

May 28, 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

7TH SUNDAY OF PASCHA—TONE 6
SUNDAY OF THE FATHERS OF THE 1ST
ECUMENICAL COUNCIL
AFTERFEAST OF THE ASCENSION

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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

When an occasion calls us to prayer, it is
fitting for us to pray for that which increases
God's glory before we pray for that which
concerns ourselves...The Savior indeed
spoke these words to show how very
necessary his own glory was to the Father
so that he might be known to be
consubstantial with him...for the Father is
glorified in the glory of his offspring.

St. Cyril of Alexandria

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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



Today we celebrate the annual memory
of the God-bearing Fathers who assembled in
Nicea. They laid low the godless doctrines of
Arius and teaching us how to confess the con-
substantial and co-eternal Son of God.
They expressed this clearly in the Symbol of
Faith, and we follow their divine doctrines,
believing in and serving the Son with the Father
and the all-Holy Spirit, the consubstantial Trinity
and one Divinity.

Aposticha from Great Vespers

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

Parish Life

Father's Café Wednesdays 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

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.



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.



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!

Parish Life

Church School Volunteers Needed

Our existing church school teachers need support and help. Please consider volunteering as a teacher or helper for our church school classes next year. See Bill Moision or Fr Michael if you are interested.



Lend a Plant for Pentecost Decorations

For our celebration of the great feast of the Descent of the Holy Spirit on Pentecost we decorate our temple in green. The temple is adorned with branches & other greenery.

Please consider whether you have any house plants at home (also small trees & bushes in containers 3-5 ft tall) that you would be willing to lend to the church for a few weeks. We will make sure they are watered. Also, we will be filling the church vases and decorating with cuttings from plants, trees, etc. from people's yards.

The goal is to make our temple a glimpse of the garden in paradise where Adam & Eve walked with God in Communion with Him and His creation. God comes and dwells with us offering us paradise.

- Plants can be brought in during the week or on Saturday.
- Cuttings should be brought on Saturday.

We will begin decorating at 5pm.

Online Giving System

We have an online giving system that enables people to be able to manage their giving to our church.

You can set up automatic ongoing donations each month to cover your pledges. You can also use the system to make occasional donations for things like charities, flowers, candles, memorial donations, etc. You can even pay for your bookstore purchases.

There is an option to cover the bank processing fees if you would like to do that.

Not only is this a convenience for you it helps reduce the work required of our Counters on Sundays

<https://www.aplos.com/aws/give/StJohnofDamascusOrthodoxChurch/donations>



**Scan with your phone to be taken to our secure online giving system.
You can set up 1-time or recurring gifts**

FOOD ALLERGIES

There are many people who are afflicted with food allergies—some of which can be nearly lethal. If you are bringing something for the weekly potluck **please create a sign and attach it to your dish if it includes items like:**

- Peanuts/Nuts
- Shellfish
- Cantaloupe
- MSG

Thank you!

Today's Worship — Hymns

TROPARIA

Resurrection — Tone 6

The Angelic Powers were at Your tomb;
the guards became as dead men.
Mary stood by Your grave,
seeking Your most pure body.
You captured hell, not being tempted by it.
You came to the Virgin, granting life.
O Lord, Who rose from the dead,//
glory to You.

Ascension — Tone 4

You ascended in glory, O Christ our God,
granting joy to Your Disciples by the promise
of the Holy Spirit.
Through the blessing, they were assured
that You are the Son of God,//
the Redeemer of the world!

Fathers — Tone 8

You are most glorious, O Christ our God!
You have established the Holy Fathers as
lights on the earth.
Through them You have guided us to the true
Faith.//
O greatly compassionate One, glory to You!

KONTAKIA

Fathers — Tone 8

The Apostles' preaching and the Fathers'
doctrines have established one Faith for the
Church.
Adorned with the robe of truth, woven from
heavenly theology,
It defines and glorifies the great mystery of
piety.

Ascension — Tone 6

When You had fulfilled the dispensation for our
sake,
and united earth to heaven:
You ascended in glory, O Christ our God,
not being parted from those who love You,
but remaining with them and crying://
"I am with you, and there is no one against
you!"

PROKEIMENON

Tone 4 — Blessed are You, O Lord God of our fathers, and praised and glorified is Your name forever! (Song of the three Holy Children, v. 3)

v: For Thou art just in all that Thou hast done for us! (v. 4)

ALLELUIA

Tone 1 — V. The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting. (Ps. 49:1)

V. Gather to Me My venerable ones, who made a covenant with Me by sacrifice! (Ps. 49:6)

Today's Worship — Scripture Readings

Epistle — Acts 20: 16-18, 28-36

¹⁶ Paul had determined to sail past Ephesus in order not to spend time in Asia because he was in a hurry: if possible, he wanted to be in Jerusalem on the day of Pentecost.

