

April 23, 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 PASCHA—ANTIPASCHA
THOMAS SUNDAY

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Welcome!

...to all who have gathered to follow
Jesus Christ & 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 and fill out a visitor card.

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A Word from the Holy Fathers

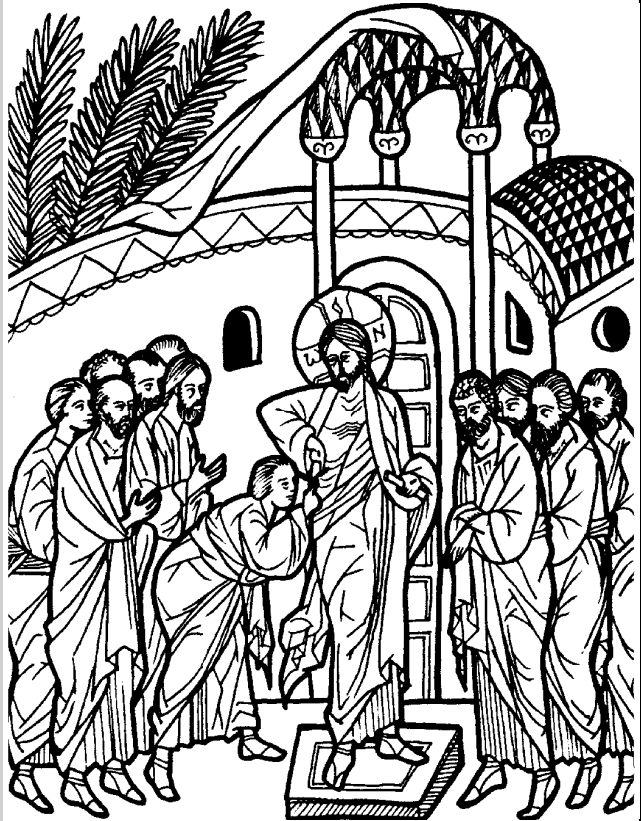
It was not an accident that that particular
disciple was not present. The divine mercy
ordained that a doubting disciple should, by
feeling in his Master the wounds of the
flesh, heal in us the wounds of unbelief.
The unbelief of Thomas is more profitable
to our faith than the belief of the other
disciples. For the touch by which he is
brought to believe confirms our minds in
belief, beyond all questions.

St. Gregory the Great

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Include Something in the Bulletin or
Be Included in our Weekly
(NEWS@StJohnofDamascus.org)
E-mails

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



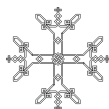
ST. JOHN OF DAMASCUS ORTHODOX CHURCH + THE DIOCESE OF THE WEST + THE ORTHODOX CHURCH IN AMERICA

Parish Life

Father's Café Wednesdays May 11 In-Person as well as via Zoom 10:30-11:30 (ish)

Our weekly gathering for prayer, reflection & simple fellowship is on Wednesdays. It is at 10:30am and 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.



Dates for 2023

MOVABLE FEASTS

Ascension	May 25
Pentecost	June 4

FASTS

Apostles Fast	June 12-28
Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15-Dec 24

FAST-FREE WEEKS

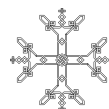
After Pentecost	June 4-10
After Christmas	Dec 25-Jan 4

Monthly Collections

As we continue to restore many of the beloved practices of our parish we are reinstituting our monthly Sunday collections:

- 2nd Sunday of the Month—Seminarian at St Herman's Seminary in Alaska
- 3rd Sunday of the 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.



Keep Informed Receive Weekly E-mails About Parish Life

We are an active community with a lot going on. These days it is especially helpful to keep up to date on things taking place in our parish.

We have an email group
"News@stjohnofdamascus.org"

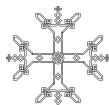
It is all those who are interested in the activities of St. John of Damascus Orthodox Church. Members receive periodic notifications of special events, parish meetings and weekly newsletters.

**To be included E-mail Fr Michael at
info@stjohnofdamascus.org**

Parish Life

Please Take Paschal Flowers Home

Anyone who is interested in taking some of Paschal flowers to beautify their homes is welcome to do so after Liturgy today.



Presentation of the Healing Ministry of Christ with Pdn George Shumaik Saturday May 6 2:30-5:30pm Invite Your Friends

Protodeacon George will be presenting on the healing ministry of Jesus Christ. He will be reflecting on his 35 years in the Emergency discussing the relationship between medical science and faith.

