

February 11, 2024



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

36TH SUNDAY AFTER PENTECOST—TONE 3
HIEROMARTYR BLAISE, BISHOP OF SEBASTE

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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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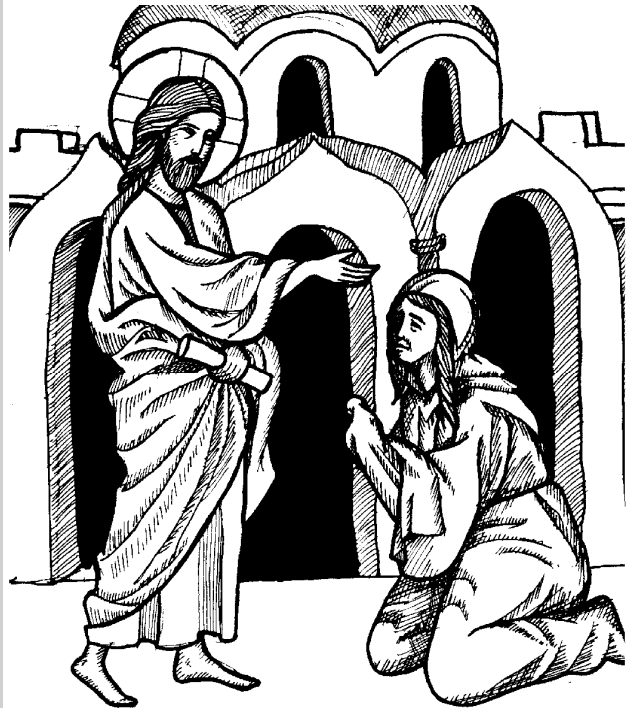
A Word from the Holy Fathers

Life in this world is like writing on tablets: whenever a man wishes to do so, he can add to them or subtract from them, or make changes in the letters. But the future life is like writings on clean rolls sealed by the royal seal, where no adding or subtracting is allowed. Therefore, while we are still in the midst of change, let us pay attention to ourselves; and while we have power over the record of our life, which we write with our own hands, let us strive to add to it with right living and erase from it the defects of a former life. For while we are in this world God does not affix His seal either to what is good or what is evil, up to the very moment of our exit from this life. —*St Isaac of Syria*

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

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



“Woman, great is your faith! Let it be it done to you even as you desire.”

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

Parish Life

Monthly Prayer Vigil in San Diego for End of Abortion

Join Orthodox Christians from parishes throughout San Diego County on the 2nd Saturday of each month in front of the Planned Parenthood located at **2017 First Avenue, SD 92101 from 10 am - 12 pm** to pray for the abortion-vulnerable.

We will be praying the Paraklesis to the Theotokos and a Molieben to End Abortion. Priests from local parishes lead the vigil each month.

Please email us to RSVP or with any questions you may have at StAnthonyOCLife@gmail.com. Hope to see you there!



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.



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.

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



Pilgrimages/Trips

Serbia - May 2024

Venerate St. Nikolai of Zhica, St. Justin Popovic, and many other Serbian saints with the parish of St. Katherine and Fr. Andrew Cuneo on a **Pilgrimage to Serbia & Montenegro in May 2024.**

Visit this link for more information about a fantastic trip <https://orthodoxtours.com/2024-montenegro-and-serbia/>.

Contact Wendy at wmp407@gmail.com with questions.

Asia Minor - Sept 16-18, 2024

Join Fr Lawrence & Matushka Ann Margitich and visit holy places in Istanbul/Constantinople, Ephesus, the Island of Patmos, Laodicesa, Aspendos, Perge, Cappadocia, Myra

See Fr Michael for a copy of the full itinerary and the reservation form

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.



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.

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 2024

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 3

Let the heavens rejoice!
Let the earth be glad!
For the Lord has shown strength with His arm.
He has trampled down death by death.
He has become the first born of the dead.
He has delivered us from the depths of hell,
and has granted to the world//
great mercy.

