

March 5, 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

SUNDAY OF FORGIVENESS —TONE 4  
1ST SUNDAY OF GREAT LENT —TONE 5  
SUNDAY OF ORTHODOXY  
VEN. GERASIMUS OF THE JORDAN

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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*  
(*On Love, Self-control—Philokalia*)

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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.



## Parish Life

### 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.



### 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.

### 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



### 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 14.

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



### Donations for Flowers

Part of our parish celebration of Pascha is adorning the church temple with special flowers and decorations.

Please give as you are able so that we can add the beauty of God's creation to the beauty of our temple to glorify our Lord.

## Parish Life

### **Viewing of TV Show “The Chosen” Sunday Mar 12 12:30pm Discussion to Follow**

A number of parishioners have been watching a TV show about the ministry of the Lord.

We will be showing the 1st 2 episodes of season 1 in the Church Hall on Sunday Mar 12 beginning at 12:30pm after our fellowship meal. We will also have a short discussion about the episodes and how it compare to the Church’s understanding of the events and people (some are saints) presented.



### **Auxiliary Baking Schedule for March**

Our Auxiliary’s baking schedule for the month of March is below. Veterans as well as new people are needed. Please help as you are able!

Thurs Mar 9	Pierogies
Tues Mar 14	Nut Rolls
Thurs Mar 16	Pierogies
Thurs Mar 23	Pierogies
Thurs Mar 30	Stuffed Cabbage

If you have questions see Tanya F, Phyllis B, or another member of the Auxiliary.



### **BRING IN YOUR PALMS**

It is time to dispose of your blessed palms from last year. Please bring them to church and give them to Fr. Michael. He will then burn them and scatter the ashes around the church.

### **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

### **Great Lent Begins 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.

## Today's Worship — Hymns

### TROPARIA

#### Resurrection — Tone 5

Let us, the faithful, praise and worship the Word,  
co-eternal 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.

#### Sunday of Orthodoxy—Tone 2

We venerate Your most pure image, O Good One;  
and ask forgiveness of our transgressions, O Christ our God.  
Of Your good will You were pleased to ascend the cross in the flesh  
and deliver Your creatures from bondage to the Enemy.  
Therefore with thankfulness we cry aloud to You:  
“You have filled all with joy, O our Savior,//  
for You alone have come to save the world.”

### KONTAKIA

#### Sunday of Orthodoxy – Tone 8

No one could describe the Word of the Father;  
but when He took flesh from you, O Theotokos,  
He accepted to be described,  
and restored the fallen image to its former state  
by uniting it to divine beauty.//  
We confess and proclaim our salvation in words and images.

### PROKEIMENON

**Tone 8** (*Song of the Fathers*) Blessed are Thou, O Lord God of our fathers, and praised and glorified is Thy name forever! (*Song of the three Holy Children, v. 3*)

*v: For Thou are just in all that You have done for us! (v. 4)*

### ALLELUIA

**Tone 4** — V. Moses and Aaron were among His priests; Samuel also was among those who called on His Name. (Ps. 98:6)

V. They called to the Lord and He answered them. (Ps. 98:7a)

## Today's Worship — Scripture Readings

### Epistle — Heb 11: 24-26, 32– 12:2

<sup>24</sup> By faith, Moses, when he had grown up, refused to be called the son of Pharaoh's daughter, <sup>25</sup> choosing to share ill-treatment with God's people rather than enjoy the pleasures of sin for a time. <sup>26</sup> He considered the disgrace of the Anointed greater wealth than the treasures of Egypt because he had his eyes fixed on the reward

<sup>32</sup> What more shall I say? Time would fail me if I mentioned Gideon, Barak, Samson, Jephthah, David, Samuel, and the prophets.

<sup>33</sup> Through faith, they overpowered kingdoms, administered justice, obtained promises, stopped the mouths of lions, <sup>34</sup> quenched the power of fire, escaped the edge of the sword, became strong in weakness, grew mighty in war and caused foreign armies to flee.

