

February 18, 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

37TH SUNDAY AFTER PENTECOST—TONE 4

SUNDAY OF ZACCHAEUS  
LEO THE GREAT, POPE OF ROME

+

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

The humble person believes that all things depend on Christ and that Christ gives His grace, and in that way he makes progress. The person who possesses holy humility lives even now in the earthly uncreated Church. He always has the joy of Christ, even in the most displeasing circumstances.

—*St. Porphyrios of Kavsokalyvia*

+

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.



## Parish Life

### 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.



### 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



### 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](mailto:StAnthonyOCLife@gmail.com). Hope to see you there!

### Annual Meeting Today

As we've been announcing, today is our annual Parish Meeting where we elect members to our Parish Council, as well as our Lay Parish Representative and Auditors for the year. We also approve a budget for the year.

While only Voting Members may vote during the meeting (see lists posted in narthex and on the bulletin boards in the hall), everyone is welcome to attend.



### Auxiliary Baking/Cooking Day Tues Feb 27 9am

The Auxiliary will be meeting on Tuesday 2/27 starting at 9am making pierogies to begin preparing for our Easter Bake Sale. New people are welcome AND NEEDED to come and join the fun!



### 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](mailto: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.



### 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.

### 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

### Ministry Directory

Below are the people who coordinate various ministries in our parish. Feel free to contact them to find out how to offer your God-given time and talents to the life of our community.

Adult Ed — Fr Michael

Altar Servers—Subdeacon Ken Telles

Auxiliary President — Tanya Franchak

Bookstore—Evan Keeling

Candle Stand — Gene Francello

Choir—Carole Shumaik

Church School — Bill Moision & Sally Menig

Counters — Fr Michael

Diamond Circle Seniors — Jim & Patty Pelachik

Electric Church Sign Messages—John Thayer

Fellowship/Coffee Hour — Linda Kedroff

Flowers/Decorating—Diane Worth

Greeters — Valerie Lane

Handmaidens — Sally Menig & Desiree Geralt

Koliva — Fr Michael

Library—TBD

Parish Council Vice-President—Patty Pelachik

Prospora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Security Committee — Parish Council

Scrip Sales—Gene Francello, Valerie Lane

Social Media —Evan Keeling & Iryna Thayer

Sunday Commemoration Loaves— Fr Michael

Youth Choir — Carole Shumaik

Consider taking part and helping this group make St John's the wonderful lively parish it is. For information on how to contact any of the above please speak with Fr Michael.

## Today's Worship — Hymns

### TROPARIA

#### Resurrection—Tone 4

When the women disciples of the Lord  
learned from the angel the joyous message of  
Thy Resurrection,  
they cast away the ancestral curse  
and elatedly told the apostles:  
“Death is overthrown!  
Christ God is risen,//  
granting 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 Leo—Tone 3

You were the Church's instrument  
in strengthening the teaching of true doctrine;  
you shone forth from the West like a sun  
dispelling the errors of heretics.//  
Righteous Leo, entreat Christ God to grant us  
His great mercy!

### KONTAKIA

#### Resurrection—Tone 4

My Savior and Redeemer  
as God rose from the tomb and delivered the  
earth-born from their chains.  
He has shattered the gates of hell,  
and as Master,//  
He has risen on the third day!

#### 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 Leo —Tone 3

Seated upon the throne of the priesthood,  
glorious Leo,  
you shut the mouths of the spiritual lions.  
With divinely inspired teachings of the honored  
Trinity,  
you shed the light of the knowledge of God upon  
your flock.//  
Therefore, you are glorified as a divine initiate of  
the grace of God.

#### 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.

### Service Schedule for Great Lent & Pascha Available on Parish Website

For those that would benefit from looking ahead to plan to attend more of the services of Great Lent & Holy Pascha, the schedule of services is available on our parish website at <https://stjohnofdamsacus.org/calendar/>

## Today's Worship — Scripture Readings

### Epistle — 1 Timothy 4: 9-15

<sup>9</sup>This saying is faithful and worthy of all acceptance. <sup>10</sup>For this purpose, we both work hard and experience rejection, because we have placed our trust in the living God who is the Savior of all, especially of those who believe. <sup>11</sup>Command and teach these things.

<sup>12</sup>Let no one despise your youth, but be an example for those who believe: in speech, in your way of life, in love, in spirit, in faith, and in purity. <sup>13</sup>Until I come, devote yourself to public reading, encouragement, and teaching. <sup>14</sup>Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the council of presbyters. <sup>15</sup>Be attentive in these things. Give yourself to them completely, so that your progress may be manifest to all.

### Gospel — Luke 19: 1-10

<sup>19</sup>Jesus entered Jericho and was passing through town. <sup>2</sup>There was a man named Zacchaeus who was a chief tax collector, and he was rich. <sup>3</sup>He was trying to see who Jesus was, and could not because of the crowd, for he was short. <sup>4</sup>He ran on ahead and climbed up into a sycamore tree to see Jesus, who was [about] to pass that way. <sup>5</sup>When Jesus came to the place, he looked up, saw Zacchaeus, and said to him, "Zacchaeus, hurry and come down, for today I must stay at your house!" <sup>6</sup>He hurried, came down, and received Jesus with joy. <sup>7</sup>But when the people saw it, they all grumbled, saying, "He has gone in to stay with a man who is a sinner!"

