

January 28, 2024



# THE IMAGE...

(Jn 12:45 & 14:9; Heb 1:3; Col 1:15)

[www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)

Publication of St. John of Damascus Orthodox Church, Poway, CA

34TH SUNDAY AFTER PENTECOST—TONE 1

ST EPHRAIM THE SYRIAN

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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**

The word of God is a tree of life that offers us blessed fruit from each of its branches. It is like that rock which was struck open in the wilderness, from which all were offered spiritual drink. Be glad then that you are overwhelmed, and do not be saddened because he has overcome you. A thirsty person is happy when drinking, and not depressed, because the spring is inexhaustible. You can satisfy your thirst without exhausting the spring; then when you thirst again, you can drink from it once more.

—*St Ephraim the Syrian*

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

E-mail [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org)  
with your request.



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

## Parish Life

### 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.



### 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!

### NEW ADULT ED CLASSES WEDNESDAYS 7PM—BEGINNING FEB 7

Beginning Feb 7 we will be holding two 3-week sessions of adult education. Topics were chosen at the request of attendees.

Feb 7, 14, 20 (Tues) — How & Why the Roman Catholic & Orthodox Churches Split (The Great Schism)

Feb 28, Mar 6, Mar 13 — Accounts of Healing in the Church

Classes are held in person but available also via Zoom. See the parish website online calendar for the link.

Questions? Contact Fr Michael



### 2024 Wall Calendars Available (with Feasts, Fasts, Scriptures Readings)

The wall calendars for 2024 have arrived and are available in the narthex in the back of the church.

\$10 donation is requested.



### Monthly Collections

As we continue to restore many of the beloved practices of our parish we are reinstituting 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 give as you can.

## Today's Worship — Hymns

### House Blessings

Following the feast of Theophany until the beginning of Great Lent (Jan. 7 - Mar. 16) Fr. Michael will be blessing homes.

Please contact Fr. Michael to arrange a date and time.



### 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.

Be sure to check the calendar (paper & online) since Fr Michael's schedule occasionally does prevent him from having "café" some weeks.

### Nomination Committee

### Elections for Parish Council Members, Auditors & Parish Lay Representative

**Our annual meeting is scheduled for Sunday Feb 18** at which we will be hold elections for Parish Council members, Auditors and our Parish Lay Representative for 2024.

Nino Kiria, Gene Francello or Patty Pelachik may approach you asking you to consider running for one of these positions. You need to have been a full member of the parish for at least 6 months, receive Holy Communion and Confession.

Please pray about this and considering offering to serve.

### Dates for 2023

#### **MOVABLE FEASTS**

Palm Sunday	April 28
Pascha	May 5
Ascension	June 13
Pentecost	June 23

#### **FASTS**

Great Lent	Mar 18– April 27
Holy Week	April 29 - May 4
Apostles Fast	—
Dormition Fast	August 1-14
Nativity Fast/Advent	Nov 15—Dec 24

#### **FAST-FREE WEEKS**

Publican & Pharisee	Feb 25-Mar 2
Bright Week	May 5-May 11
After Pentecost	June 23-29
After Christmas	Dec 25-Jan 4

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 1

When the stone had been sealed by the Jews;  
while the soldiers were guarding Thy most pure  
Body; Thou didst rise on the third day, O Savior,  
granting life to the world. The powers of heaven  
therefore cried to Thee, O Giver of Life: Glory to  
Thy Resurrection, O Christ! Glory to Thy  
Kingdom! Glory to Thy dispensation, O Thou  
who lovest mankind.

#### 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!

#### St Ephraim—Tone 8

By a flood of tears you made the desert fertile,  
and your longing for God brought forth fruits in  
abundance.  
By the radiance of miracles you illuminated the  
whole universe.//  
Our holy Father Ephraim, pray to Christ our God  
to save our souls!

