

March 12, 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

2ND SUNDAY OF GREAT LENT —TONE 6
SUNDAY OF ST. GREGORY PALAMAS

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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

He has become man, so that He might deify us in Himself! And He has been born of a woman, and begotten of a virgin, in order to transfer to Himself our erring generation, and that we may become ever more a holy race, and "partakers of the divine nature," as St. Peter wrote

(2 Pet. 1:4)

St Athanasius

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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

Fellowship Meal Sign-up Posted Now through 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.

Father's Café Now on Wednesday In-Person as well as via Zoom 10:30-11:30 (ish)

Our weekly gathering for prayer, reflection & simple fellowship has moved to Wednesdays. It is at 10:30am is available for people to attend IN PERSON as well as via Zoom (see online calendar for the link).

This is an opportunity to sit and have a cup of coffee or tea (reg and decaf provided) and ask questions about the Faith or talk about whatever comes to mind (gardening, movies, history, etc.). We say a prayer, read a reflection and let the conversation (and coffee) flow.

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 Paschal 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.

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!

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 Palamas —Tone 8

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of grace, //
always intercede before the Lord that our souls may be saved!

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.

St. Gregory — Tone 8

Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds to Him, O Father, // so that we may sing to you: "Rejoice, preacher of grace!"

Triodion — Tone 4

Now is the time for action!
Judgment is at the doors!
So let us rise and fast,
offering alms with tears of compunction and crying:
"Our sins are more in number than the sands of the sea;
but forgive us, O Master of all, //
so that we may receive the incorruptible crowns!"

PROKEIMENA

Tone 5 — Thou, O Lord, shall protect us and preserve us from this generation forever. (Ps 11/12:7)

v: Save me, O Lord, for there is no longer any that is godly. (Ps 11/12:1)

Tone 1 (St Gregory) — My mouth shall speak wisdom, the meditation of my heart shall be understanding. (Ps 48/49:3)

Today's Worship — Scripture Readings

Epistle — Hebrews 1:10-2:3

¹⁰ And:

You, Lord, in the beginning, laid the foundation of the earth.

The heavens are the works of your hands.

¹¹ They will perish, but you continue.

They all will grow old as a garment,

¹² As a mantle, you will roll them up, and they will be changed;

but you are the same.

Your years will not fail.

¹³ Indeed, to which of the angels did he ever say,

Sit at my right hand,

until I make your enemies the footstool of your feet?

¹⁴ Are the angels not all ministering spirits, sent out to serve for the sake of those who will inherit salvation?

2 Therefore, we should pay greater attention to the things that we were taught, for fear that we may drift away. ² Certainly, if the word spoken through angels proved reliable and every transgression and disobedience received a just penalty, ³ how will we escape if we neglect so great a salvation! It was first announced by the Lord himself, and it is confirmed to us by those who heard him.

Epistle — Hebrews 7:26-8:2

²⁶ Indeed, such a high priest was fitting for us: holy, blameless, undefiled, separated from sinners and made higher than the heavens.

²⁷ He does not need, like those [former] high priests, to offer up sacrifices daily, first for his own sins and then for the sins of the people. Instead, he did this once for all, when he offered himself up. ²⁸ For the law appoints as high priests men who have weaknesses, but the word of the oath which came after the law appoints forever a Son who has been perfected.

8 The point of what we are saying is this: we have such a high priest, who sat down at the right hand of the throne of the Majesty on high, ² a servant of the sanctuary and of the true tabernacle, which the Lord has set up, and not man.

ALLELUIA

Tone 6 — V. He who dwells 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)

Tone 2 — V. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. (Ps. 36:31)

Today's Worship — Scripture Readings

Gospel — Mark 2:1-12

2 After some time, when Jesus returned to Capernaum, it was heard that he was in the house. ² Immediately, many people gathered so that there was no more room, not even around the door. As Jesus was preaching the word to them, ³ four men came, carrying a paralytic to him. ⁴ Since they could not come near Jesus because of the crowd, they removed the roof where he was. When they had broken it up, they let down the mat which the paralytic was lying on. ⁵ Seeing their faith, Jesus said to the paralytic, "Son, your sins have been forgiven you."

⁶ But there were some of the scribes sitting there, and they reasoned in their hearts, ⁷ "Why does this man speak blasphemies like that? Who can forgive sins except God alone?"

