

July 16, 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

**6TH SUNDAY AFTER PENTECOST—TONE 5
FATHERS OF THE 1ST SIX ECUMENICAL
COUNCILS**

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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.

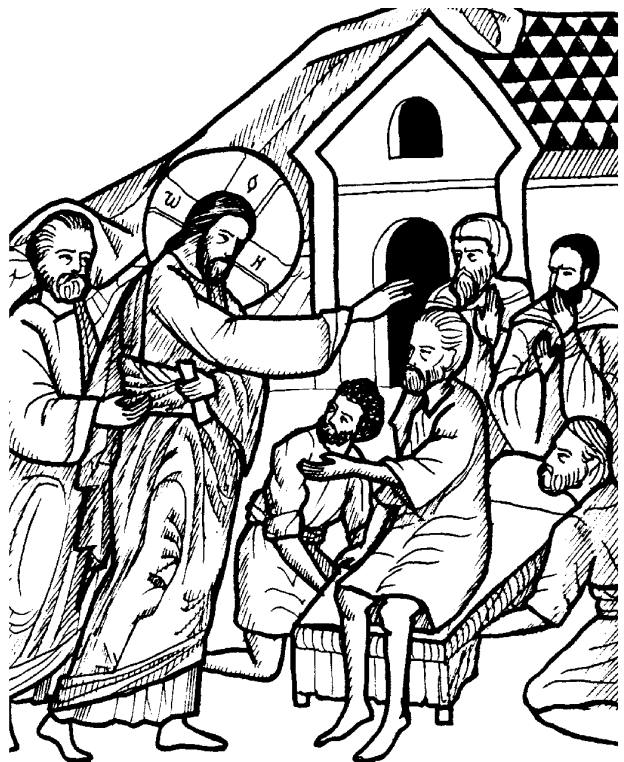
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A Word from the Holy Fathers

"For the will of the Father, and of the Son
and of the Holy Spirit is one." This is what
he wants us to be as well when he says,
"That they may be one, as you and I are
one." There is nothing that can equal
unanimity and concord, for this is how one
becomes many. If two or ten are of one
mind, the one is no longer one, but each
one is multiplied tenfold, and you will find
the one in the ten and the ten in the one.
And if they have an enemy, he who attacks
the one (as having attacked the ten) is
defeated, St. John Chrysostom

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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**



But that you may know that the Son of man has
authority on earth to forgive sins"—he then said
to the paralytic—"Rise, take up your bed and go
home." ⁷ And he rose and went home.

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.



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!

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.

Dates for 2023

FASTS

Dormition Fast August 1-14
Nativity Fast/Advent Nov 15-Dec 24

FAST-FREE WEEKS

After Christmas Dec 25-Jan 4

Today's Worship—Hymns

TROPARIA

Resurrection—Tone 5

Let us, the faithful, praise and worship the Word,
co-eternal with the Father and the Spirit,
born for our salvation from the Virgin;
for He willed to be lifted up on the Cross in the
flesh,
to endure death,
and to raise the dead//
by His glorious Resurrection.

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

Resurrection—Tone 5

You descended into hell, O my Savior,
shattering its gates as Almighty,
resurrecting the dead as Creator,
and destroying the sting of death.
You have delivered Adam from the curse, O
Lover of man,//
and we cry to You: "O Lord, save us!"

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.

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 & to intercede for
us, O Theotokos,
For you always protect those who honor you!

PROKEIMENA

Tone 5 (*Resurrection*) — You, O Lord, shall protect us / and preserve us from this generation forever.
(Ps. 11:7)

V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)

Tone 4 (Song of the Three Holy Children) -- 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)

Today's Worship — Scripture Readings

Epistle — Romans 12: 6-14

⁶We have different gifts according to the grace given to us: if it is prophecy, let us prophesy according to the measure of our faith. ⁷If it is service, let us dedicate ourselves to service! He who teaches should do his teaching; ⁸or he who exhorts his exhorting. As for the one who gives, let the giving be done with generosity. He who rules should rule with diligence and the one who shows mercy should do so with joy.

