

April 30, 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

3RD SUNDAY OF PASCHA—TONE 2
SUNDAY OF THE MYRRHBEARERS

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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

And let us also take note of what it means
that the angel is seen sitting on the right
side. For what does the left side mean but
this present life; and the right hand side, if
not life eternal? ... And so, since our
redeemer has now passed over beyond the
mortality of this present life, rightly does the
angel, who had come to announce his
entry into eternal life, sit at the right side.
And he came clothed in white: for he was
announcing the joy of this our present
solemnity.

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



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

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



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.

Today's Worship—Hymns

TROPARIA

Resurrection — Tone 2

When Thou didst descend to death, O Life
Immortal, Thou didst slay hell with the
splendor of Thy Godhead! And when from the
depths Thou didst raise the dead, all the
powers of heaven cried out: O Giver of Life!
Christ our God! Glory to Thee!

Myrrhbearers — Tone 2

The noble Joseph,
when he had taken down Your most pure
Body from the Tree,
wrapped it in fine linen and anointed it with
spices,
and placed it in a new tomb.
But You rose on the third day, O Lord, //
granting the world great mercy.

St James — Tone 8

You were called to be a disciple and warrior of
Christ, one of the exalted choir of
Apostles.

With your brother John, you abandoned all to
follow the Master, O James;
you were filled with the Holy Spirit and
proclaimed Him to all.

You bowed your head to the sword, the first of
the twelve to shed your blood! //

We celebrate your memory, O blessed one!

KONTAKIA

St James — Tone 2

O James, when you heard the voice of the
Word calling you,
you abandoned your father's love and ran to
Christ, together with your brother
John.

With him you were accounted worthy //
to behold the divine Transfiguration of Christ.

Myrrhbearers — Tone 2

Thou didst command the Myrrhbearers to
rejoice, O Christ God.

By Thy Resurrection, Thou didst stop the
lamentation of Eve, the first mother.

Thou didst command them to preach to Thy
Apostles: //

"The Savior is risen from the tomb!"

PROKEIMENON

Tone 6 - O Lord, save Your people, / and bless Your inheritance! (Ps. 27:9a)

V. To You, O Lord, will I call. O my God, be not silent to me! (Ps. 27:1a)

Tone 8 - (*Saint*) Their proclamation has gone out into all the earth, / and their words to
the ends of the universe. (Ps. 18:4)

ALLELUIA

Tone 8 (V. O Lord, You have been gracious to Your land; You have turned back the
captivity of Jacob. (Ps. 84:1)

V. Mercy and truth are met together, righteousness and peace have kissed each other.
(Ps. 84:10)

Tone 1—V. The heavens will praise Your wonders, O Lord; and Your truth in the
congregation of the saints. (Ps. 88:5)

Today's Worship — Scripture Readings

Epistle — Acts 6: 1-7

¹ Now in these days when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. ² And the twelve summoned the body of the disciples and said, "It is not right that we should give up preaching the word of God to serve tables. ³ Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. ⁴ But we will devote ourselves to prayer and to the ministry of the word." ⁵ And what they said pleased the whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Prochorus, and Nicanor, and Timon, and Parmenas, and Nicolaus, a proselyte of Antioch. ⁶ These they set before the apostles, and they prayed and laid their hands upon them.

⁷ And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

Epistle — Acts 12: 1-11

¹² About that time, King Herod took actions to oppress some of the [members of the] Church. ² He had James, the brother of John, killed with the sword. ³ When Herod saw that it pleased the Jews, he went on to arrest Peter as well. (This was during the days of unleavened bread). ⁴ After arresting Peter, he put him in prison and delivered him to four squads of four soldiers to guard him, intending to bring him out to the people after the Passover. ⁵ And so, Peter was kept in the prison, but constant prayer was made by the Church to God for him. ⁶ The same night, when Herod was about to bring him out, Peter was sleeping between two soldiers, bound with two chains, while guards in front of the door were keeping watch over the prison.

