

February 25, 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

38TH SUNDAY AFTER PENTECOST—TONE 5

SUNDAY OF THE PUBLICAN & THE PHARISEE
ST TARASIOS ARCHBISHOP OF
CONSTANTINOPLE

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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

He was judged inferior to a humble man
and a sinner because in his self-exaltation
he did not await the judgment of God but
pronounced it himself. Never place yourself
above anyone, not even great sinners.
Humility often saves a sinner who has
committed many terrible transgressions.

St. Basil the Great

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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.



¹³ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!'

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 CLASS: HEALING WEDNESDAYS 7PM—BEGINNING FEB 27

Our next Adult Education session is beginning on Feb 28 and will last for 3 weeks. Topics were chosen at the request of attendees.

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. Hope to see you there!

Auxiliary Spring-time Bake Sale March 30

Our spring-time bake sale will be taking place on Saturday March 30.

Mark your calendars and look for the flyer (coming soon) so you can put in your orders.

Be sure to tell your friends and neighbors!



Auxiliary Baking/Cooking Days Tues Feb 27 9am-12pm Thurs Mar 7, 14, 21, 28

The Auxiliary will be meeting making pierogies to begin preparing for our Easter Bake Sale.

New people are welcome AND NEEDED to



Pilgrimages/Trips

Serbia - May 2024

Venerate St. Nicholai 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

Parish Life

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 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.

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!

KONTAKIA

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.

Publican & the Pharisee – Tone 4

Let us flee from the pride of the Pharisee!
Let us learn humility from the Publican's tears!
Let us cry to our Savior:
"Have mercy on us, //
O only merciful One!"
For you always protect those who honor you!

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://stjohnofdamascus.org/calendar/>

Today's Worship — Scripture Readings

Epistle — 1 Timothy 3: 10-15

¹⁰ Now you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, ¹¹ my persecutions, my sufferings, what befell me at Antioch, at Iconium, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. ¹² Indeed all who desire to live a godly life in Christ Jesus will be persecuted, ¹³ while evil men and impostors will go on from bad to worse, deceivers and deceived. ¹⁴ But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it ¹⁵ and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Gospel — Luke 18: 10-14

¹⁰ "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. ¹² I fast twice a week, I give tithes of all that I get.' ¹³ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' ¹⁴ I tell you, this man went down to his house justified rather than the other; for every one who exalts himself will be humbled, but he who humbles himself will be exalted."

PROKEIMENON

Tone 5 (Resurrection) — Thou, O Lord, shall protect us and preserve us from this generation forever. (Ps 11/12:7)

v: Save me, O Lord, for there is no longer any that is godly! (Ps 11/12:1)

ALLELUIA

Tone 5 - V. I will sing of Your mercies, O Lord, forever; with my mouth I will proclaim Your truth from generation to generation. (Ps. 88:1-2)

V. For You have said: Mercy will be established forever; Your truth will be prepared in the heavens. (Ps. 88:3)

Our Life in Christ—Preparation for Holy Communion

Committed Orthodox Christians order and measure their lives in this world from Communion to Communion. We greet the Lord's Day each week with the eager expectation of entering into holy communion with God by the action of His Holy Spirit in the Church, through Jesus Christ, God's Son and Word, who is also the Lamb of God and the Bread of Life. Following each Lord's Day, we live in memory of the blessed experience of holy communion, and we begin immediately to anticipate this divine gift in the next divine liturgy.

Christians live from Sunday to Sunday, and, throughout the year, from Pascha to Pascha. We also live from liturgy to liturgy, from Eucharist to Eucharist, from Communion to Communion. Our lives are measured and tested by this sacred event. All that we are and do finds its beginning and end, its meaning and fulfillment, in God's gift of holy communion through Christ and the Holy Spirit in the Church.

Continual Preparation for Holy Communion

Committed Christians remember what God has done in history and anticipate what God is yet to do. We live in function of Christ's first coming as a slave to be crucified and glorified, and His final coming at the end of the ages to establish God's kingdom.

The Church's eucharistic worship unites and embraces the Lord's two comings, together with all of God's mighty acts in history. It makes them present for our participation, here and now, for the forgiveness of sins, for the healing of soul and body, and for life everlasting.

Every moment of a Christian's life is a preparation for the encounter with God which is sacramentally realized in holy communion. Every moment we are making ready to enter God's kingdom which is coming with observation and power at the end of the ages. We live every moment in constant awareness of the Lord's presence in our lives here and now, preparing us in hope for unending communion with Him in the age to come. In this perspective, everything that we Christians think, say and do in every moment of our lives is a preparation for holy communion -- in this life in the holy eucharist, and without end in the age to come at the end of the world.