Christian living

⁹Let your love be without hypocrisy. Reject with horror what is evil. Cling to what is good. ¹⁰In love for the brethren, be tenderly affectionate with one another; place the honor of others above your own. ¹¹Do not fall back in zeal; be fervent in the spirit, serving the Lord. ¹²Rejoice in hope, endure in troubles, persevere in prayer; ¹³contribute to the needs of the saints; look for opportunities to be hospitable. ¹⁴Bless those who persecute you; bless, and do not curse!

Epistle — Hebrews 13: 7-16

⁷Remember your leaders, those men who proclaimed the word of God to you. Considering the results of their conduct, imitate their faith. ⁸Jesus Christ is the same yesterday, today, and forever. ⁹Do not be carried away by all sorts of strange teachings. It is good that the inner person should be strengthened by grace, not by food which is of no profit to those who have been preoccupied by it!

¹⁰We have an altar from which those who offer divine service [in] the holy tabernacle have no right to eat. ¹¹For the bodies of those animals (whose blood is brought into the holy place by the high priest as an offering for sin) are burned outside of the camp. ¹²This is why Jesus suffered outside of the gate, so that he might sanctify the people through his own blood. ¹³Let us therefore go out [of the city] to him who is outside of the camp and let us bear his disgrace. ¹⁴For we do not have here [on earth] an enduring city, but we seek the one that is to come. ¹⁵Therefore, through him, [Jesus], let us continually offer up a sacrifice of praise to God, the fruit of our lips which confessed his Name. ¹⁶But do not forget to do what is good and to share because God is well pleased with such sacrifices.

ALLELUIA

Tone 5 — V. 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 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)

Today's Worship — Scripture Readings

Gospel — Matthew 9: 1-8

9 Jesus entered into a boat, crossed over [the lake] and came into his own town. ² Behold, some people brought him a man who was paralyzed, lying on a bed. Seeing their faith, Jesus said to the paralytic, "Son, be of good cheer! Your sins are forgiven!"

³ At this, some of the scribes said to themselves, "This man blasphemes!"

⁴ Jesus, knowing their thoughts, said, "Why do you think evil [thoughts] in your hearts? ⁵ Which is easier, to say, 'Your sins have been forgiven' or, 'Get up, and walk?' ⁶ But so that you may know that the Son of Man has authority on earth to forgive sins" (then he said to the paralytic), "Get up, take up your mat, and go to your house."

⁷ The man got up and departed to his house. ⁸ But when the crowds saw this, they were astonished and glorified God, who had given such authority to men.

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—Prayer for When You Cannot Attend Liturgy

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Glory to Thee, our God, glory to Thee!

O Heavenly King, the Comforter, the Spirit of Truth, Who art everywhere and fillest all things; Treasury of Blessings, and Giver of Life - come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God! Holy Mighty! Holy Immortal! Have mercy on us. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O most Holy Trinity, have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Thy name's sake.

Lord, have mercy. (3x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come; Thy will be done, on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Lord, have mercy. (12x)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

1 Bless the LORD, O my soul; and all that is within me, bless his holy name! 2 Bless the LORD, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the Pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good as long as you live so that your youth is renewed like the eagle's. 6 The LORD works vindication and justice for all who are oppressed. 7 He made known his ways to Moses, his acts to the people of Israel. 8 The LORD is merciful and gracious, slow to anger and abounding in steadfast love. 9 He will not always chide, nor will he keep his anger for ever. 10 He does not deal with us according to our sins, nor requite us according to our iniquities. 11 For as the heavens are high above the earth, so great is his steadfast love toward those who fear him; 12 as far as the east is from the west, so far does he remove our transgressions from us. 13 As a father pities his children, so the LORD pities those who fear him. 14 For he knows our frame; he remembers that we are dust. 15 As for man, his days are like grass; he flourishes like a flower of the field; 16 for the wind passes over it, and it is gone, and its place knows it no more. 17 But the steadfast love of the LORD is from everlasting to everlasting upon those who fear him, and his righteousness to children's children, 18 to those who keep his covenant and remember to do his commandments. 19 The LORD has established his throne in the heavens, and his kingdom rules over all. 20 Bless the LORD, O you his angels, you mighty ones who do his word, hearkening to the voice of his word! 21 Bless the LORD, all his hosts, his ministers that do his will! 22 Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!

