those on his left hand, ‘Depart from me, you accursed, into the eternal fire which is prepared for the devil and his angels!

<sup>42</sup>For I was hungry and you gave me no food; I was thirsty and you gave me no drink; <sup>43</sup>I was a stranger and you did not receive me; naked, and you did not clothe me; sick, and in prison, and you did not visit me.’

<sup>44</sup>Then they will answer him: ‘Lord, when did we see you hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not help you?’

<sup>45</sup>Then he will answer them, saying: ‘Amen, I tell you: as much as you did not do it to one of the least of these, you did not do it to me.’

<sup>46</sup>These [ones on the left] will go away into eternal punishment, but the righteous into eternal life.

## Tips for Great Lent—Khouria Krista West

### **You Can't Have it All**

Lent can be a big time commitment—there are three to five extra services each week, not to mention the daily services during Holy Week. It's a daunting challenge, especially for families and individuals with already-busy schedules. But, Lent only comes once a year and we want to make the most of it so we can experience its positive effect on our lives throughout the rest of the year. In this spirit, it is helpful to prepare for Lent by taking the rest of our lives down a notch so that we can take our church attendance and prayer life up a notch.

Set a goal of which services you want to attend—this is really important for families. For those with young children, you may want to simply add the Akathist service on Friday nights since it's the shortest in length. For those with school-age children, I recommend adding the Wednesday night Pre-Sanctified Liturgy since it has a much different tone and feel than a Sunday Divine Liturgy and it presents to children that not every Liturgy has the same feel—an important concept.

No matter which services you decide to partake of during Lent, this is also the time to schedule for Holy Week. This year it is Sunday, April 9th through Pascha on Sunday, April 15th. Holy Thursday is the most important day of the year for Orthodox Christians to receive Communion. At our parish, we have this Liturgy early and then we have a Lenten pancake breakfast so everyone can eat before they head off to school or work. Adults may want to think ahead and put in for time off on Great and Holy Friday.

### **Get Me to the Church on Time!**

Well, I'm not always the best example of getting to church on time, but there are some things that work well. Getting kids dressed and out the door seems to be a big challenge for many of us and I've found that keeping some clothes and one pair of shoes as "church only" helps. Also, while I do think it's important that children learn to dress up for church, sometimes the rules need to be relaxed a little during the more frequent services of Lent. If your children are coming from school, they may need to attend services in jeans or more casual clothes. While our attire should glorify God, it should not keep us from His house. And I strongly recommend keeping one CD of liturgical chant music in the car—this will soothe even the most harried trip to church and ensure that everyone arrives in a prayerful frame of mind.

Speaking of arriving on time, Lent is a good time to remind everyone that Communion should never be partaken of without proper preparation. The "gold standard" of preparation in the Orthodox Church is to attend Great Vespers on Saturday evening, read the Pre-Communion Prayers on Saturday night or Sunday morning, and then attend Orthos and Liturgy. Now, I recognize that this preparation is not feasible for everyone, but we need to give thought and make sure that we are preparing in some way. We don't want to just show up before Communion and receive, because in the eyes of the Church, this is "partaking unto condemnation" and can be very bad for our souls.

So, what are some ways we can prepare? The bare minimum requirement for receiving Communion is that you arrive for Divine Liturgy at the beginning, or at the very least, before the reading of the Holy Gospel. If you arrive after the Gospel, not a problem (after all, we're always happy to see you!), but do not receive and do not let your children receive. It's one thing for a child of three to be taken up to Communion after showing up late—after all, they're completely dependent on their parents. But, if by the age of thirteen, that child is in the habit of taking Communion without proper preparation, he has been taught to receive unto condemnation and it's a serious thing indeed.

