

October 1, 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

17TH SUNDAY AFTER PENTECOST—TONE 8

**PROTECTION OF THE MOST HOLY LADY THE
THEOTOKOS AND EVER-VIRGIN MARY**

VENERABLE ROMANUS THE MELODIST

APOSTLE OF THE SEVENTY ANANIAS



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.



A Word from the Holy Fathers

"I ask you to try something. If someone
grieves you, or dishonors you, or takes
something of yours, then pray like this:
"Lord, we are all your creatures. Pity your
servants, and turn them to repentance,"
and then you will perceptibly bear grace in
your soul. Induce your heart to love your
enemies, and the Lord, seeing your good
will, shall help you in all things, and will
Himself show you experience. But whoever
thinks evil of his enemies does not have
love for God and has not known God.

— *St. Silouan the Athonite*



**Include Something i the Bulletin or
Be Included in our Weekly
E-mails**

E-mail info@stjohnofdamascus.org
with your request.



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

Parish Life

Luncheon for Breast Cancer Research Sunday Oct 8

Next Sunday our luncheon after liturgy will be in memory of our beloved Lorie Wesdell to raise funds for Breast Cancer Research. Please see the flyers around the church and in the hall for details.

A flyer was also sent via email to those on our parish news email group.



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 73 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.



Auxiliary Cooking Days Thursdays

The Auxiliary cooking schedule is taking place on Thursdays from 9am-12pm.

Oct 5

Oct 12

Oct 19

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

Orthodox Christianity 101 Begins Monday Oct 2 Contact Fr Michael to Attend

Each year we offer a class on the core beliefs of our Orthodox Church for inquirers AS WELL AS current members of the Church that would like a refresher of sorts.

This year classes will be held on Monday evenings.

Attendance in person is strongly encouraged but Zoom links will be offered to registered attendees for days they cannot make it.

Please notify Fr Michael if you would like to attend so he can have the appropriate # of handouts.



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



Adult Ed Class (Wednesday Evenings) The 12: A Primer—Begins Oct 4

Ever have trouble listing the 12 Apostles? Ever wonder who they were related to or where they went after Pentecost?

Join us Wednesday evenings in person or via Zoom!

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 8

You descended from on high, O Merciful One!
You accepted the three day burial to free us from
our sufferings!
O Lord, our Life and Resurrection, glory to You!

Protection of the Theotokos—Tone 4

Today the faithful celebrate the feast with joy,
illuminated by your coming, O Mother of God.
Beholding your pure image, we fervently cry to
you:
“Encompass us beneath the precious veil of your
protection;
deliver us from every form of evil
by entreating Christ, your Son and our God,
that He may save our souls.”

St Romanus—Tone 4

You gladdened Christ's Church by your melodies
like an inspired heavenly trumpet.
You were enlightened by the Mother of God
and shone on the world as God's poet.//
We lovingly honor you, righteous Romanus.

KONTAKIA

Resurrection—Tone 8

By rising from the tomb, You raised the dead
and resurrected Adam.
Eve exults in Your Resurrection,
and the world celebrates Your rising from the
dead, O greatly Merciful One!

St Romanus—Tone 8

You were adorned from childhood with the godly
virtues of the Spirit;
you were a precious adornment of the Church of
Christ, all-wise Romanus,
for you made it lovely with beautiful hymnody.
Therefore we entreat you, grant your divine gift
to those who desire it, //
that we may cry out to you: “Rejoice, all-blessed
Father, beauty of the Church!”

Protection of the Theotokos—Tone 3

Today the Virgin stands in the midst of the
Church,
and with choirs of saints she invisibly prays to
God for us.
Angels and bishops worship,
Apostles and Prophets rejoice together,
since for our sake she prays to the pre-eternal
God.



PROKEIMENA

Tone 8 — (*Resurrection*) Pray and make your vows before the Lord, our God! (*Ps 75/76:11*)

v: In Judah God is known; His name is great in Israel. (Ps 75/76:1)

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

Today's Worship — Scripture Readings

Epistle — 2 Corinthians 6:16-7:1

¹⁶ What agreement can there be between God's sanctuary and idols? For you are a sanctuary of the living God. Even as God said, "I will dwell in them, and walk in them; and I will be their God, and they will be my people." ¹⁷ Therefore:

'Come out from among them and be separate,' says the Lord.

'Touch no unclean thing.

I will receive you.

¹⁸ I will be a Father to you.

You will be to me sons and daughters,' says the Lord Almighty."

7 Since we have these promises, beloved, let us purify ourselves from all defilement of flesh and spirit, so that we may bring [our] holiness to completion in the fear of God



Epistle — Hebrews 9:1-7

9 Even the first tabernacle and covenant had ordinances of divine service and an earthly sanctuary. ² A tabernacle was set up: the lampstand, the table, and the show bread were in the first part which is called the Holy Place. ³ Beyond the second veil was found the tabernacle, which is called the Holy of Holies. ⁴ It had a golden altar of incense and the Ark of the Covenant all covered with gold. The Ark contained a golden jar holding the manna, Aaron's rod that budded, and the tablets of the covenant. ⁵ Above it, cherubim of glory overshadowed the mercy seat, but now we cannot speak about these things in detail. ⁶ According to this arrangement, priests are continually entering the outer tabernacle, accomplishing the rites of offering divine service. ⁷ Into the second [tabernacle], only the high priest enters, once a year and with blood, which he offers for himself and for the sins committed in ignorance by the people.