¹⁷ From Miletus, Paul sent a message to Ephesus and called to himself the presbyters of the Church. ¹⁸ When they arrived, he told them, "You yourselves know, from the first day that I set foot in Asia, how I was with you all the time.

²⁸ Therefore, keep watch over yourselves and over the flock among which the Holy Spirit has made you overseers! Be shepherds of the Church of the Lord and of God, which he has purchased with his own blood. ²⁹ For I know this, that after my departure, vicious wolves will enter in among you and they will not spare the flock. ³⁰ From among your own group, men will arise who will speak perverse things in order to draw away the disciples after them.

³¹ Therefore, keep watch! Remember that for a period of three years, I did not cease night and day to warn everyone with tears. ³² Now, brethren, I entrust you to God, and to the word of his grace which is able to build [you] up and to give you the inheritance among all those who are sanctified. ³³ I coveted no one's silver, or gold, or clothing. ³⁴ You yourselves know that these, [my] hands, served my needs and those who were with me. ³⁵ In all things, I have given you an example, that by this kind of hard work you should support the weak and remember the word of the Lord Jesus, as he himself said, 'It is more blessed to give than to receive!'"

³⁶ After saying these things, Paul knelt down and prayed with them all.

Gospel — John 17: 1-13

¹⁷ Jesus said these things, and lifting up his eyes to heaven, he said, "Father, the time has come! Glorify your Son, so that your Son may also glorify you, ² even as you gave him authority over all flesh, to give eternal life to all whom you have given him.

³ This is eternal life: that they should know you, the only true God, and him whom you have sent, Jesus Christ.

⁴ I have glorified you on the earth! I have accomplished the work which you have given me to do! ⁵ Now, Father, glorify me with yourself with the glory I had with you before the world existed. ⁶ I have revealed your Name to the people whom you have given me out of the world. They were yours, and you have given them to me; they have kept your word. ⁷ Now they have known that all things you have given me are from you. ⁸ The words you have given me, I have given to them. They have received them and they have known for certain that I came forth from you, and they have believed that you sent me. ⁹ I pray for them; I do not pray for the world, but for those whom you have given me, for they are yours. ¹⁰ All things that are mine are yours, and yours are mine, and I am glorified in them. ¹¹ I am no longer in the world, but these are [still] in the world, and I am coming to you. Holy Father, keep them through your Name which you have given me, so that they may be one, even as we are [one]. ¹² While I was with them in the world, I protected them in your Name. Those whom you have given me I have kept. None of them is lost, except the son of destruction, so that the Scripture might be fulfilled. ¹³ But now I come to you, and I say these things in the world, so that they may have my joy made full in themselves.

Our Life in Christ—On the Ascension (part 2) - Fr George Florovsky

The Ascension is the token of Pentecost, the sign of its coming, "The Lord has ascended to heaven and will send the Comforter to the world"

For the Holy Spirit was not yet in the world, until Jesus was glorified. And the Lord Himself told the disciples, "If I go not away, the Comforter will not come unto you" (John 16:7). The gifts of the Spirit are "gifts of reconciliation," a seal of an accomplished salvation and of the ultimate reunion of the world with God. And this was accomplished only in the Ascension. "And one saw miracles follow miracles," says St John Chrysostom, "ten days prior to this our nature ascended to the King's throne, while today the Holy Ghost has descended on to our nature." The joy of the Ascension lies in the promise of the Spirit.' "Thou didst give joy to Thy disciples by a promise of the Holy Spirit." The victory of Christ is wrought in us by the power of the Holy Spirit.