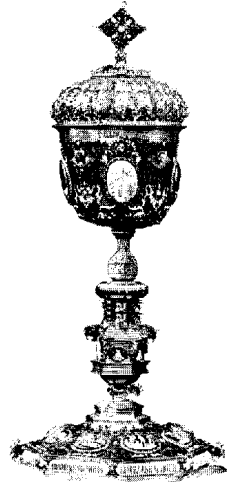
General Preparation for Holy Communion

Because we Christians living in this world are inevitably caught up in earthly activities, afflictions, trials and temptations, and because we are so easily overcome by sinful passions, God gives us ways by which we are enabled never to forget Him. He provides practices by which we can keep ourselves constantly prepared to meet Him at His coming. He offers rules of spiritual and physical discipline for us to practice so that we can remain constantly alive to His presence and power in our lives and so to be ready to receive Him when He gives Himself to us in holy communion.

The general disciplines for preparing for holy communion are the disciplines of Christian life itself.

They are the practices which keep us alive to God, the actions which open our minds, hearts and bodies to the presence of God's grace and power in our lives. They basically include:

- regular participation in the Church's liturgical worship
- regular practice of a rule of personal prayer
- regular practice of a rule of ceaseless mental prayer, or "prayer of the heart," to insure our constant remembrance of God
- regular practice of periods of silence
- regular practice of fasting and abstinence
- regular reading of the Bible and spiritual writings
- regular confession of sins (and thoughts, feelings, temptations and dreams) to our pastor, or to someone whom our pastor authorizes and blesses for this purpose



Our Life in Christ—Preparation for Holy Communion

- regular giving and receiving of forgiveness of sins with all the people in our lives
- regular donations of money to the Church, and to those in need
- regular sharing of our time, energies, and possessions with others & constant effort to do our daily work as well as we can, to God's glory, for the good of people, and constant striving not to sin in the smallest way in the routine activities of our everyday life and personal relationships.

The words regular and constant are repeated and emphasized because our spiritual practices and activities must be done according to a rule (*regula, kanona, pravilo*). They must be done constantly and consistently with conscious attention and discipline. They cannot be left to whim, caprice or feeling. What a person does in regard to liturgical worship, personal prayer, fasting, reading, contributing, working and serving will be shaped according to the conditions of his or her life. It will be different for each person according to age, strength, health, available time, and personal capabilities. The saints say that rules of prayer, reading and fasting should be brief but frequent, simple, pure, uncomplicated and keepable. They should be determined and established with spiritual advice and counsel in ways which permit them to be easily included within the real possibilities of one's actual life.

Specific Preparation for Holy Communion

In addition to the Christian's general spiritual discipline, each believer must make specific devotional efforts in preparing for holy communion. These efforts will also differ from person to person. They will include a set number of specific prayers and readings, a specific practice of confession and reconciliation with others, and specific good deeds, such as almsgiving and financial contributions. They will depend on the conditions of one's life.

A monastic person or clergyman, for example, will normally have a longer rule of specific preparation for holy communion than a lay person. A person with fewer duties will also be freer to spend more time and effort in concentrated preparation for eucharistic communion than someone who has more tasks to perform (for instance, a mother of small children).

People with disciplined spiritual lives who partake regularly and frequently of the sacraments will have less specific preparation for holy communion than those with undisciplined spiritual lives who seldom partake of the holy mysteries. The latter will surely have to make extraordinary efforts to read special prayers, keep special fasts, do special good deeds, give special contributions, and make special acts of sacramental confession when these practices are not a regular, constant and consistent part of their lives.

Prayers Before and After Holy Communion

The usual psalms and prayers for Orthodox Christians before and after partaking of holy communion are contained in Orthodox prayer books of various editions. Literate believers must decide with spiritual counsel how they will, as a rule, use these prayers of preparation and thanksgiving. When this decision is made, every effort must be made to keep one's rule until it must be adjusted or altered, again with spiritual counsel and advice, because of the changing conditions of one's life.

When we believers fail to keep our rules, we must find the reasons for our failures, and take appropriate action, once again with the assistance of our pastors and spiritual guides. In this way our participation in the Lord's Mystical Supper will be done in a worthy manner. It will be for the forgiveness of our sins, for the healing of our souls and bodies, and for our eternal salvation, and not for our condemnation and judgment.

May the Lord convince us of our unworthiness to partake of holy Communion. May He teach us that nothing we can say or do makes us worthy of this divine gift. May He convince that only the heartfelt confession of our unworthiness to partake permits us to participate in a worthy manner. And may He empower us to obey His Word and receive His Body and Blood in godly fear, with faith and love, so that we may really see the true light, find the true faith, receive the heavenly Spirit, and worship the Undivided Trinity Who has saved us through holy communion with Himself.



LOOKING AHEAD

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

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)

Sun Mar 3

After Divine Liturgy — Auxiliary Meeting

Mon Mar 4

7:00pm — Orthodox Christianity 101

Wed Mar 6

10:30am — Father's Café (Zoom & In Person)
7:00pm — Adult Ed: Accounts of Healing in the Church
(Zoom & In Person)

Thurs Mar 7

9am-12pm — 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!

Name Days

Kyra Toth (Federoff) 2/28

Birthdays

Logan Budde 2/25
Stefanie Budde, Emily Shumaik Lorelli 2/28
Michael Franchak 3/1
Carmen (Anthony) Brown 3/2

Wedding Anniversaries

Heather & Tom Ferrari 3/1

PARISH CONTACT INFO:

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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