ALLELUIA

Tone 8 — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps. 94:1)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)

Tone 8 -- V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior! (Ps. 94:1)

Today's Worship — Scripture Readings

Gospel — Luke 6:31-36

³¹ As you would like others to do to you, do the same to them. ³² If you love those who love you, what credit is that to you? Even sinners love those who love them! ³³ And if you do good to those who do good to you, what credit is that to you? For even sinners do the same! ³⁴ If you lend to those from whom you hope to receive [back], what credit is that to you? For even sinners lend to sinners, to receive back as much. ³⁵ But love your enemies, and do good, and lend, expecting nothing back. Then your reward will be great and you will be children of the Most High, for he is kind [even] to the ungrateful and evil.

³⁶ Therefore, be merciful,
even as your Father is also merciful.

Gospel — Luke 10:38-42; 11:27-28

³⁸ Now it happened that as they went, Jesus entered into a village, and a certain woman named Martha received him into her house. ³⁹ She had a sister called Mary who also sat at Jesus' feet and listened to his word. ⁴⁰ However, Martha was distracted with much serving. She came up to Jesus, and said, "Lord, do you not care that my sister has left me to serve alone? Ask her to help me!"

⁴¹ But Jesus answered, "Martha, Martha, you are anxious and troubled about many things! ⁴² Yet one thing is needed, and Mary has chosen the good part, which will not be taken away from her

²⁷ As Jesus was saying these things, a woman called out from the crowd and said to him, "Blessed is the womb that bore you, and the breasts which nursed you!"

²⁸ But Jesus said, "Yes, and more than that, blessed are those who hear the word of God and keep it."



Church Musician Sunday

October 1,
2023

Recognizing the important role of music in our Orthodox Christian worship and honoring the directors, singers, chanters, readers, composers, arrangers, and bell-ringers who serve in this sacred ministry.

oca.org/music

Our Life in Christ

To the Clergy, Monastics, and Faithful of the Orthodox Church in America,

My Beloved Children in the Lord,

'Rejoice in the Lord, O you righteous! Praise befits the upright. Sing to him a new song, play skillfully on the strings, with loud shouts.' (Ps. 33:1, 3). Music suffuses the scriptures, starting from the first pages of the Pentateuch. In the fourth chapter of Genesis we read of Jubal, 'the father of all such as handle the harp and organ' (Gen. 4:21). Songs of holy people are found throughout the Old Testament and the New: the songs of Miriam, Moses, Deborah, Hannah, David, Habakkuk, Isaiah, Jonah, the Three Children, Zachariah, and the most Holy Theotokos, to name but a few.



But of course, even before the first father Adam was formed, when the physical world was first coming into being, the scriptures speak of music: 'the morning stars sang together and all the angels shouted for joy' (Job 38:7). 'Praise the Lord, O sun and moon,' says the psalmist (Ps. 148:3). Music is, in some mysterious way, part of creation and part of redemption, such that even heaven is filled with song. 'With the angels' song we cry to thee, All-powerful: Holy, Holy, Holy art thou, O God' (troparion from the Morning Prayers). And this song, though it begins in time, extends beyond time, and is taken up by the angels and saints forever. As such, the Apocalypse of St. John the Theologian is perhaps the most musically rich text of all scripture, full as it is of canticles and invocations of song: 'And they sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvelous are thy works, Lord God Almighty; just and true are thy ways, thou King of saints' (Rev. 5:9, 14:3, 15:3).

Today in our churches, we carry on the tradition of sacred song, bridging the gap, as it were, between those ancient songs sung by prophets and patriarchs and the eternal song sung by angels and saints. Our traditions of church music are both a continuation of the ancient worship of the Old and New Covenants and a participation in the heavenly liturgy. This is why the Holy Synod of Bishops of the Orthodox Church in America [set aside the feast of Saint Romanus the Melodist or the Sunday after for an annual celebration of church musicianship](#), to honor singers, choir directors, composers, arrangers, chanters, readers, bell-ringers, hymnologists, translators, hymnographers, and all who help our parishes and their congregations to make a 'joyful noise unto the Lord' (Ps. 98:4) so that our temples resound with the praise of God.

I encourage all of our parishes and institutions to take this opportunity to honor those who contribute to church music, and I urge all church leadership to help foster vocations in this area. May we all of us, at all times, according to our own vocation, praise the Lord with 'psalms, hymns, and spiritual songs' (Eph. 5:19). And may he in turn be well-pleased with our sacrifice of praise, and rejoice over us, and quiet us with his love, and sing over us in his joy (Zeph. 3:17).

With the blessing of the Lord, I remain sincerely yours in Christ,

+TIKHON

Archbishop of Washington

Metropolitan of All America and Canada



LOOKING AHEAD

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

Mon Oct 2

7:00pm — Orthodox Christianity 101

Wed Oct 4

10:30am — Father's Café
7:00pm — Adult Ed: Lives of the Apostles

Thurs Oct 5

9:00M — Auxiliary Cooking Day

Mon Oct 9

7:00pm — Orthodox Christianity 101

Wed Oct 11

10:30am — Father's Café
7:00pm — Adult Ed: Lives of the Apostles

Thurs Oct 12

9:00M — Auxiliary Cooking Day
7:00pm — Parish Council Meeting

Oct 16-20

Fr Michael Travel to National Clergy Conference in IL

Tues Oct 17

11:00am — Diamond Circle Meeting

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

Dennis (Dionysius) Stavrou	10/3
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Birthdays

Kathryn (Anna) Jones	10/5
Cortney Stavrou	10/6
Linda (Daria) Kedroff	10/7

Wedding Anniversaries

Eliza & David Boyles	10/4
Sally (Elizabeth)& Kyle (Jeffrey) Menig	10/5

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