

May 7, 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 PASCHA—TONE 3

SUNDAY OF THE PARALYTIC

REPOSE OF ST ALEXIS OF WILKES-BARRE

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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

Do not be distressed if you do not at once receive from God what you ask. He wishes you to have something better—for you to persevere in your prayer. For what is better than to enjoy the love of God and to be in communion with Him?

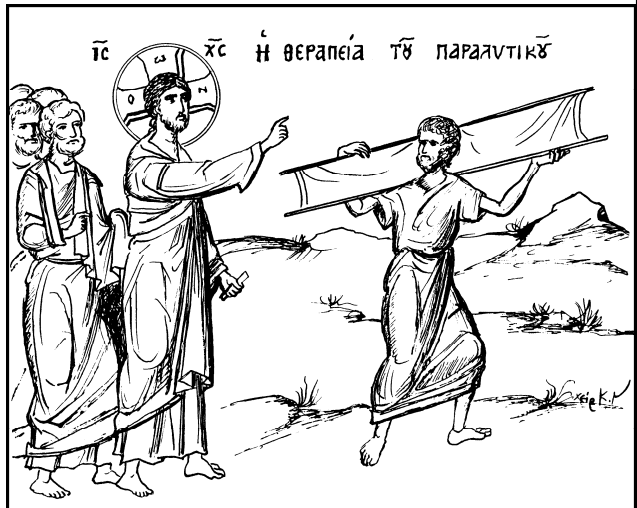
ST. SYMEON THE NEW THEOLOGIAN

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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.



“Rise, take up your pallet, and walk.” And at once the man was healed, and he took up his pallet and walked.

## 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

### Mothers' Day Meal NEXT Sunday May 14

Next Sunday in celebration of all our mothers, grandmothers, godmothers, stepmothers & foster mothers we will offering a special brunch. Moms, plan on attending and enjoying. Gentlemen (young and old), plan on helping with set-up, serving and clean-up.



### 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.



### Monthly Collections

As we continue to restore many of the beloved practices of our parish we are reinstating 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 3

Let the heavens rejoice! Let the earth be glad!  
For the Lord has shown strength with His arm!  
He has trampled down death by death! He has  
become the first-born of the dead! He has  
delivered us from the depths of hell, and has  
granted the world great mercy!

#### St Alexis — Tone 4

O righteous Father Alexis,  
our heavenly intercessor and teacher,  
divine adornment of the Church of Christ,  
entreat the Master of All  
to strengthen the Orthodox Faith in America,  
to grant peace to the world//  
and to our souls great mercy!

### KONTAKIA

#### St Alexis — Tone 5

Let us, the faithful, praise the Priest Alexis,  
a bright beacon of Orthodoxy in America,  
a model of patience and humility,  
a worthy shepherd of the flock of Christ!  
He called back sheep who had been led astray  
and brought them by his preaching//  
to the Heavenly Kingdom.

#### Paralytic — Tone 3

By Your divine intercession, O Lord,  
as You raised up the Paralytic of old,  
so raise up my soul, paralyzed by sins and  
thoughtless acts;  
so that being saved I may sing to You://  
“Glory to Your power, O compassionate  
Christ!”

### PROKEIMENON

**Tone 1** — Let Thy mercy, O Lord, be upon us as we have set our hope on  
Thee! (Ps 32/33:22)

*v: Rejoice in the Lord, O your righteous! Praise befits the just!*  
(Ps 32/33:1)

### ALLELUIA

**Tone 5** (*Paralytic Sunday*) — VV. I will sing of Your mercies, O Lord, forever; with my mouth I will  
proclaim Your truth from generation to generation. (Ps. 88:1-2)

V. For You have said: Mercy will be established forever; Your truth will be prepared in the  
heavens. (Ps. 88:3)

**Tone 6**—V. Blessed is the man who fears the Lord, who greatly delights in His commandments.  
(Ps. 111:1)

## Today's Worship — Scripture Readings

### Epistle — Acts 9:32-42

<sup>32</sup> Now as Peter was traveling through all those regions, he also came down to [visit] the saints who lived in Lydda. <sup>33</sup> There, he found a certain man named Aeneas, who was paralyzed and who had been bedridden for eight years. <sup>34</sup> Peter said to him, "Aeneas, Jesus Christ heals you! Get up and make your bed!" And immediately, he arose. <sup>35</sup> All who lived in Lydda and Sharon saw him and turned to the Lord.

<sup>36</sup> Now there lived in Joppa a certain disciple named Tabitha, (which, when translated means Gazelle). This woman was full of good works and acts of mercy. <sup>37</sup> But it happened that at this time, she became ill and died. She was washed and placed in an upper room. <sup>38</sup> As Lydda was near Joppa, the disciples, hearing that Peter was there, sent two men to him, imploring him not to delay in coming to help them. <sup>39</sup> So Peter arose and went with them. When he arrived, the disciples led him into the upper room. All the widows stood by him weeping, showing [Peter] the coats and garments which Dorcas had made while she was with them. <sup>40</sup> But having put everyone out [of the room], Peter knelt down and began to pray. Turning toward the body, he said, "Tabitha, get up!" She opened her eyes, and when she saw Peter, she sat up. <sup>41</sup> Then Peter gave her his hand and raised her up. Calling the saints and widows, he presented her alive. <sup>42</sup> This became known all over Joppa, and many people believed in the Lord.

