

March 26, 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

4TH SUNDAY OF GREAT LENT —TONE 8
SUNDAY OF ST. JOHN OF THE LADDER
LEAVETAKING OF ANNUNCIATION TO OUR
MOST-HOLY LADY, THE THEOTOKOS, AND
EVER-VIRGIN MARY
ARCHANGEL GABRIEL

+

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

Wonder! God is come among humanity; he
who cannot be contained is contained in a
womb; the timeless enters time, and great
mystery: his conception is without seed, his
emptying past telling!

So great is this mystery! For God empties
himself, takes flesh and is fashioned as a
creature, when the angel tells the pure
Virgin of her conception: "Rejoice, you who
are full of grace; the Lord who has great
mercy is with you!"

JOHN THE MONK

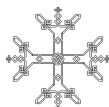


*With the voice of the archangel,
we cry aloud to you, pure Virgin:
Rejoice, full of grace,
the Lord is with you!*

Parish Life

Fellowship Meal Sign-up Posted Now through June

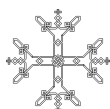
The sign-up calendar for fellowship meals after Sunday Divine Liturgies for the first half of 2023 has been posted in the church hall on the bulletin board. Please take a look and sign up for a few. There is room on the form for multiple families to sign-up for a given Sunday so no one is tasked with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



BRING IN YOUR PALMS

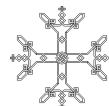
It is time to dispose of your blessed palms from last year. Please bring them to church and give them to Fr. Michael. He will then burn them and scatter the ashes around the church.



Viewing of TV Show "The Chosen" Sunday Mar 26 12:30pm Discussion to Follow

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

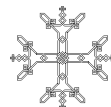
We will be showing the 2nd episode of season 1 in the Church Hall on Sunday Mar 26 beginning at 12:30pm after our fellowship meal. We will also have a short discussion about the episodes and how it compare to the Church's understanding of the events and people (some are saints) present.



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.



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

Today's Worship—Hymns

TROPARIA

Resurrection — Tone 8

Thou didst descend from on high, O Merciful One! Thou didst accept the three-day burial to free us from our sufferings! O Lord, our Life and Resurrection: glory to Thee!

Annunciation—Tone 4

Today is the beginning of our salvation, the revelation of the eternal mystery! The Son of God becomes the Son of the Virgin as Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: "Rejoice, O Full of Grace, // the Lord is with you!"

Archangel Gabriel—Tone 4

Gabriel, Commander of the heavenly hosts, we who are unworthy beseech you: by your prayers encompass us beneath the wings of your immaterial glory, and faithfully preserve us who fall down and cry out to you:// "Deliver us from all harm, for you are the Commander of the Powers on high!"

KONTAKIA

Resurrection — Tone 8

By rising from the tomb, You raised the dead and resurrected Adam. Eve exults in Your Resurrection, // and the world celebrates Your rising from the dead, O greatly Merciful One!

Archangel Gabriel — Tone 8

Supreme Commander Gabriel, you are the glorious intercessor and servant before the all-radiant, worthy, all-powerful, infinite and awesome Trinity. Ever pray now that we may be delivered from all tribulations and torments, // so that we may cry out to you: "Rejoice, protection of your servants!"

Annunciation — Tone 8

O victorious leader of triumphant hosts! We, your servants delivered from evil sing our grateful thanks to you, O Theotokos. As you possess invincible might set us free from every calamity// so that we may sing; "Rejoice, O unwedded Bride!"

Today's Worship — Scripture Readings

Epistle — Hebrews 2: 11-18

¹¹ For both the one who sanctifies and those who are sanctified are all from one; for this reason, he is not ashamed to call them brethren, ¹² saying:

I will declare your Name to my brethren.

In the midst of the congregation I will sing your praise.

¹³ Again:

I will put my trust in him,

and:

Behold, here I am with the children whom God has given me.

¹⁴ Since the children have shared in [the same] flesh and blood, he likewise shared the same [human nature], so that through death he might bring to nothing the one who had the power of death—the devil—¹⁵ and deliver all those who through fear of death were subject to life-long slavery. ¹⁶ Certainly, Jesus did not take on the [nature of] angels, but [that of] Abraham's seed. ¹⁷ For this reason, he had to be made like his brethren in all things, so that he might become a merciful and faithful high priest in things pertaining to God, {able} to make a sacrifice of atonement for the sins of the people. ¹⁸ Moreover, since he himself suffered and was tempted, he is able to help those who are tempted

Epistle — Romans 6: 3-11

³ Or do you not know that all {of us} we who were baptized into Christ Jesus were baptized into his death? ⁴ And so, we were buried with him through baptism to death, so that just as Christ was raised from the dead by the glory of the Father, [likewise] we might also walk in newness of life. ⁵ Truly, if we have become united with him in the likeness of his death, we will also be [united with him] by a resurrection like his. ⁶ It means that we recognize this, that our old humanity was crucified with him, so that the body of sin might be done away with, and so that we would no longer be in bondage to sin. ⁷ Whoever has died has been freed from sin! ⁸ But if we have died with Christ, we believe that we will also live with him; ⁹ knowing that Christ, being raised from the dead, dies no more. Death no longer has dominion over him! ¹⁰ For the death that he died, he died to sin one time; but the life that he lives, he lives to God. ¹¹ Thus, consider yourselves to be dead as regards sin, but alive to God in Christ Jesus our Lord.