Only Begotten Son and Immortal Word of God,
Who for our salvation didst will to be incarnate of the holy Theotokos and ever virgin Mary,
Who without change didst become man and wast crucified, O Christ our God,
Trampling down death by death, Who art one of the Holy Trinity,
Glorified with the Father and the Holy Spirit, save us.

Our Life in Christ—Prayer for When You Cannot Attend Liturgy

Beatitudes

In Thy kingdom remember us, O Lord, * when Thou comest in Thy kingdom. Blessed are the poor in spirit, * for theirs is the kingdom of heaven. Blessed are they that mourn, * for they shall be comforted. Blessed are the meek, * for they shall inherit the earth. Blessed are they that hunger and thirst after righteousness, * for they shall be filled. Blessed are the merciful, * for they shall obtain mercy. Blessed are the pure in heart, * for they shall see God. Blessed are the peacemakers, * for they shall be called the sons of God. Blessed are they which are persecuted for righteousness' sake, * for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, * and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad, * for great is your reward in the heavens.

Creed

I believe in one God, the Father Almighty, Maker of Heaven and Earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the only-begotten, begotten of the Father before all ages. Light of light; true God of true God; begotten, not made; of one essence with the Father, by Whom all things were made; Who for us men and for our salvation came down from Heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man. And He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He arose again, according to the Scriptures, and ascended into Heaven, and sits at the right hand of the Father; and He shall come again with glory to judge the living and the dead; Whose Kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of Life, Who proceeds from the Father; Who with the Father and the Son together is worshipped and glorified; Who spoke by the prophets.

In one Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead and the life of the world to come. Amen.

Prayer before Reading Scripture

Illumine our hearts, O Master Who lovest mankind, with the pure light of Thy divine knowledge. Open the eyes of our mind to the understanding of Thy gospel teachings. Implant also in us the fear of Thy blessed commandments, that trampling down all carnal desires, we may enter upon a spiritual manner of living, both thinking and doing such things as are well-pleasing unto Thee. For Thou art the illumination of our souls and bodies, O Christ our God, and unto Thee we ascribe glory, together with Thy Father, Who is from everlasting, and Thine all-holy, good, and life-creating Spirit, now and ever and unto ages of ages. Amen.

Epistle Reading & Gospel Reading

Glory to Thee our God, glory to Thee.

Through the prayers of our holy fathers, O Christ our God have mercy on us and save us. Amen.



LOOKING AHEAD

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

July 4-21

Fr Michael travel to MA to help mother

Sunday July 23

Blessing of Vehicles

Mon July 24

6:00pm — Orthodox Christianity 101

Tues July 25

7:00pm—Parish Council Meeting

Wed July 26—St Jacob of Alaska

7:00am—Monthly Weekday 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

Bill (Vladimir) Moision 7/15

Rita (Margarita) Sladack 7/17

Pearl Elizabeth Keeling 7/18

Alina (Macrina) Panasenko 7/19

Dmitriy (Dmitriy Klepinin) Panaseno, Margie (Maria Skobtsova) Hicks 7/20

Wedding Anniversaries

James & Patricia Pelachik 7/21

Masha & Jason Jones 7/22

Birthdays

Laurie Eivet 7/18

Katrina Griebing 7/21

PARISH CONTACT INFO:

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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