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 Blaise—Tone 4

By sharing in the ways of the Apostles,
you became a successor to their throne.
Through the practice of virtue, you found the way
to divine contemplation, O inspired one of God;
by teaching the word of truth without error, you
defended the Faith, even to the shedding of your
blood.//
O Hieromartyr Blaise, entreat Christ God to save
our souls!

KONTAKIA

Resurrection—Tone 3

On this day You rose from the tomb, O Merciful
One,
leading us from the gates of death.
On this day Adam exults as Eve rejoices;
with the Prophets and Patriarchs//
they unceasingly praise the divine majesty of
Your power.

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 Blaise —Tone 2

Godly shoot, unfading flower,
most fruitful branch of Christ the Vine,
God-bearing Blaise, fill with joy those who in
faith honor your memory//
as you unceasingly intercede for us all.

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 3 — (*Resurrection*) Sing praises to our God, sing praises! / Sing praises to our King, sing
praises! (Ps. 46:6)

V. Clap your hands, all peoples! Shout to God with loud songs of joy! (Ps. 46:1)

ALLELUIA

Tone 3 - V. In You, O Lord, have I hoped; let me never be put to shame! (Ps. 30:1a)

V. Be a God of protection for me, a house of refuge in order to save me! (Ps. 30:2b)

Today's Worship — Scripture Readings

Epistle — 1 Timothy 1: 15-17

¹⁵ This saying is faithful and worthy of all acceptance: that Christ Jesus came into the world to save sinners of whom I am the first.

¹⁶ This is how I obtained mercy, so that in me as 'the first,' Jesus Christ might show all his patience as an example for those who would believe in him for eternal life. ¹⁷ Now to the eternal King, immortal, invisible, to God who alone is wise, be honor and glory unto ages of ages. Amen.

Gospel — Matthew 15: 21-28

²¹ Jesus then left that area and withdrew into the region of Tyre and Sidon. ²² Behold, a Canaanite woman came out from those borders and cried out, "Have mercy on me, Lord, son of David! My daughter is severely demonized!"

²³ But Jesus did not answer her a word.

His disciples came and begged him, saying, "Send her away! She is shouting after us!"

²⁴ However, Jesus answered, "I was not sent to anyone but the lost sheep of the house of Israel."

²⁵ Still, the woman came forward and expressed adoration to him, saying, "Lord, help me."

²⁶ But he answered, "It is not right to take the children's bread and throw it to the little dogs."

²⁷ But she replied, "Yes, Lord, but even the little dogs eat the crumbs which fall from their masters' table."

²⁸ Then Jesus answered her, "Woman, great is your faith! Let it be done to you even as you desire." And her daughter was healed from that hour.

Our Life in Christ

Together we can tackle hunger.

SUNDAY, FEBRUARY 11, 2024

Help feed the hungry by collecting nonperishables for a local food bank, and collect money for IOCC to support our work around the globe. Together we can turn the biggest weekend in football into a super day of giving!

ioccc.org/souperbowl



INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES

P.O. Box 17398 | Baltimore, MD 21297-0429 | Toll-Free: 877.803.4622

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." Thus 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, music 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



LOOKING AHEAD

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

Mon Feb 12

7:00pm — Orthodox Christianity 101

Tues Feb 13

7:00pm — Parish Council Meeting

Wed Feb 14

10:30am — Fathers Café

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

Sat Feb 17

4:30pm — Choir Rehearsal

Mon Feb 19

7:00pm — Orthodox Christianity 101

Tues Feb 20

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

Wed Feb 21—Sun Feb 25

Fr Michael Travels for Family Wedding
Fr Peter Carmichael will fill in while Fr Michael is away.

Tues Feb 27—St Raphael of Brooklyn

7:00am — Monthly Weekday Divine 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!

Newly-illuminated Isaiah Alexander Ward

Birthdays

Liam Budde	2/7
Isidora Vuskovich	2/11
Emilija Vuskovich	2/13
Leo Hayes	2/14
Alex Darjania	2/16
Iryna Sheeler	2/17

Wedding Anniversaries

Kyra & Josh Toth 2/15

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