⁸ Immediately, Jesus perceived in his spirit that they were reasoning within themselves in this way. He asked them, "Why do you reason these things in your hearts? ⁹ Which is easier, to tell the paralytic, 'Your sins have been forgiven,' or to say, 'Arise, take up your bed, and walk?' ¹⁰ But so that you may know that the Son of Man has authority on earth to forgive sins"—he said to the paralytic—¹¹ "I tell you, arise and take up your mat, and go to your house!"

¹² At once, the man arose and took up the mat, and went out in front of everyone. The people were all amazed and glorified God, saying, "We have never seen anything like this!"

Gospel — John 10:9-16

⁹ I am the gate! Anyone who enters in by me will be saved, and go in and out, and will find pasture. ¹⁰ The thief only comes to steal, kill, and destroy. I came so that people may have life, and have it in abundance. ¹¹ I am the good shepherd! The good shepherd lays down his life for the sheep. ¹² The one who is a hired hand, not a shepherd, and who does not own the sheep, leaves the sheep and flees when he sees the wolf coming. Then the wolf snatches the sheep and scatters them. ¹³ The hired hand flees because he is a hired hand and does not care for the sheep. ¹⁴ I am the good shepherd! I know my own, and I am known by my own; ¹⁵ even as the Father knows me, and I know the Father. I lay down my life for the sheep. ¹⁶ I have other sheep, which are not of this fold. I must bring them also, and they will hear my voice. And there will be one flock—one shepherd.

**SAINT JOHN OF DAMASCUS
ORTHODOX CHURCH
AUXILIARY**

ETHNIC FOODS and BAKE SALE

Saturday, April 8, 2023

11:00 A.M. to 2:00 P.M.

16903 Espola Road, Poway

Pierogies – Many Varieties!

Cheese • Potato/Cheese • Sauerkraut • Sweet Cabbage
Prune • Cherry @ \$10.00 per dozen
Sausage & Cheese • Loaded Baked Potato • The Polish
The Italian @ \$12.00 per dozen

Stuffed Cabbage Rolls - \$20.00 per dozen **Quiche** - \$15.00 ea.

Piroshky - \$15.00 per bag **Easter Breads** - \$10.00 ea.

Georgian Cheese Bread - \$16.00 ea. **Baklava** - \$18.00 per dozen

Spanakopita - \$18.00 per dozen

Walnut, Poppy Seed, and Apricot Rolls - \$18.00 ea.

Brownies - \$9.00 per ½ dozen **Lemon Bars** \$9.00 per ½ dozen

Tea Breads (Lemon Poppy Seed, Orange Nut, Banana Nut) - \$10.00 ea.

Russian Tea Cakes \$9.00 per dozen

Cream Puffs - \$1.50 ea.

Mini Chocolate Cheesecakes - \$2.50 ea.

Kolachi Cookies (Apricot, Walnut) \$10 per dozen

Advance Orders Only / Pick-Up in Church Hall
TO ORDER, PHONE

Tanya: (619) 818-2311 or Mike: (858) 344-2981

Or EMAIL: auxiliary@stjohnofdamascus.org

Ask about our
marinated
Easter Lamb!

**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!

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.

**Project Mexico Presentation
Today during our Fellowship Meal**

We are blessed to have Fr Nicholas Andruchow, the Director of Project Mexico and St Innocent Orphanage, with us.

He will be bringing us up to date on the work of what has become a grace-filled and ongoing witness to our Faith for all Orthodox Christians of North America.

Please support this ministry that is only 1.5 hours away from our front door.



**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
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.



LOOKING AHEAD

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

Mon Mar 13

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

Tues Mar 14

9:00am-12:00pm—Auxiliary Cooking Day

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

Fri Mar 17

10:00am — Presanctified Liturgy

7:00pm — Adult Ed: Parables of Christ—Images of the Kingdom

Sat-Tues Mar 18-21

Fr Michael travels to Phoenix on Diocesan Business

Fr Peter Carmichael to Celebrate Services

Tues Mar 21

9:00am-12:00pm—Auxiliary Cooking Day

Wed Mar 22

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

6:00pm—Presanctified Liturgy followed by Lenten Potluck

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!

<i>Name Days</i>		<i>Wedding Anniversary</i>	
Patricia Swinehart	3/17	Evangelos & Anne Keeling	3/18

Birthdays

Peyton Budde	3/8
Vivian Ketz	3/13
R. Craig Carlson	3/14
Anna Hubler, Lily Neskin	3/16
Teona Darjania	3/17

PARISH CONTACT INFO:

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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

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