### KONTAKIA

#### Resurrection—Tone 1

As God, Thou didst rise from the tomb in glory,  
raising the world with Thyself. Human nature  
praises Thee as God, for death has vanished!  
Adam exults, O Master! Eve rejoices, for she is  
freed from bondage, and cries to Thee: Thou art  
the Giver of Resurrection to all, O Christ!

#### 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.

#### St Ephraim—Tone 2

Ever anticipating the hour of Judgment,  
you lamented bitterly, venerable Ephraim.  
Through your deeds you were a teacher by  
example;//  
Therefore, universal Father, you rouse the  
slothful to repentance.

#### 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 1** — (*Resurrection*) Let Your mercy, O Lord, be upon us /as we have set our hope  
on You! (Ps. 32:22)

V. Rejoice in the Lord, O you righteous! Praise befits the just! (Ps. 32:1)

## Today's Worship — Scripture Readings

### Epistle — Colossians 3: 4-11

<sup>4</sup> When Christ who is our life is revealed, then you will also be revealed with him in glory.

<sup>5</sup> Therefore, put to death what is earthly in you: sexual immorality, impurity, depraved passions, lust and greed (which is idolatry). <sup>6</sup> Because of these things, the wrath of God is coming on the children of disobedience. <sup>7</sup> You also used to live in them when you lived among these people; <sup>8</sup> but now, put them all away: anger, rage, evil, slander, and shameful language. <sup>9</sup> Do not lie to one another. You have put off the old self with his doings <sup>10</sup> and you have put on the new self who is being renewed in knowledge according to the image of his Creator. <sup>11</sup> Here, there cannot be Greek and Jew, circumcision and uncircumcision, barbarian, Scythian, slave or free; but Christ is all, and in all!

### Gospel — Matthew 22: 35-46

<sup>35</sup> One of them, a lawyer, then asked him a question in order to test him. <sup>36</sup> "Teacher, which is the greatest commandment in the law?"

<sup>37</sup> Jesus said to him, " 'You shall love the Lord your God with all your heart, with all your soul, and with all your mind.' <sup>38</sup> This is the first and great commandment. <sup>39</sup> The second is like it: 'You shall love your neighbor as yourself.' <sup>40</sup> The entire law and the prophets depend on these two commandments."

<sup>41</sup> Now while the Pharisees were assembled, Jesus asked them a question, <sup>42</sup> saying, "What do you think of the Messiah? Whose son is he?" They answered, "[He is the son] of David."

<sup>43</sup> Jesus said to them, "How, then, does David, in the Spirit, call him 'Lord,' saying:

<sup>44</sup> 'The Lord said to my Lord,  
sit at my right hand,  
until I make your enemies a footstool for  
your feet?'

<sup>45</sup> If then David calls him Lord, how is he his son?"

<sup>46</sup> No one was able to answer him a word, and from that day on, no one dared to ask him any more questions.

### ALLELUIA

**Tone 1** - V. God gives vengeance unto me, and subdues people under me. (Ps. 17:48)

V. He magnifies the salvation of the King and deals mercifully with David, His anointed, and his seed forever. (Ps. 17:51)

## Our Life in Christ—House Blessings

The blessing of homes of faithful Christians following the feast of Holy Theophany is an ancient custom. It is the central sign of God's sanctification of all things through Christ's epiphany to the world and His baptism in the Jordan River.

From the feast of Theophany until the beginning of Great Lent, the Orthodox priest visits all the members of the Church in order to pray with them in the place where they live, and to bless their surroundings with the sanctified water.

According to the Orthodox Christian Faith, the family is considered to be a "small church" and the family table is the "home altar" where the people gather each day to receive their "daily bread" from God with thanksgiving in the Name of Christ. Thus, during the Theophany season, the priest, who is the father of the great "family of God," the Church community, comes to each of the "small churches" bringing the blessings of God the Father and all of the brothers and sisters in Christ.

The sanctification of the home takes place not only by the words of prayer, but by the sprinkling with the blessed water which stands for the new creation of the Kingdom of God in which God Himself "fills all things with Himself" including even the smallest particles of material existence.

