

September 10, 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

14TH SUNDAY AFTER PENTECOST—TONE 5

AFTERFEAST OF THE NATIVITY OF THE
THEOTOKOS

SUNDAY BEFORE THE EXALTATION OF THE
CROSS

VIRGIN MARTYRS MENODORA, METRODORA
& NYMPHADORA AT NICOMEDIA

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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

Mary was more blessed in accepting the
faith of Christ than in conceiving the flesh
of Christ. To someone who said, "Blessed
is the womb that bore you," he replied,
"Rather, blessed are they who hear the
word of God and keep it."

Finally, for his brothers, his relatives
according to the flesh who did not believe
in him, of what advantage was that
relationship? Even her maternal
relationship would have done Mary no
good unless she had borne Christ more
happily in her heart than in her flesh.

St. Augustine

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Include Something i the Bulletin or
Be Included in our Weekly
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

Sunday Youth Activities to Begin in September

With the beginning of the new Church Year our Sunday youth activities with restart in September.

Sept 10 — Youth Choir (Carole Shumaik)

Sept 17 — Church School

Sept 24 — Church School BBQ

If you have questions speak to Bill Moision or Sally Menig

Altar Server Meeting/Training Sun Oct 29—Mark Your Calendars

It is important for altar servers to be “in sync” when serving. We will be hosting a meeting/training on Sunday Oct 29 after Divine Liturgy (and folks have had a chance to eat a bit).

We will be going over “norms” for things like

Auxiliary Cooking Days Thursdays—Beginning 9/21

The Auxiliary will be recommencing cooking and baking in September on Thursdays beginning Sept 21 from 9am-12pm.

Sept 21—Pierogies

Sept 28—Pierogies

Everyone is welcome to come and help. If you have questions contact Tanya F or another member of the Auxiliary.

Diamond Circle Lunch at “World Famous” San Diego Chicken Pie Shop 9/19

Our Diamond Circle will going to lunch at the “World Famous” San Diego Chicken Pie Shop! On Tuesday Sept 19. We will meet at the Church at 10:30am to carpool down.

If you have any questions please speak with Patty Pelachik

St John’s Auxiliary Meeting Next Sunday (Sept 17)

With the beginning of the Church Year, the Auxiliary will be meeting next Sunday to make plans for the year.

This is a wonderful opportunity for new people to come and find out how they can pitch in and be part of this incredibly dynamic and helpful ministry in our parish.

All are welcome!



Brick Pavers Fundraiser

Looking at the needs of the parish, the Parish Council is moving to complete the brick pavers along the walkway from the lower parking lot to the steps leading up to the church. The funds collected will be for projects like youth activities, enhancement of the area by the playground and the icon frescoes in the church.

The donation is \$200 for a brick with a name or message of your choice on it.

There are 87 remaining spaces. You can view the existing bricks for ideas.

The deadline to donate towards a brick is November 1st. Forms will be in the back of the church in the narthex and in the church hall.



Girls 7+ Welcome to Participate in Handmaidens

If there are any girls aged 7 and up that are interested in training to be a Handmaiden, please talk to Sally Menig or Desiree Geralt

Parish Life

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.

Nativity of the Theotokos —Tone 8

Your nativity, O Virgin, has proclaimed joy to the whole universe!

The Sun of righteousness, Christ our God, has shone from you, O Theotokos.

By annulling the curse, He bestowed a blessing://

By destroying death, He has granted us eternal life.

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!

Virgin Martyrs —Tone 1

Your nativity, O Virgin, has proclaimed joy to the whole universe!

The Sun of righteousness, Christ our God, has shone from you, O Theotokos.

By annulling the curse, He bestowed a blessing://

By destroying death, He has granted us eternal life.

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!"

St John of Damascus — Tone 4

Let us the faithful sing praises to John, worthy of great honor the composer of hymns.

The star & teacher of the Orthodox Faith, the defender of its doctrine.

Through the might of the Lord's Cross he overcame heretical error!

Now he is fervent in prayer to Christ God, to grant forgiveness of our sins.

Virgin Martyrs —Tone 4

Invincible in your struggles for the Holy Trinity, and through your love for each other as sisters, you defeated the foe of the spiritual life, and with the five virgins, entered victoriously into the heavenly mansions //

where you ever rejoice with the angels in the presence of the King of all!

Nativity of the Theotokos —Tone 8

By your nativity, O most pure Virgin, Joachim and Anna are freed from barrenness, Adam and Eve — from the corruption of death.

And we, your people, freed from the guilt of sin, celebrate and sing to you://

"The barren woman gives birth to the Theotokos, the nourisher of our Life."