<sup>8</sup>Zacchaeus stood up and said to the Lord, "Behold, Lord, half of my goods I give to the poor. And if I have wrongfully obtained money from anyone, I restore four times as much!"

<sup>9</sup>Then Jesus said to him, "Today, salvation has come to this house, because he, too, is a son of Abraham. <sup>10</sup>For the Son of Man came to seek and to save what was lost."

### PROKEIMENON

**Tone 4** — *(Resurrection)* O Lord, how manifold are Your works; / in wisdom have You made them all.  
(Ps. 103:26)

V. Bless the Lord, O my soul! O Lord, my God, You are very great! (Ps. 103:1)

### ALLELUIA

**Tone 4** - V. Go forth, prosper and reign, for the sake of meekness, righteousness and truth!  
(Ps. 44:3b)

V. For You love righteousness, and hate iniquity. (Ps. 44:6)

## Our Life in Christ

### Ten Steps to a Better Prayer Life

1. **Designate A Prayer Space:** Whether it is in the corner of your desk or a little stand in your room, it is important to have a place where you can put your Bible, Icons, etc. Dedicate the use of that space for God alone.
2. **Acquire A Time:** Incorporate prayer in your routine and set time aside to center your thoughts to God.
3. **Acquire A Library:** Start with a Bible, then get a small Orthodox Prayer Book, after that start collecting books. Here are some suggestions: 'Living the Liturgy' (Fr. Stanley Harakas), 'The Way of a Pilgrim' (Monk of the Eastern Church), 'For the Life of the World' (Fr. Alexander Schmemmann), 'Beginning to Pray' (Metropolitan Anthony Bloom), 'Bread for Life' (Fr. Theodore Stylianopoulos), 'The Orthodox Way' (Bishop Kallistos Ware), 'Way of the Aesetic (Tito Collander).
4. **Assemble a Home Altar:** In your prayer center gather icons (Christ, Theotokos, Guardian Angel and patron saint), service books, incense, votive light, a cross, a prayer rope, etc. Incorporate your five senses in prayer.
5. **Pray:** Speak from your heart. Learn prayers of the Church. Try the Jesus Prayer or the Lord's Prayer. Also incorporate your own prayers and thoughts.
6. **Acquire A Spiritual Guide:** This is a very important step. One should build a relationship with either a member of the clergy, monk or nun, who will become your spiritual guide. He/she will help guide and pace you to a balanced prayer life. The Sacrament of Confession can be arranged through your priest.
7. **Fasting and Almsgiving:** Fasting adds a dimension to your prayer life. Your fasting practice should be regulated to avoid physical and spiritual harm. As for alms, give where you see a need and trust that the Lord will provide.
8. **Build On What You Already Have:** If you already have a routine, build on it. If, for example, you pray before you go to sleep, it will be easier to read a chapter from the Bible before your bedtime prayers, than to set up some time during the day to read.
9. **Sanctify All That You Do.** You may have set aside a time and space for a prayer routine, but that doesn't mean you should separate your life into sacred and secular. Privately thank God for what you have at all times, and make Him aware of your every concern. Dedicate everything you do to Him.
10. **Remember the power of the Life-giving Cross,** The sign of the Cross is a reminder of Christ in our lives. Blessing oneself with the cross by holding the first two fingers of the right hand and thumb together represents the Holy Trinity. The last two fingers held to the palm represent the two natures of Christ – God and man. Orthodox Christians cross themselves from the head to the breast and from shoulder to shoulder, right to left. This unique and all embracing symbol shows that the cross is the inspiration, power and indeed the very content of our lives.



*Taken from the website of the Antiochian Orthodox Church in North America*

## 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).*

### Sun Feb 18

After Divine Liturgy — Parish Annual Meeting

### Mon Feb 19

7:00pm — Orthodox Christianity 101

### Tues Feb 20

11:00am — Diamond Circle

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.

### Mon Feb 26

7:00pm — Orthodox Christianity 101

### Tues Feb 27—St Raphael of Brooklyn

7:00am — Monthly Weekday Divine Liturgy

9:00am-12pm — Auxiliary Cooking Day

### Wed Feb 28

10:30am — Father's Café (Zoom & In Person)

7:00pm — Adult Ed: Accounts of Healing in the Church (Zoom & In Person)

**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!

### Name Days

Leo Keeling 2/18

### Birthdays

Sally (Elizabeth) Shumaik Menig, William George Hubler 2/19

Julie Callahan 2/21

Oliver George Cooper 2/23 Joseph Temnick 2/24

### Wedding Anniversaries

Valerie and Chris Lane 2/20

Joseph & Cora Temnick 2/22

## 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

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