

June 25, 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 AFTER PENTECOST—TONE 2
AFTERFEAST OF THE NATIVITY OF THE
FORERUNNER
VIRGIN-MARTYR FEBRONIA OF NISIBIS

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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

Scripture says, "For the joy that he possessed he endured the cross."

It is the same with all the saints: when they become perfected, they attain this accomplishment by imitating God in the outpouring of their love and compassion upon all humanity.

The saints seek for themselves this sign of likeness to God—to be perfected in the love of their neighbor

St. Isaac of Syria

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



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

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.



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.



Dates for 2023

FASTS

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

FAST-FREE WEEKS

After Christmas	Dec 25-Jan 4
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Monthly Memorial Service Today

After the Divine Liturgy and the veneration of the Cross today we will celebrate our monthly service for the departed connected with the month of June.

If you have not already, be sure to submit the names of your lived onese before the service begins



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.



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.

Parish Life

SUMMER IS HERE! HOLD ON TO YOUR FAITH

With summer comes much needed vacations and opportunities to do fun things with friends & loved ones. As you are planning your summer be sure to keep your faith in mind. Remember to attend to your prayer life, scripture reading, and reception of the holy Sacraments.

Some dates to remember...

	SUMMER FEASTS
June 29	SS Peter & Paul
August 6	Transfiguration
August 15	Dormition of the Theotokos

	SUMMER FASTS
June 12-28	Apostles' Fast
August 1-14	Dormition Fast

Also, please do what you can to **maintain your much-needed offerings of time and talent as well as your pledges and contributions over the summer**. Unfortunately, our parish's expenses and needs do not decrease during the summer months. The water bill still needs to be paid. We still want to have fellowship meals after Liturgy on Sundays.

Regarding financial giving, people handle this differently. Some people make up for weeks away when they return. Other members keep their financial contributions regular by using their online banking system to write and send their donations to the mission each month automatically. The parish also has an online giving system on our website. Simply click the "DONATE" button.

Whatever works best for you, please keep your spiritual home in mind.

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

Visit www.stjohnofdamascus.org and click on **DONATE**



**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 2

When You descended to death, O Life Immortal,
You slew hell with the splendor of Your
Godhead.

And when from the depths You raised the dead,
all the powers of heaven cried out://
"O Giver of life, Christ our God, glory to You!"

St John of Damascus —Tone 8

Teacher of Orthodoxy, piety, & purity!
Enlightener of the universe!
& divine inspiration to monastics
by your teachings we are all enlightened,
& by your spiritual music, O all-wise John of
Damascus,
pray to Christ our God for the salvation of our
souls!

Nativity of Forerunner —Tone 4

O Prophet and Forerunner of the coming of
Christ,
although we cannot praise you worthily,
we honor you in love at you nativity,
for by it you ended your father's silence and your
mother's barrenness,//
proclaiming to the world the incarnation of the
Son of God!

St Febronia —Tone 4

Your lamb Febronia calls out to You, O Jesus, in
a loud voice:

"I love You, my Bridegroom, and in seeking You,
I endure suffering.

In baptism I was crucified so that I might reign in
You,

and I died so that I might live with You.

Accept me as a pure sacrifice,

for I have offered myself in love."//

Through her prayers save our souls, since You
are merciful!

KONTAKIA

Resurrection—Tone 2

Hell became afraid, O almighty Savior,
seeing the miracle of Your Resurrection from the
tomb!

The dead arose! Creation, with Adam, beheld
this and rejoiced with You,//
and the world, my Savior, praises You forever.

Forerunner—Tone 3

Today the formerly barren woman gives birth to
Christ's Forerunner, who is the fulfillment of
every prophecy; for in the Jordan,
when he laid his hand on the One foretold by the
Prophets,//

he was revealed as Prophet, Herald, and
Forerunner of God the Word.