The priest asks God to have mercy on the house, to rid it of every evil and to fill it with every blessing. All pray together for the good of the living and the departed of the family, and of all who live and have lived in the house. All sing together the great hymn of salvation that Christ, the Son of the Father by the grace of the Holy Spirit, "has revealed Himself and has enlightened the world." This the house itself, together with the living persons of the family, is "filled with all the fullness of God."

### Preparing for your house blessing

When the priest comes to bless the family and its house it is not something to worry about. The priest comes to bless a house that is lived in, not one that has to be in Better Homes and Gardens. There are some basics that are normally observed:

- A lighted candle, an icon and a wide bowl for the blessed water should be placed on the main table in the house.
- All radios, televisions, video games, mp3 players etc. should be turned off. Phones should be on silent.
- All who are present in the house should come together and stand by the table until the end of service.
- Those who are able should join in the singing of the hymns and responses of the services.
- The first names of those for whom special prayers are to be offered, including, of course, all members of the family and those living in the house, should be clearly printed on a sheet of paper, with the clear distinction between the living and the departed.
- If it is the tradition to give the priest a gift it should be placed in an envelope and given after the completion of the service.

*Taken and revised from the Introduction to the Great Blessing of Water by Fr. Thomas Hopko.*

**Following the feast of Theophany until the beginning of Great Lent  
(Jan. 6-Mar16) Fr. Michael will be blessing homes.  
Please contact Fr. Michael to arrange a date and time.**

## Our Life in Christ



**Archpastoral Visit of  
His Eminence  
Archbishop Benjamin  
June 21**

**Hosting Working Retreat  
Diocesan Bishop,  
Chancellor & Deans  
June 22--24**



**Melissa Palumbo  
Concert  
Fri Jan 26**

**Blessing of Mission Bay  
San Diego Parishes  
Sat Jan 27**





## LOOKING AHEAD

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

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### Mon January 29

7:00pm — Orthodox Christianity 101

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### Wed January 31

7:00am — Monthly Early Weekday Divine Liturgy

10:30am — Fathers Café

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### Thurs February 1

6:00pm — Great Vespers & Litya for Meeting of the Lord

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### Friday February 2—Meeting of the Lord

8:30am — 3rd Hour & Festal Divine Liturgy w/ Blessing of Candles

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### Feb 2-5

Fr Michael travels to attend 20th Anniversary of St Christina of Tyre Church—Fremont, CA

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### Sat Feb 3

4:30pm — Choir Rehearsal

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### Wed Feb 7

10:30am — Fathers Café

7:00pm — Adult Ed: How & Why the Roman Catholic & Orthodox Churches Split (The Great Schism)

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**For more dates & links please visit our website: [www.stjohnofdamascus.org/calendar](http://www.stjohnofdamascus.org/calendar)**

*Confessions are held on Saturdays after Great Vespers or by appointment with Fr Michael.*

## Many Years!

Newly-illuminated Isaiah Alexander Ward, Vincent Constantine Palumbo & Emmanuel Scott  
Fr Michael Anderson ordination to the Holy Diaconate 2/2

### Name Days

Kathryn Anne Jones 2/3

### Birthdays

V Rev Kirill Sokolov, Kyra Miller, Emily (Emma) Neskin 1/31

Beth Brown 2/2

Laurian Dobrota 2/3

### Wedding Anniversaries

Shari & Wayne Henry 2/2

## PARISH CONTACT INFO:

**Church:** 16903 Espola Rd Poway — **Mailing Address:** PO Box 28291 San Diego, CA 92198

**Web:** [www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)

**Email:** [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org) — **Phone:** (858) 674-1931

**Priest:** V. Rev. Michael Anderson, Rector

**Email:** [powaypadre@stjohnofdamascus.org](mailto:powaypadre@stjohnofdamascus.org) — **Phone:** (858) 717-2172

**Attached Clergy:** V. Rev. Alexander Federoff, Retired & Dn. George Shumaik

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