### Epistle — Galatians 1:11-19

<sup>11</sup> [Regarding] the Good News which I preached, I proclaimed this to you, brethren, that it is not of human origin. <sup>12</sup> I did not receive it from man and I was not taught [this Good News] by man, but it came to me through a revelation of Jesus Christ. <sup>13</sup> You have heard about how I used to live in Judaism, how I persecuted the Church of God beyond measure, and how I ravaged it. <sup>14</sup> I advanced in the Jewish religion beyond many of my own age among my countrymen, as I was more extremely zealous for the traditions of my forefathers. <sup>15</sup> But when it was the good pleasure of God (who had set me apart from my mother's womb and called me through his grace, <sup>16</sup> to reveal his Son in me so that I might preach him among the Gentiles), I did not immediately confer with flesh and blood: <sup>17</sup> I did not go up to Jerusalem to visit those who were apostles before me, but I went away into Arabia. Later on, I returned to Damascus. <sup>18</sup> Then, after three years, I did go up to Jerusalem to visit Peter, and I stayed with him for fifteen days. <sup>19</sup> However, I did not see any of the other apostles, except James, 'the Lord's brother.'

## Today's Worship — Scripture Readings

### Gospel — John 5: 1-15

5 After these things, there was a feast of the Jews, and Jesus went up to Jerusalem. <sup>2</sup> Now in Jerusalem, by the sheep gate, there is a pool with five porches called in Hebrew "Bethesda."

<sup>3</sup> Under these lay a great multitude of people who were sick, blind, lame, or paralyzed, <waiting for the moving of the water.

<sup>4</sup> For an angel went down at certain times into the pool, and stirred up the water. Then whoever stepped in first after the stirring of the water was made whole of whatever disease he had>.

<sup>5</sup> A certain man was there, who had his illness for thirty-eight years. <sup>6</sup> When Jesus saw him lying there and perceived that the man had been sick for a long time, he asked him, "Do you want to be made well?"

<sup>7</sup> The sick man replied, "Sir, I have no one to put me into the pool when the water is stirred up, but while I am coming, someone else steps down before me!"

<sup>8</sup> Jesus said to him, "Arise, take up your mat, and walk!" <sup>9</sup> Immediately, the man was made well; he took up his mat and began to walk.

Now it was the Sabbath on that day. <sup>10</sup> And so, the Jews said to the man who had been cured, "It is the Sabbath! It is not lawful for you to carry the mat!"<sup>11</sup> The man answered them, "He who made me well, that one said to me, 'Take up your mat, and walk.'"

<sup>12</sup> Then they asked him, "Who is the man who said to you, 'Take up your mat, and walk?'"

<sup>13</sup> But the man who had been healed did not know who it was, for Jesus had withdrawn in the crowd that was there.

<sup>14</sup> Later, Jesus found him in the temple and said to him, "Behold, you have become well. Sin no more, so that nothing worse may happen to you!"

<sup>15</sup> The man went away and told the Jews that it was Jesus who had made him well.

### Gospel — John 10: 1-9

<sup>10</sup> "Amen, amen, I tell you; whoever does not enter by the gate into the sheep fold, but climbs up some other way is a thief and a robber. <sup>2</sup> But the one who enters by the gate is the shepherd of the sheep. <sup>3</sup> The gatekeeper opens the gate for him, and the sheep listen to his voice. The shepherd calls his own sheep by name and leads them out. <sup>4</sup> And whenever he brings out his own sheep, he goes before them and the sheep follow him because they know his voice. <sup>5</sup> They will by no means follow a stranger, but flee from him because they do not recognize the voice of strangers." <sup>6</sup> Jesus spoke this parable to them, but they did not understand what he was telling them.