St Febronia —Tone 6

"Most sweet Jesus, my Bridegroom,
it is not hard for me to follow You," cried
Febronia, "the sweetness of Your love gives
wings of hope to my soul,
the beauty of Your mercy has sweetened my
heart; may I drain the cup of sufferings in
imitation of You, so that You may count me
worthy to be among the wise virgins: those who
dance with You in Your bridal chamber."

Therefore, venerable passion-bearer, as we
honor the struggles of your labors, we entreat
you:// "Pray that we not find the doors of the
bridal chamber locked to us!"

Steadfast Protectress—Tone 6

Steadfast Protectress of Christians,
Constant advocate before the Creator:

Do not despise the cry of us sinners,

But in your goodness, come speedily to help us
who call on you in faith.

Hasten to hear our petitions and to intercede for
us, O Theotokos,

For you always protect those who honor you!

PROKEIMENA

Tone 2 (*Resurrection*) — The Lord is my strength and my song; / He has become my salvation. (Ps. 117:14)

V. The Lord has chastened me sorely, but He has not given me over to death. (Ps. 117:18)

Today's Worship — Scripture Readings

Epistle — Romans 5: 1-10

5 Being therefore justified by faith, we have peace with God through our Lord Jesus Christ, ²through whom we also have our access by faith into this grace in which we stand. And we rejoice in hope of the glory of God! ³Not only this, but we also rejoice in our sufferings, knowing that suffering produces perseverance; ⁴and perseverance, character; and character, hope. ⁵Hope does not disappoint us, because God's love has been poured out into our hearts through the Holy Spirit who was given to us. ⁶For while we were still weak, at the right time, Christ died for the ungodly. ⁷Indeed, one will hardly die for someone righteous, but perhaps for a righteous person someone would even dare to die. ⁸But God entrusts his own love toward us, in that while we were still sinners, Christ died for us. ⁹Even more so then, since we are now justified by his blood, shall we be saved from wrath through him! ¹⁰For if while we were enemies we were reconciled to God through the death of his Son, how much more shall we be saved by his life!

Gospel — Matthew 6: 22-33

²²The lamp of the body is the eye! If therefore your eye is sound, your whole body will be full of light. ²³But if your eye is evil, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is the darkness! ²⁴No one can serve two masters. Either he will hate the one and love the other; or else he will be devoted to one and despise the other. You cannot serve both God and Mammon. ²⁵Therefore, I tell you, do not be anxious about your life, wondering what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶See the birds of the sky: they do not sow, or reap, or gather into barns. Your heavenly Father feeds them! Are you not of much more value than they? ²⁷Which of you, by being anxious, can add one moment to his lifespan? ²⁸Why then are you anxious about clothing? Consider the lilies of the field, how they grow. They do not toil or spin, ²⁹yet I tell you that even Solomon in all his glory was not dressed like one of these! ³⁰But if God clothes the grass of the field which today exists and tomorrow is thrown into the oven, will he not much more clothe you, you of little faith? ³¹Therefore, do not be anxious, saying: 'What will we eat?', 'What will we drink?' or, 'What will we wear?' ³²It is the Gentiles who seek after all these things, but your heavenly Father knows that you need them all. ³³Seek first the Kingdom of God and his righteousness, and all these things will be given to you as well.

ALLELUIA

Tone 2 — V. May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps. 19:1)

V. Save the King, O Lord, and hear us on the day we call! (Ps. 19:9)

Our Life in Christ

Burnout and the Workplace: The Quest for Balance **by Fr. Christopher Rowe**

Everyday something new reaches our desk. Email is demanding attention and, of course, we all have a boss who demands more than anyone can possibly achieve. Goals are unrealistic and after a lot of overtime, burnout starts to overcome us. What in the world is burnout? Or more to the point, what are the symptoms, physically and spiritually?

Burnout has been defined as a general wearing out or alienation from the pressures of work. It could also be defined as what happens after one works too hard, too long with too little down time. I went to Wikipedia to do a little research on the topic of burnout. And I found a number of things there that started my thoughts process. What are the components of burnout? I think most people know when they are tired and ineffective – I am not so sure most people really know what to do fix it though. Mostly because it is really hard to heal yourself!