See flyer in the back of the bulletin for more details

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.

See Carmen Brown after Liturgy for more information or to purchase your cards.

Ministry Directory

Below are the people who coordinate various ministries in our parish. Feel free to contact them to find out how to offer your God-given time and talents to the life of our community.

Adult Ed — Fr Michael

Altar Servers—Subdeacon Ken Telles

Auxiliary President — Tanya Franchak

Candle Stand — Gene Francello

Choir—Carole Shumaik

Church School — Bill Moision

Counters — Fr Michael

Diamond Circle Seniors — Jim & Patty Pelachik

Electric Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Linda Kedroff

Flowers/Decorating—Diane Worth

Greeters — Valerie Lane

Handmaidens — Sally Menig & Desiree Geralt

Koliva — Fr Michael

Parish Council Vice-President—Patty Pelachik

Prosphora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Security Committee — Parish Council

Scrip Sales—Gene Francello, Valerie Lane

Social Media —Evan Keeling & Iryna Thayer

Sunday Commemoration Loaves— Fr Michael

Consider taking part and helping this group make St John's the wonderful lively parish it is. For information on how to contact any of the above please speak with Fr Michael.

Today's Worship — Hymns

TROPARIA

Feast—Tone 7

From the sealed tomb, Thou didst shoie forth,
O Life!
Through closed doors Thou didst come to Thy
Disciples, O Christ God.
Renew in us, through them, an upright spirit, //
by the greatness of Thy mercy, O
Resurrection of all!

KONTAKIA

Feast—Tone 8

Thomas touched Thy life-giving side with an
eager hand, O Christ God,
when Thou didst come to Thy Apostles through
closed doors.
He cried out with all: "Thou art my Lord and my
God!"

PROKEIMENON

Tone 3 (*Feast*) - 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 8 (*Thomas Sunday*) — V. Come, let us rejoice in the Lord! Let us make a
joyful noise to God our Savior! (Ps. 94:1)

V. For the Lord is a great God, and a great King over all the earth. (Ps. 94:3)

Today's Worship — Scripture Readings

Epistle — Acts 5: 12-20

¹² Even more, many signs and wonders were accomplished among the people by the hands of the apostles, and they were all [gathered] with one accord in Solomon's porch. ¹³ No one else dared to join them, even though they were honored by the people. ¹⁴ More believers were added to the Lord, multitudes of both men and women. ¹⁵ People even carried out the sick into the streets, placing them on cots and mattresses, so that as Peter came by, at least his shadow might fall on some of them. ¹⁶ Crowds also formed from the cities around Jerusalem; they brought sick people, as well as those tormented by unclean spirits, and all were healed.

¹⁷ However, the high priest took action, along with all his associates (which is the sect of the Sadducees). Filled with jealousy, ¹⁸ they laid their hands on the apostles and placed them in the public jail. ¹⁹ But an angel of the Lord opened the prison doors by night and brought them out, saying, ²⁰ "Go, stand in the temple, and speak to the people the whole message about this life."

Gospel — John 20: 19-31

¹⁹ In the evening on that [same] day (the first day of the week), and as the doors [of the place] where the disciples were assembled were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you."

²⁰ When he had said this, he showed them his hands and his side. At this, the disciples rejoiced when they saw the Lord. ²¹ Then again, Jesus said, "Peace be with you! As the Father has sent me, I also send you." ²² When he had said this, he breathed on them and told them, "Receive the Holy Spirit! ²³ If you forgive anyone's sins, they are forgiven; if you retain anyone's sins, they are retained."

²⁴ However, Thomas, called the Twin, one of the Twelve, was not with them when Jesus came.

²⁵ So the other disciples told him, "We have seen the Lord!"

But Thomas replied, "Unless I see in his hands the print of the nails and put my hand into his side, I will not believe!"

²⁶ After eight days, his disciples were inside once again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them, and he said, "Peace be with you."

²⁷ Then he said to Thomas, "Put your finger here, and see my hands! Place your hand here and put it into my side. Do not be unbelieving, but believing!"

²⁸ And Thomas answered him, "My Lord and my God!"

²⁹ Jesus said to him, "Because you have seen me, you have believed. Blessed are those who have not seen, and have believed."

³⁰ Now Jesus accomplished many other signs in the presence of his disciples, which are not written in this book. ³¹ However, these ones are written, so that you may believe that Jesus is the Christ, the Son of God, and that believing, you may have life in his Name.