PROKEIMENON

Tone 3 (Baptism) — The Lord is my light and my salvation: Whom shall I fear?

v: The Lord is they strength of my life: of whom then shall I be afraid

Tone 4 (Feast) - From day to day / proclaim the salvation of our God! (Ps. 95:2a)

ALLELUIA

Tone 8 — 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 face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)*

Tone 1 — V. *He descends like rain upon the fleece, like raindrops that water the earth. (Ps. 71:6)*

Today's Worship — Scripture Readings

Gospel — Luke 1: 24-38

²⁴ After these days, his wife Elizabeth conceived, and she hid herself five months, saying: ²⁵ “The Lord has done this to me in the days when he looked at me, in order to take away my disgrace among men.”

²⁶ Now in the sixth month, the angel Gabriel was sent by God to a city of Galilee named Nazareth, ²⁷ to a virgin pledged to be married to a man whose name was Joseph, of the house of David. The virgin's name was Mary. ²⁸ Having come in, the angel said to her, “Rejoice, full of grace! The Lord is with you! Blessed are you among women!”

²⁹ But when she saw him, she was greatly troubled at his saying and considered what kind of greeting this might be. ³⁰ The angel said to her, “Do not be afraid, Mary, for you have found favor with God. ³¹ Behold, you will conceive in your womb and bring forth a son, and you will call his name ‘Jesus.’ ³² He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father, David, ³³ and he will reign over the house of Jacob forever. And of his Kingdom there shall be no end.”

³⁴ Mary said to the angel, “How can this be [happening] to me, since I do not know a man?”

³⁵ The angel answered her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore, the holy one who is born will be called the Son of God. ³⁶ Behold, your relative Elizabeth has also conceived a son in her old age and this is the sixth month [of her pregnancy] for her who was called barren. ³⁷ For nothing shall be impossible with God.”

³⁸ Mary said, “Behold, the handmaid of the Lord! Let it be to me according to your word.”

Gospel — Matthew 28: 16-20

¹⁶ The eleven disciples went into Galilee, to the mountain where Jesus had directed them.

¹⁷ When they saw him, they expressed adoration to him, but they doubted. ¹⁸ Jesus came to them and said, “All authority has been given to me in heaven and on earth. ¹⁹ Go [therefore] and make disciples of all nations, baptizing them in the Name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all the things that I have commanded you. Behold, I am with you always, even to the end of the age.” Amen!

**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

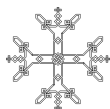
Or EMAIL: auxiliary@stjohnofdamascus.org

Ask about our
marinated
Easter Lamb!

**Easter Bake Sale
April 8—11am-2pm
Get your orders in!**

Our annual Easter Baked Good & Food Sale will be Saturday (Lazarus Saturday) April 8 from 11am.

The menu/flyer is included in the bulletin. Information for making your order is included. Supplies are finite. Get your order in early to be sure you can get your favorites!

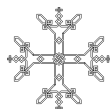


Auxiliary Baking Schedule for March

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 30 Stuffed Cabbage

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



**Lazarus Saturday Pancake Breakfast
Palm Sunday Decoration
April 8 after Liturgy**

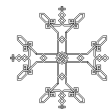
After Divine Liturgy on Lazarus Saturday we will be hosting a Lenten pancake breakfast for folks staying to help with the Bake Sale, assembling palms & decorating the church for Palm Sunday.

Plan on staying for a bit, have some pancakes and help decorate!

**Pysanki Workshop—Sat April 1
Sign-up in Church Hall**

We are blessed that Diane Worth is offering a pysanki making workshop on Sat April 1st from 3-5:30pm.

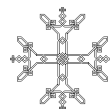
Whether you have a lot of experience or would like to try this beautiful folk craft for the first time please sign up on the sheet posted on the bulletin board in the church hall. Please sign-up ahead of time so Diane can be sure to have enough supplies for everyone.



**Set-up & Decoration of Tomb
Holy Friday 10:30am**

We need folks to help with setting up and decorating the Tomb of our Lord on Holy Friday. We will be gathering at 10:30am after Royal Hours.

Please consider joining in and helping!



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.



LOOKING AHEAD

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

Sun Mar 26

12:30pm — Viewing of Episode of The Chosen w/ Discussion

Mon Mar 27

6:00pm — Orthodox Christianity 101

Wed Mar 29

6:00pm—Presanctified Liturgy followed by Lenten Potluck

Thurs Mar 30

9am— Auxiliary Cooking (Stuffed Cabbage)

6:00pm — Matins w/ Canon of St Andrew of Crete and Reading of 1st Half of Life of St Mary of Egypt

Fri Mar 31

6:00pm—Matins w/ Akathist to the Theotokos

Sat April 1

3-5:30pm — Pysanki Workshop

After Vespers—Reading of 2nd Half of Life of St Mary of Egypt

Mon April 3

6:00pm — Orthodox Christianity 101

Wed April 5

10:30am — Father's Café (In Person & Zoom: see online calendar)
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!

Name Days

Newly-illuminated Jonah Gabriel Winchester	3/26
Eliza (Elizabeth) Boyles	3/30
Mary Caetta	4/1

Birthdays

Nick Ketz	3/26
Charles Alexander Franchak	3/27
Matthew Maximos Carter	3/29
Christine Rahal	3/31

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

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