Today's Worship — Hymns

Epistle—Gal 6: 11-18

¹¹ See with what large letters I write to you with my own hand! ¹² Those who desire to make a good showing in the flesh are trying to compel you to be circumcised, only so that they may not be persecuted for the cross of Christ. ¹³ Even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised so that they may boast in your flesh. ¹⁴ As for me, I shall find glory in nothing, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. ¹⁵ In Christ Jesus, circumcision and uncircumcision mean nothing; only a new creation {matters}. ¹⁶ To those who live by this rule, may there be peace and mercy upon them, and on the Israel of God. ¹⁷ From now on, let no one cause me any trouble, for I bear the marks of the Lord Jesus branded on my body. ¹⁸ May the grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

2 Corinthians 1:21-2:4

²¹ Now the one who establishes us with you in Christ and who has anointed us is God. ²² He has also sealed us and given us the pledge of the Spirit in our hearts. ²³ I call God as a witness to my soul, that to spare you I did not come to Corinth. ²⁴ It is not that we have lordship over your faith: we are fellow workers with you for your joy, as you stand firm in faith. About the first letter and its effect
2 But I resolved this for myself: that I would not return to you in sorrow. ² If I cause you distress, who will bring me joy except for you, the very ones whom I grieve? ³ Indeed, I wrote to you as I did, so that when I came, I would not have sorrow from the ones who should be my joy; but I trust in you all, that my joy would also be shared by all. ⁴ It was out of much affliction and anguish of heart that I wrote to you with many tears, not to cause you distress but to let you know what overflowing love I have for you.

PROKEIMENON

Tone 6 (Sunday Before) 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 3 (Song of the Theotokos) My soul magnifies the Lord, / and my spirit rejoices in God my Savior. (Lk. 1:46-47)

ALLELUIA

Tone 1 — V. I have exalted one chosen out of My people. (Ps. 88:18b)

V. For My hand shall defend him and My arm shall strengthen him. (Ps. 88:20)

Tone 8 — V. Hearken, O daughter, and see, and incline your ear! (Ps. 44:9a)

Today's Worship — Scripture Readings

Gospel — John 3: 13-17

¹³ No one has ascended into heaven, except for the one who came down out of heaven, the Son of Man who is in heaven. ¹⁴ And as Moses lifted up the serpent in the wilderness, likewise, the Son of Man must be lifted up, ¹⁵ so that everyone believing in him should not perish but have eternal life. ¹⁶ Indeed, God so loved the world that he gave his uniquely-begotten Son, so that everyone who believes in him should not perish but have eternal life. ¹⁷ Certainly, God did not send his Son into the world to judge the world, but so that the world should be saved through him.

Matthew 22:1-14

²² Jesus now addressed them with another parable, saying: ² “The Kingdom of Heaven is like a king who planned a wedding feast for his son. ³ He then sent out his slaves to call those who were invited to the wedding feast, but they refused to come. ⁴ Again, the king sent out other slaves, saying: ‘Tell those who are invited, “Behold, I have prepared my dinner! My cattle and my fatted calves have been killed and everything is ready. Come to the wedding feast!’” ⁵ But those who were invited made light of it and went off, one to his own farm, another to his merchandise, ⁶ and the others seized the king's slaves, treated them shamefully, and killed them. ⁷ But when the king heard about it, he was furious. He sent out his soldiers to destroy those murderers and to burn their city. ⁸ Then the king said to his servants, ‘The wedding is ready, but those who were invited were not worthy. ⁹ Go therefore to the crossroads of the highways, and as many people as you may find, invite to the wedding feast.’ ¹⁰ Those slaves went out into the highways and gathered as many people as they could find, both good and bad. Thus, the wedding [hall] was filled with guests. ¹¹ But when the king came in to see the guests, he saw a man who was not wearing a wedding garment. ¹² He asked him, ‘Friend, how did you come in here, not wearing a wedding garment?’ And the man was speechless. ¹³ Then the king said to the servants, ‘Bind him hand and foot, take him away, and throw him into the outer darkness where there will be weeping and grinding of teeth.’ ¹⁴ Indeed, many are called, but few are chosen!”

Our Life in Christ—Keeping Vigil



The All-Night Vigil comprises the daily services of Great Vespers, Matins, and First Hour. It is appointed for the evening before each Great Feast and every Sunday (which is, in effect, a Little Pascha). The feasts of certain saints also call for a Vigil. It is called “all-night” because in ancient times in Palestine where it first developed, it began at sunset and continued through the night until dawn. Later, as the service spread through the Church, out of condescension to the weakness of the faithful, it was abbreviated to begin late in the evening

(but before midnight) and to last until morning. Now in normal parish use, it is abbreviated still further, beginning earlier in the evening and lasting but two or three hours. In our parish, it typically lasts two to two and a quarter hours.