## Tips for Great Lent—Khouria Krista West

If you've got the bare minimum covered and want to move up a "step" in preparation, you can start coming a little earlier for Orthros. This is a particularly beautiful and prayerful service with many of the hymns providing glimpses into the lives of the saints or expounding on our theology. Either in addition to or in place of Orthros, read the Pre-Communion Prayers before coming to church. They're not long and they are very meaningful prayers. If you've got a drive to church, someone can read them in the car (audio CDs are available at some churches). Or, if you can manage it, it makes a nice family tradition to gather around the family icon corner and read the Pre-Communion Prayers together and then ask one another's forgiveness. Once you've got this as part of your preparation, then the final step is to add attendance at Great Vespers. Please keep in mind that these "steps" in preparation are part of our life-long journey as Orthodox Christians. You may be years at one step before being ready to move to the next and that's OK; the important thing is that you're moving forward, not backward!

**For those of you with young children that are concerned about your children getting bored or noisy if they're in church for too long:** When my girls were toddlers, I, too, was very concerned about this. However, one Sunday I had to be at church at the beginning of Orthros and I noticed that my girls did much better than usual. Church takes a different set of rules for little children (sit still, whisper, etc.) and they need time to transition to the "rules" of church behavior. If you can, I highly recommend coming to church 30 minutes earlier than you normally do (during Lent is a good time to practice this) and spend the first 15 minutes or so walking around the church with your child. Light a candle (or two or three if necessary!), show them the icons, walk around the church, and let them settle in. If a child comes into church prior to Divine Liturgy when the quieter hymns of Orthros are going on, it's a signal that it's "church time". And, the best way to help reinforce positive church behavior is to bring your child every week. Practicing whispering and sitting still gets easier the more you do it.

### **The Family that forgives together, stays together**

Years ago, a nun told me to teach my children to say "Forgive me" instead of "I'm sorry" since forgiveness requires a response from the other person. We begin Lent with the Forgiveness Vespers in which every person present asks everyone else their forgiveness. This is a wonderful way to start Lent as a family and a very powerful tool in teaching our children about our responsibility towards others and our need for God's merciful forgiveness. During Lent, try to ask each person in your family "Forgive me" before bed or before receiving Communion.

If you have someone for whom it is very hard to extend forgiveness, remember that forgiveness is about you, not them. In our journey to ever-closer union with God, we want to remove any roadblocks and sometimes, these roadblocks can be the hardness of our own hearts towards others. In the Orthodox Church, we do not believe that you "forgive and forget" as if the words erase the deed, but rather we believe that forgiveness of others is a type of release for the sin in our lives—by forgiving someone else, we recognize our own shortcomings and how others might need to forgive us. Forgiveness is a type of re-boot for our souls—turning them back to God.

*Taken from "The Opinionated Tailor" podcast on Ancient Faith Radio. It is a glimpse into the colorful world of Khouria Krista West, ecclesiastical tailor, priest's wife, and mother. In her podcasts, she discusses any and all matters pertaining to Orthodox church vesture, parish life, motherhood, and faith. ([www.ancientfaith.com](http://www.ancientfaith.com))*



## 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

### Sun Feb 19—Meatfare

After Divine Liturgy—Parish Annual Meeting

### Mon—Wed Feb 20-22

Classes CANCELLED due to Fr Michael travelling to San Fran for Meetings w/ Archbishop

### Tues Feb 21

11:00am—Diamond Circle trip to Safari Park: Meet at Church Hall

### Fri Feb 24

6:00pm —Adult Ed The Parables of Christ: Images of the Kingdom

### Sun Feb 26—Cheesefare

After Divine Liturgy—Forgiveness Sunday Vespers

### Mon Feb 27

6:00pm—Compline w/ Canon of St Andrew of Crete

### Tues Feb 28

6:00pm—Compline w/ Canon of St Andrew of Crete

### Wed Mar 1

10:30-11:30am — Father's Café (In person and via Zoom)

6:00pm—Compline w/ Canon of St Andrew of Crete

### Thurs Mar 2

6:00pm—Compline w/ Canon of St Andrew of Crete

**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!

### *Birthdays*

Sally (Elizabeth) Menig, William (George) Hubler	2/19
Julie Callahan	2/21
Oliver George Cooper	2/23
Joseph Temnick	2/24

### *Wedding Anniversaries*

Valerie & Christopher Lane	2/20
Joseph & Cora Temnick	2/22

### PARISH CONTACT INFO:

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

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