<sup>35</sup> Women received their dead by resurrection. Others were tortured, not accepting their deliverance, that they might obtain a better resurrection. <sup>36</sup> Others were tried by mocking and scourging, yes, by chains and imprisonment. <sup>37</sup> They were stoned, they were sawn apart, they were tempted and they were slain with the sword. They went around in sheep and goat skins, being destitute, afflicted, and ill-treated. And yet the world was not worthy of them! <sup>38</sup> They wandered in deserts, mountains, caves, and the holes of the earth. <sup>39</sup> All of them received a testimony through their faith but they did not receive the promise <sup>40</sup> because God had made provision for us to have something better, and they were not to reach perfection apart from us.

12 And so, seeing that we are surrounded by such a great a cloud of witnesses, let us lay aside every weight and the sin which so easily entangles us. Let us run with endurance the race that is set before us, <sup>2</sup> fixing our eyes on Jesus, the author and perfecter of faith. For the joy that was set before him, he endured the cross, despising its shame, and he has sat down at the right hand of the throne of God.

### Gospel — John 1: 43-51

<sup>43</sup> On the next day, being determined to go out into Galilee, Jesus met Philip and said to him, "Follow me!" <sup>44</sup> Now Philip was from Bethsaida, the city of Andrew and Peter. <sup>45</sup> Philip found Nathaniel and said to him, "We have found the one of whom Moses in the law and the prophets, wrote: Jesus of Nazareth, the son of Joseph!"

<sup>46</sup> Nathaniel asked him, "Can anything good come out of Nazareth?"

Philip replied, "Come and see!"

<sup>47</sup> As Jesus saw Nathaniel coming to him, he said about him, "Behold, an Israelite indeed, in whom there is no deceit!"

<sup>48</sup> Nathanael asked Jesus, "How do you know me?"

Jesus answered and said to him, "Before Philip called you, when you were under the fig tree, I saw you."

<sup>49</sup> Nathanael replied, "Rabbi, you are the Son of God! You are King of Israel!"

<sup>50</sup> Jesus said to him, "Because I told you, 'I saw you underneath the fig tree,' do you believe? You will see greater things than these!"

<sup>51</sup> He said to Philip, "Amen, amen, I tell you; hereafter, you will see heaven opened, and the angels of God ascending and descending upon the Son of Man."

## The Iconostas – Barrier or Gateway?

Orthodox Christian church buildings have features that make them distinct as houses of worship. There are of a variety of architectural designs that express the classic floor plan of narthex, nave, and sanctuary. Regardless of exterior appearance the interiors are always adorned with iconography on walls, ceilings, domes and stands including the screen that separates the nave from the sanctuary, the iconostas. Iconostas or iconostasis in Greek, simply means icon stand.

For those unfamiliar with Orthodox liturgical worship, the iconostas may appear as a barrier, a fortress with access only to a few select men who perform veiled, secret rites behind closed doors and curtains. This wall does not exist in Western Christian churches from Rome to the eclectic auditoriums of the Protestant reformation. Starting centuries ago, this colonnade has been abandoned, priests and pastors were turned from facing East to the West and the people began to sit in ranks being passively ministered to instead of being active participants, the essence of liturgical worship.

The iconostas is not a barrier but a gateway to the Kingdom of Heaven as proclaimed by our Lord and Savior, Jesus Christ, not merely as a future destination but present here and now within His Body, the Church. The Incarnation of Christ changed the relationship of God and His Creation forever. God condescended to become man that we might ascend to His image and likeness. The veneration of icons was affirmed by the Seventh Ecumenical Council in 787 and is celebrated yearly as the Triumph of Orthodoxy on the first Sunday of the Great Lenten Fast. The iconostas is adorned with the images of people who walked this Earth in the flesh, who lived and who died. Jesus Christ, the Theotokos, the Prophets, the Apostles, the Saints, the Evangelists, the Martyrs, all invite us to feast at the Eucharistic banquet of the never-ending Kingdom.