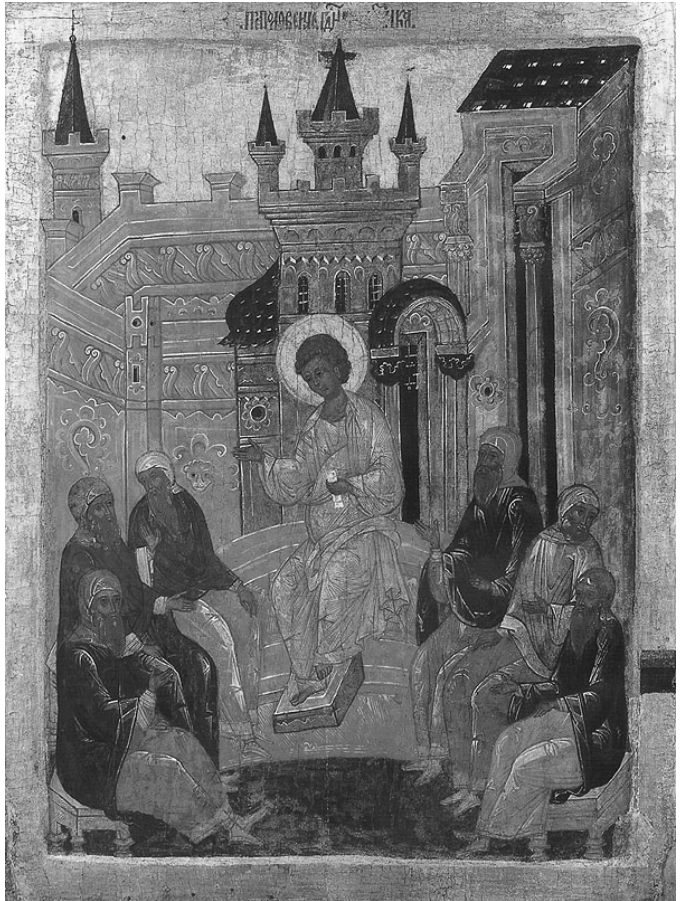
<sup>7</sup> Jesus therefore said to them again, "Amen, amen, I tell you; I am the gate for the sheep. <sup>8</sup> All who have come before me are thieves and robbers, but the sheep did not listen to them. <sup>9</sup> I am the gate! Anyone who enters in by me will be saved, and go in and out, and will find pasture

## Our Life in Christ

### The Feast of Mid-Pentecost

In the middle of this fourth week, the middle day between Easter and Pentecost is solemnly celebrated. It is called the feast of **Mid-Pentecost**, at which Christ, "in the middle of the feast" teaches men of his saving mission and offers to all "the waters of immortality" (*Jn 7:14*). St John tells us (*John 7:14*) that "in the midst of the feast Jesus went up into the Temple, and taught." The Feast in question is the Feast of Tabernacles (celebrated in September), not Pentecost.

On this day we are again reminded of the Master's presence and his saving promise: "If anyone is thirsty let him come to me and drink" (*Jn 7:37*). We think also once again of our death and resurrection with Christ in our baptism, and our reception of the Holy Spirit from him in our chrismation. We "look back to one, and anticipate the other" as one of the hymns of the feast puts it. We know that we belong to that kingdom of the Risen Christ where "the Spirit and the Bride say, 'Come!' And let him who is thirsty come, let him who desires take the water of life without price" (*Rev 22:17. Is 55:1*).



The Troparion & Kontakion of the Midfeast hint at the encounter of Christ and the Samaritan Woman in just a few days.

#### Troparion

In the middle of the Feast, O Savior, fill my thirsting soul with the waters of godliness, as Thou didst cry to all: If anyone thirst, let him come to Me and drink [*John 7:37*]. O Christ God, Fountain of our life, glory to Thee!"

#### Kontakion

Christ God, the Creator and Master of all cried to all in the midst of the Feast of the law:  
Come and draw the water of immortality!

We fall before You and faithfully cry: Grant us Your bounties, for You are the Fountain of our life!

## Parish Life

### Please Sign-up for Fellowship Hour

There are a number of Sundays that have openings for people to help with our Fellowship Meal after Liturgy.

We encourage groups of 4 to alleviate the cost of trying to feed our growing parish.

Simple meals are welcome!

If you have any questions speak with Linda Kedroff.



### Come & Get It! Cabbage Rolls & Pierogies

The Auxiliary has been hard at work and we now get to benefit from their efforts AND support their ministry which supports our church.

Stuffed cabbage rolls and pierogies (huge variety) are available for sale. Speak to someone after Liturgy to pick up a dinner (or two) for this week!



### 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**

### 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.



## LOOKING AHEAD

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

### Monday May 8

6:00pm — Orthodox Christianity 101

### Tuesday May 16 (continued)

7:00pm — Parish Council Meeting

### Wednesday May 10—Feast of Mid-Pentecost

7:00am— Festal Divine Liturgy

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

### Wednesday May 17

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

### Monday May 22

6:00pm — Orthodox Christianity 101

### Monday May 15

6:00pm — Orthodox Christianity 101

### Wednesday May 24—Eve of Ascension

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

6:00pm — Great Vespers & Litya for Ascension

### Tuesday May 16

11:00am — Diamond Circle Meeting

**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

Ethan Jeffrey Menig, Marina Rahal	5/8
Annie Shumaik Cooper	5/9
Jon Temnick, Barbara Karleen, Nicholas Franchak	5/10
Rowan Sullivan	5/11
Anita Solis	5/12

### Wedding Anniversaries

Joseph & Iryna Sheeler	5/12
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### 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 & Dn. George Shumaik

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