According to Wiki, here are some contributors and indicators of burnout:

- The Compulsion to Prove Oneself – Often found at the beginning is excessive ambition.
- Working Harder – Because they have to prove themselves to others or try to fit in
- Neglecting Needs – Since they have devoted everything to work, they now have no time and energy for anything else. Friends and family, eating, and sleeping start to become seen as unnecessary or unimportant, as they reduce the time and energy that can be spent on work.
- Revision of Values – The work consumes all energy they have left, leaving no energy and time for friends and hobbies. Their new value system is their job and they start to be emotionally blunt.
- Depersonalization – it's possible that they no longer see themselves as valuable.

Does any of this sound familiar? These are fairly extreme and most of us will not get to these stages of psychological distress. However, some of these things affect us all at some level when we become insensitive to our own needs. When we become unaware of the Lord's presence in our life. We suffer when we lose our balance!

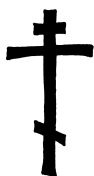
Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." Matthew 11:28-30

The problems we face in the working world are many and they can easily overwhelm. We want so much to do a good job, to help others, to advance to the next job, or whatever. But we forget about balance. Unless your batteries are recharged, you won't be able to do anything. The quickest way to recharge those batteries is through caring for your spiritual self through prayer. Probably one of the most common confession themes deals with prayer – or the lack of it. We are all beset by a lack of time. But it isn't so much about time, it is really about a lack of planning. We have time to pray. We just don't do it with any kind of discipline. But to remain balanced spiritually and emotionally, we need to feed our soul. Prayer! Find the time! Set up a routine. Many people wake up early to exercise. They say that they feel more alive and ready to take on the day after a workout. Prayer does exactly the same thing for your spirit. Take a moment or two and reach out through prayer to the saints; to our Lord and acquire the peace of the Holy Spirit. Burnout avoidance is really all about balance.

Then you get to work... OK, now the real challenge starts. How do you maintain the peace that you had just before you walked into work? Again, the bottom line is balance. Always remember that you are generally not in it alone. Rely on others to get you through the tough times. Reach out to your priest when the going gets tough. When you are convinced that you are indispensable – that is about the time the organization figures out that you are dispensable! That sounds harsh, but we know not to 'put your trust in Princes, nor in a son of man'. The advice is 'it's only a job.' Take that seriously. When you maintain balance and perspective you protect yourself from the stresses of the world. Good

Our Life in Christ

advice for a lot of different occasions. Don't invest yourself so much in the ways of the world. *"What profit has a man from all his labor in which he toils under the sun? One generation passes away, and another generation comes; but the earth abides forever.* Ecclesiastes 1:3,4. Balance! So much to worry about. So many things can go wrong. It's hard to know where to turn sometimes. Probably the best advice is don't worry! Live your life. Love the Lord. Work as hard toward building a relationship with Him as you do anything else in your life. The rewards of that kind of balance are beyond value. And lastly, I'll put in a word for that 'old fashioned' spiritual healing tool – confession. Go to confession. Unburden your spirit from all the weight of sin. OK, you missed the mark, now go confess it and let the Lord take it from you. Let Him give you rest and refreshment. And above all keep balanced.



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).*

June 12-28

Apostles Fast

June 26

6:00pm — Orthodox Christianity 101

June 28

6:00pm — Great Vespers & Litya for Ss Peter & Paul

June 29 Apostles Peter & Paul

8:30am — 3rd Hour & Festal Divine Liturgy

July 4-21

Fr Michael travel to MA to help mother

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 Joanne Keeling 6/27

Peter Franchak, Gary (Paul) Jollie 6/29

Birthdays

Nika Federoff Carlson, Grace (Victoria) Cooper 6/25

Weston Henry 6/29 Bob Stone 7/1

Wedding Anniversaries Steve & Cyndi Zmina 6/28

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

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