"On high is His body, here below with us is His Spirit. And so we have His token on high, that is His body, which He received from us, and here below we have His Spirit with us. Heaven received the Holy Body, and the earth accepted the Holy Spirit. Christ came and sent the Spirit. He ascended, and with Him our body ascended also" (St John Chrysostom). The revelation of the Holy Trinity was completed. Now the Spirit Comforter is poured forth on all flesh. "Hence comes foreknowledge of the future, understanding of mysteries, apprehension of what is hidden, distribution of good gifts, the heavenly citizenship, a place in the chorus of angels, joy without end, abiding in God, the being made like to God, and, highest of all, the being made God!" (St Basil, On the Holy Spirit, IX). Beginning with the Apostles, and through communion with them - by an unbroken succession - Grace is spread to all believers. Through renewal and glorification in the Ascended Christ, man's nature became receptive of the spirit. "And unto the world He gives quickening forces through His human body," says Bishop Theophanes. "He holds it completely in Himself and penetrates it with His strength, out of Himself; and He likewise draws the angels to Himself through the spirit of man, giving them space for action and thus making them blessed." All this is done through the Church, which is "the Body of Christ;" that is, His "fullness" (Ephesians 1:23). "The Church is the fulfillment of Christ," continues Bishop Theophanes, "perhaps in the same way as the tree is the fulfillment of the seed. That which is contained in the seed in a contracted form receives its development in the tree."

The very existence of the Church is the fruit of the Ascension. It is in the Church that man's nature is truly ascended to the Divine heights. "And gave Him to be Head over all things" (Ephesians 1:22). St John Chrysostom comments: "Amazing! Look again, whither He has raised the Church. As though He were lifting it up by some engine, He has raised it up to a vast height, and set it on yonder throne; for where the Head is, there is the body also. There is no interval of separation between the Head and the body; for were there a separation, then would the one no longer be a body, nor would the other any longer be a Head." The whole race of men is to follow Christ, even in His ultimate exaltation, "to follow in His train." Within the Church, through an acquisition of the Spirit in the fellowship of Sacraments, the Ascension continues still, and will continue until the measure is full. "Only then shall the Head be filled up, when the body is rendered perfect, when we are knit together and united," concludes St John Chrysostom.

The Ascension is a sign and token of the Second Coming. "This same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen Him go into heaven" (Acts 1:11).

Our Life in Christ

The mystery of God's Providence will be accomplished in the Return of the Risen Lord. In the fulfillment of time, Christ's kingly power will be revealed and spread over the whole of faithful mankind. Christ bequeathes the Kingdom to the whole of the faithful. "And I appoint unto you a Kingdom as My Father has appointed unto me. That ye may eat and drink at My table in My Kingdom, and sit on thrones judging the twelve tribes of Israel" (Luke 22:29-30). Those who followed Him faithfully will sit with Him on their thrones on the day of His coming. "To him that overcomes will I grant to sit with Me in My throne, even as I also overcame, and am set down with My Father in His throne" (Rev. 3:21). Salvation will be consummated in the Glory. "Conceive to yourself the throne, the royal throne, conceive the immensity of the privilege. This, at least if we chose, might more avail to startle us, yea, even than hell itself" (St John Chrysostom).

We should tremble more at the thought of that abundant Glory which is appointed unto the redeemed, than at the thought of the eternal darkness. "Think near Whom Thy Head is seated...." Or rather, Who is the Head. In very truth, "wondrous and terrible is Thy divine ascension from the mountain, O Giver of Life." A terrible and wondrous height is the King's throne. In face of this height all flesh stands silent, in awe and trembling. "He has Himself descended to the lowest depths of humiliation, and raised up man to the height of exaltation."

What then should we do? "If thou art the body of Christ, bear the Cross, for He bore it" (St John Chrysostom).

"With the power of Thy Cross, Oh Christ, establish my thoughts, so that I may sing and glorify Thy saving Ascension."

Originally published in St Vladimir's Seminary Quarterly, Vol. 2 # 3, 1954

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

Prospora — 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).*

Sunday May 28

After Divine Liturgy — Monthly Memorial Service for May

Wednesday May 31

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

Saturday June 3

5:00pm — Decorate Church for Pentecost
6:00pm — Vigil

Sunday June 4

After Divine Liturgy — Vespers of Pentecost
Church School—Meet & Treats w/ Fr Michael

June 5-9

Fast Free Week

Monday June 5

6:00pm — Orthodox Christianity 101

June 12-28

Apostles Fast

June 13-22

Fr Michael on Vacation to Visit Family

Tuesday June 20

11:00am — Diamond Circle

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

Archpriest Michael Anderson (Ordination to the Priesthood - 2000) 6/3

Birthdays

Protodeacon George Shumaik 5/28 Archbishop BENJAMIN 6/1
John Thayer 5/30 Archpriest Alexander Federoff, Carole (Victoria) Shumaik 6/3
Gary (Paul) Jollie, Stacy (Anastasia) Seitz 5/31

Wedding Anniversaries

Archpriest Kirill & Sophia Sokolov, John William (Bill) & Elena Stafford 6/1
Stacy (Anastasia) & Dennis Seitz 6/3

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 & Dn. George Shumaik

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