Though we may be tempted to think of the “All-Night” Vigil in terms of the quantity of time spent in the service, the primary concept of time contained in the term “vigil” is qualitative. In ancient times, “vigil” referred to time spent on guard duty, or ‘keeping watch’. In the Church, it means time spent in attentive preparation and ‘waiting on God’. Spiritual life needs time for development. No one can achieve results in one’s spiritual life without time. Modern man’s spiritual life is in a state of collapse because of his impatience to achieve results. Vigil is taking time seriously. It relates all time to history, specifically to the history of salvation. When God became man, the Kingdom of God appeared in the time of this world. Vigil becomes the time of the proclamation of that kingdom. Vigil takes us back to the beginning of time and prepares us for the end of time, when all things will be fulfilled in the fullness of Christ’s kingdom.

Moreover, Christ instructed His disciples to “watch and pray” so that, though they did not know the hour of His return, they might be ready for it. To keep vigil in the historical and ascetic sense is to deprive oneself of a measure of usual sleep to keep watch, waiting in readiness for the coming of the Son of Man at midnight, training oneself to live life in expectation of Christ’s coming: first, in the Holy Mysteries at Every Liturgy, and second, in glory to judge the world and inaugurate His Kingdom. To this day in places like Mount Athos, the Vigil is served through the night (for up to eight hours), preserving the ascetical effort and eschatological anticipation of the service.

In parish practice, the two to three-hour service still represents a significant ascetical effort for us, as we stand in readiness, waiting on the Lord and contemplating in the hymns and psalms all that He has

Our Life in Christ—Keeping Vigil

done for us, especially His Incarnation, Death on the Cross, and Resurrection. Having stood through the Vigil, our bodies tell us clearly that we have been in church keeping watch, focused on the ‘one thing needful’ for our lives. Inconvenient and demanding it may be, but it also offers indispensable training in waiting on the Lord and making Him our priority above all else in life.

The Vigil also gives us a much needed time for spiritual cleansing and renewal after all the cares, struggles, and sins of the week. It gives us time to get our mind back on God, to honor Him and render thanks, to prepare ourselves for worthy participation in the Holy Mysteries. It gives us time to soften and warm our hearts before God if they have cooled or hardened during the week. Living in the world, we feel the pressure the world puts on us to conform to its mold. The Vigil helps us decompress from that pressure to conform to the world and to again offer ourselves to Christ. It allows us to free our minds from the cares and temptations of the week, to wash the “dust of sin” that has dirtied our soul in our sojourn in the world, so that we may present ourselves at the morning Liturgy with cleansed hearts, eager and ready to receive the Lord.

Since the Vigil service comprises Matins and Vespers, the beginning and end of the daily services, Vigil becomes the service encompassing the whole of time. Vigil transforms all of time into a time of preparation. Not only is the evening before every Sunday and Feast the solemn preparation for the Eucharist, it also is the solemn preparation of our lives for the coming of the Kingdom of God at the end of time. Vigil gives us time to increase our attention span for prayerful meditation on these matters of greatest importance to us, and to put aside all the cares and worries of life that would crowd out the growth of the kingdom in us.

Next Week..... An explanation of Great Vespers





LOOKING AHEAD

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

Sun Sept 10

After Divine Liturgy—Youth Choir
After Fellowship (12:20ish) — Viewing of Final Episode of Season
I of The Chosen w/ Discussion

Tues Sept 12

7:00pm—Parish Council Meeting

Wed Sept 13

10:30am — Father's Café
6:00pm — Vigil for the Exaltation of the Cross

Thurs Sept 14 Exaltation of the Holy Cross

Strict Fast
8:30am 3rd Hour 8:45am Festal Divine Liturgy

Sat Sept 16

4:30pm — Choir Rehearsal

Sun Sept 17

After Divine Liturgy — 1st Day of Church School

Tues Sept 19

10:30am—Diamond Circle Meet at Hall

Wed Sept 20

10:30am — Father's Café

Thurs Sept 21

9:00M — Auxiliary Cooking Day

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!

Birthdays

David Martot	9/11	
Challen Henry, Caitlin (Juliana) Gannon	9/12	
Veronica Rahal	9/14	
William (Vladimir) Moision, Sr., Liam Sullivan, Angelique My-Uyen Herbert		9/16

Wedding Anniversaries

Sarah & Alan Michaud	9/13
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PARISH CONTACT INFO:

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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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