Saint John of Damascus Orthodox Church
Invites You to Attend A Presentation

THE HEALING MINISTRY OF JESUS CHRIST

A Medical Perspective

Reverend Protodeacon George Shumaik, MD
Clinical Professor of Emergency Medicine, Emeritus
UCSD Medical Center



SATURDAY-MAY 6

Dr. Shumaik reflects upon his 35 years in the Emergency Department discussing the relationship of medical science and faith using the more than thirty individual gospel narratives of the healing ministry of Jesus Christ as the focus of discussion.

Introduction – Part 1 2:30P-3:30P

Refreshments 3:30P-4:00P

Part 2 – Conclusion 4:00P – 5:00P

Discussion 5:00P – 5:30P

Great Vespers 6:00P

16903 Espola Rd, Poway, CA 92064

Our Life in Christ

The Artos Blessed at Holy Pascha

Near the end of the Paschal Vigil, after the Prayer Before the Ambo, a single large loaf of bread, the Artos, is brought to the priest. Depicted on the top of the Artos are either the symbol of Christ's victory over death—the Cross, surmounted by a crown of thorns—or the Resurrection of Christ. The Artos symbolizes the physical presence of the resurrected Christ among the disciples. The priest blesses the Artos with a special prayer and sprinkles it with Holy Water. The Artos is then placed on a small table before the Iconostasis where it remains throughout Bright Week. It is customary, whenever the faithful enter the Temple, for them to kiss the Artos as a way of greeting the Risen Christ. On every day of Bright Week, after the Paschal Divine Liturgy (or, alternately, after Paschal Matins), the Artos is carried in a solemn Procession around the outside of the church.

The significance of the Artos is that it serves to remind all Christians of the events connected with the Resurrection of Our Lord Jesus Christ. While still living on earth, the Lord called Himself the Bread of Life, saying: *I am the bread of life; he who comes to Me shall not hunger, and He who believes in Me shall never thirst* (John 6:35). After His Resurrection, more than once Jesus appeared to His disciples, ate before them and blessed their own food. For example, as evening fell on the first day of His Resurrection, He was recognized in Emmaus by two of His disciples as He blessed and broke bread (Luke 24:13-35).

On the 40th day after His Resurrection, the Lord ascended into heaven, and His disciples and followers found comfort in their memories of the Lord: they recalled His every word, His every step and His every action. When they met for common prayer, they would partake of the Body and Blood of Christ, remembering the Last Supper. When they sat down to an ordinary meal, they would leave a place at the head of the table empty for the invisibly present Lord and would lay bread on that place.

Remembering this custom of the Apostles, the Fathers of the Church made it their custom to put out the Artos at the Paschal Feast in memory of the appearances of the Risen Lord to His disciples, and also in memory of the fact that the Lord Who suffered and was resurrected for our justification has made Himself the true Bread of Life and is invisibly present in His Church always, to the close of the age (Matthew 28:20).

Whereas special Paschal breads are broken and eaten on the first day of Pascha and throughout the Paschal season, the Artos is kept whole throughout the whole of Bright Week as a reminder of the presence of the Risen Savior in the midst of those who believe in Him and is only divided and distributed on Saturday. In this way Bright Week begins and ends with the eating of especially baked and blessed bread.

It is a custom among Orthodox Christians to this day to keep a portion of the Artos in their home by their icon corner throughout the year and with due reverence and faith to eat of it in time of illness or distress, especially when they are not able to attend the Divine Liturgy and receive the Eucharist on a Sunday. This is eaten, often together with a drink of Holy Water, which had been blessed at the Feast of the Theophany of Our Lord.





LOOKING AHEAD

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

Monday April 24

6:00pm — Orthodox Christianity 101

Wednesday April 26

10:30am — Father's Café In Person in Church Hall & via Zoom (see online calendar for link)

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

Monday May 1

6:00pm — Orthodox Christianity 101

Wednesday May 3

10:30am — Father's Café In Person in Church Hall & via Zoom (see online calendar for link)

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

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!

Other

Newly-illuminated Jonah Gabriel Winchester 3/26

Name Days

Zoe Rahal	Bright Friday	
Dn George Shumaik, George Rahal, George Minakov, Bill (George) Hubler		4/23
Mark Sladack		4/25

Birthdays

Steven Brown	4/23
Patty (Anna) Pelachik	4/27

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 & Dn. George Shumaik

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