⁷ Suddenly, an angel of the Lord stood by him, and a light shone in the cell. Striking Peter on the side, the angel woke him up, saying, "Stand up quickly!" And Peter's chains fell off from his hands. ⁸ The angel said to him, "Get dressed and put on your sandals!" and he did so. Then the angel said, "Put on your cloak and follow me!" ⁹ Peter went out and followed him, but he did not realize that what was being done by the angel was real, thinking that he was seeing a vision. ¹⁰ When they were past the first and second guard, they arrived at the iron gate which leads into the city, and it opened to them by itself. Having gone through, they went down one street, and immediately the angel departed from him.

¹¹ When Peter came to himself, he exclaimed, "Now I truly know that the Lord has sent out his angel and delivered me out of the hand of Herod and from all that the Jewish people were expecting."

Today's Worship — Scripture Readings

Gospel — Mark 15: 43-16:8

⁴³ Joseph of Arimathea (a prominent council member who was also looking for the Kingdom of God), came forward. He boldly went in to Pilate and asked for Jesus' body. ⁴⁴ Pilate wondered if Jesus was already dead. Calling the centurion, he asked him whether Jesus had been dead for a long time. ⁴⁵ Having been assured of this by the centurion, he granted the body to Joseph.

⁴⁶ Accordingly, Joseph bought fine linen, took Jesus down and wrapped him in the linen cloth. Having placed him in a tomb which had been cut out of a rock, he rolled a stone against the door of the tomb. ⁴⁷ Mary Magdalene and Mary, the mother of Jesus, saw where Jesus had been laid.

The Lord's resurrection

¹⁶ When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome, bought spices in order to come and anoint him. ² Very early on the first day of the week, they arrived at the tomb when the sun had risen. ³ They were saying among themselves, "Who will roll away the stone from the door of the tomb for us?" ⁴ But when they looked up, they saw that the stone was [already] rolled back, although it was extremely large.

⁵ Entering into the tomb, they saw a young man sitting on the right side, dressed in a white robe, and they were amazed. ⁶ He said to them, "Do not be amazed! You seek Jesus the Nazarene, who has been crucified. He has risen! He is not here! Behold, the place where they laid him!" ⁷ But go, tell his disciples and Peter, 'He goes before you into Galilee. There you will see him, as he told you.'

⁸ They went out and fled from the tomb, for trembling and astonishment had come upon them. They said nothing to anyone because

Gospel — Luke 5: 1-11

⁵ Now it happened, while the multitude pressed on him and heard the word of God, that he was standing by the lake of Gennesaret. ² He saw two boats standing by the lake, but the fishermen had gone out of them and they were washing their nets. ³ Jesus entered into one of the boats, which was Simon's, and asked him to put out a little from the land. He sat down and taught the multitudes from the boat. ⁴ When he had finished speaking, he said to Simon, "Put out into the deep, and let down your nets for a catch."

⁵ Simon answered him, "Master, we worked all night and took nothing! But at your word, I will let down the net." ⁶ When they had done this, they caught a great multitude of fish, and their net was breaking. ⁷ They beckoned to their partners in the other boat to come and help them. They came and filled both boats, so [much] that they began to sink. ⁸ But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, Lord!" ⁹ He and all who were with him were amazed at their catch of fish; ¹⁰ and so also were James and John, sons of Zebedee, who were partners with Simon.

Jesus said to Simon, "Do not be afraid! From now on, you will be catching people alive."

¹¹ When they had brought their boats to shore, they left everything and followed him.

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 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

Saturday May 6

2:30-5:30pm — Retreat/Presentation: The Healing Ministry of Jesus Christ—by Pdn George Shumaik

Monday May 8

6:00pm — Orthodox Christianity 101

Wednesday May 10—Feast of Mid-Pentecost

7:00am— Festal Divine Liturgy

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

Magnolia Joanna Keeling

Myrrh-bearers Sunday

Timothy Anderson

5/3

Birthdays

Dmitriy Panasenکو

5/1

James Pelachik

5/4

Wedding Anniversaries

Gary Paul Jollie & Huyen Sarah Do and Carmen Anthony & Elizabeth Brown

5/4

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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