The history of the origin of the iconostas is complex and convoluted. Volumes have been written describing the evolution of the architecture of Christian churches. Suffice it to say, that from the very beginning, when worship moved from homes into dedicated structures, those buildings were conceived to be sacred, set aside, holy. Entering the church was exiting the world into the eschatological realm of the Kingdom that is to yet to come but mysteriously existing now. The floor plan of narthex, nave and sanctuary was designed to facilitate a journey that is always one of ascent.



While there is evidence that in those earliest house-churches a curtain was placed before the altar, later in Byzantium, the iconostas as we now visualize it did not exist. The sanctuary was separated from the nave by a structure called the templon. A digital rendering of the probable appearance of the templon of the Hagia Sophia in Constantinople demonstrates a structure of colonnades and beams with a low barrier. The altar itself was covered with a canopy; a feature

## Our Life in Christ — The Deacon's Beacon

that still exists is some Orthodox churches. While the model of the separated sanctuary and altar can be traced to the ancient Jewish "Holy of Holies", some historians comment that the templon also served the practical purpose of partitioning the bishop and emperor from what was at that time an occasionally raucous but faithful crowd.

The appearance of the solid iconostas found in the Slavic churches dates to approximately the 15<sup>th</sup> Century although historians cannot describe a distinct point of origin. A simplified version of the evolution of the icon screen is that the Byzantine templon was curtained, made higher and covered completely with icons. Some writers speculate that the solid icon screen became an architectural feature in Russian churches for structural integrity as much as for theological reasons. Historians of the development of the Russian iconostas have commented that the period of sacramental deemphasis of the laity may have been facilitated by the prominent five-tiered iconostas of that era. Such towering screens have been abandoned by many contemporary churches, particularly in America, paralleling the return of the laity as participants and communicants in the Divine Liturgy.

We live within a highly structured world. Our houses have locked doors and are surrounded by fences. We navigate gates and obstructions when we travel. We romanticize about wide-open spaces. Our culture simultaneously clambers to tear down literal and figurative walls while at the same time legislating larger fences across our borders. It is understandable and satisfying to the American ethos that barriers should be torn down wherever possible including within our churches. There is a desire, even an expectation to see "the man behind the curtain". The result is that the sacred, the mysterious, the holy have been set aside. Pride in our own self-determination is replacing the humility of standing before the images of our Lord and His Saints there present to celebrate together the mystery of the Eucharist.

Let us then all pray that we may see the Iconostas for its intended purpose, as a window and gateway into Christ's Heavenly Kingdom. Amen.

Protodeacon George Shumaik





## LOOKING AHEAD

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

### Sun Mar 5

6:00pm—Sunday of Orthodoxy Vespers St Anthony Antiochian Orthodox Church followed by Lenten Reception

### Mon Mar 6

6:00pm—Orthodox Christianity 101 (In Person & via Zoom)

### Tues Mar 7

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

### Wed Mar 8

10:30-11:30am — Father's Café (In person and via Zoom)  
6:00pm—Presanctified Liturgy followed by Lenten Potluck

### Thurs Mar 9

9am-12pm — Auxiliary Cooking/Baking

### Sat Mar 11—Memorial Saturday

8:30am —Liturgy for the Departed

### Mon Mar 13

6:00pm—Orthodox Christianity 101 (In Person & via Zoom)

### Tues Mar 14

7:00pm—Parish Council Meeting

### Wed Mar 15

10:30-11:30am — Father's Café (In person and via Zoom)  
6:00pm—Presanctified Liturgy followed by Lenten Potluck

### Thurs Mar 16

9am-12pm — Auxiliary Cooking/Baking

**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*

Elena Miller	3/5
Dennis Seitz	3/9

### 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 & Pdcn. George Shumaik

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