

March 17, 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

SUNDAY OF CHEESFARE—TONE 8

EXPULSION OF ADAM & EVE FROM  
PARADISE  
FORGIVENESS SUNDAY

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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

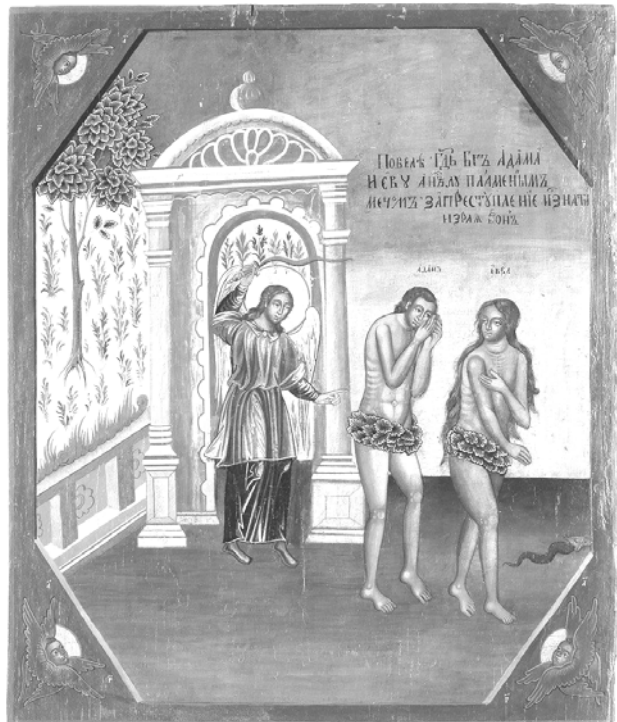
In this time of fasting and prayer, brethren,  
let us with all our hearts forgive anything  
real or imaginary we have against anyone.  
May we all devote ourselves to love, and  
let us consider one another as an  
incentive to love and good works,  
speaking in defense of one another,  
having good thoughts and dispositions  
within us before God and men. In this way  
our fasting will be laudable and blameless,  
and our requests to God while we fast will  
be readily received.

—St. Gregory Palamas

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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.



*How shall we sing the Lord's song in exile, in  
an alien country, in a foreign land? How can  
we sing the songs of Zion in this land of exile?*

—Psalm 136

## Parish Life

### San Diego Churches Attending Annunciation Vigil at St John (Sun 3/24 at 6pm)

As the Sunday of Orthodoxy this year coincides with the Great Feast of Annunciation, rather than the usual Sunday of Orthodoxy Vespers, area parishes will be joining us on Sunday 3/24 at 6pm for the vigil service.

Let's all do our best to not only celebrate the feast but to welcome our brothers & sisters in Christ.



### 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

### 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/>

### 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.



### 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

## Parish Life

### **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 (so you can put in your orders.

Be sure to tell your friends and neighbors!



### **Auxiliary Baking/Cooking Days Thurs Mar 21, 28**

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

New people are welcome AND NEEDED to come and join the fun!



### **St Demetrios Garden & Chapel Memorial Sat Liturgy Sat Mar 16, 10:00AM**

El Camino Memorial Park  
5600 Carroll Canyon Rd, San Diego, CA  
92121 (FD 1260)  
For more info: Rachel Bennett 858-458-6582



### **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.

### **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 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!

#### 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.

#### Lenten Triodion – Tone 6

O Master, Teacher of wisdom,  
Bestower of virtue,  
Who teach the thoughtless and protect the poor,  
strengthen and enlighten my heart!  
O Word of the Father,  
let me not restrain my mouth from crying to You:  
“Have mercy on me, a transgressor,//  
O merciful Lord!”

### PROKEIMENON

**Tone 8** — Pray and make your vows / before the Lord, our God! (Ps. 75:10a)

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

### ALLELUIA

**Tone 6** - V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High.  
(Ps. 91:1)

V. To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)

## Today's Worship — Scripture Readings

### Epistle — Romans 13: 11-14:4

<sup>11</sup> Do this, being aware of the time: it is already time for you to awaken from sleep, for salvation is now nearer to us than when we first believed!

<sup>12</sup> The night is far gone, and the day is near. Let us therefore throw off the works of darkness, and let us put on the armor of light. <sup>13</sup> Let us walk decently, as in the day; not in parties and drunkenness, not in sexual immorality and lustful acts, and not in strife or jealousy.

<sup>14</sup> Instead, put on the Lord Jesus Christ and do not think how to satisfy the flesh and its lusts.

<sup>14</sup> Accept the one who is weak in faith, but not to enter into arguments over disputable matters.

<sup>2</sup> One has faith to eat all things while the weak eats only vegetables. <sup>3</sup> The one who eats [everything] should not look down on the one who does not eat. The one who does not eat should not judge the one who eats because God has accepted him. <sup>4</sup> Who are you who judge someone else's servant? He stands or falls to his own master! Yes, that one will be made [able] to stand, because God has the power to make someone stand.

### Gospel — Matthew 6: 14-21

<sup>14</sup> For if you forgive people their offenses, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive people their offenses, neither will your Father forgive your offenses.

<sup>16</sup> Moreover, when you fast, do not be like the hypocrites with their gloomy faces. For they disfigure their faces so that people may see that they are fasting. Amen, I tell you: they have received their reward. <sup>17</sup> But you, when you fast, anoint your head and wash your face <sup>18</sup> so that people may not see that you are fasting. Only your Father who is in secret will see, and your Father, who sees in secret, will reward you openly.

<sup>19</sup> Do not store up treasures for yourselves on the earth, where moth and rust consume and where thieves break in and steal. <sup>20</sup> Instead, store for yourselves treasures in heaven, where neither moth nor rust consume, and where thieves do not break in and steal. <sup>21</sup> For where your treasure is, there your heart will be also.

## Our Life in Christ

### 2024 Lenten Message from His Eminence, Archbishop Benjamin

To the Reverend Clergy and Faithful of the Diocese of the West,

Dearly beloved,

Great Lent historically was the time of catechism in the life of the Church. Those answering the call to embrace Christ and His Holy Church were instructed in the Faith and prepared for baptism. The great procession of the newly-baptized into the Church is echoed in our paschal procession today at midnight. Studying and learning the faith and preparation for baptism is an integral element of the lenten journey.

Everywhere in our Church today, we see a regular and inspiring flow of individuals seeking Christ and the Church. Every parish reports growing numbers of catechumens. There is a desire growing in those left starving and dying of thirst in a culture that is increasingly secular and even anti-Christian. People seeking Christ with purity of heart and belonging to what were once “traditional” churches are finding themselves more and more having to turn elsewhere. They are looking for apostolic faith and fidelity to the words of Christ and the apostolic message delivering that word. They are finding the Church.

Why reflect on this phenomenon at this beginning of our lenten journey? The fathers call repentance, confession, and absolution a “second baptism.” Great Lent is our annual opportunity in a focused and intense way to become catechumens once again. Each and every one of us needs to go back to the beginning, so to speak. To be like the prodigal who woke up, came to himself, and returned to the Father. Our daily lives are bombarded with every manner of spiritual junk food. Our culture is pornographic and blood-soaked. Our passions are fed and metastasize within us. We embrace that more than we would like to admit and need to repent and cleanse ourselves from filth. We find ourselves sitting once again outside the gates of paradise:

***Adam sat before the gates of Eden, bewailing his nakedness and crying out:***

***“Woe to me! I have listened to wicked deceit; I have lost my glory, and now am driven away! Woe to me! My open-mindedness has left me naked and confused! No longer will I enjoy your delights, O Paradise; no longer can I see my Lord, my God and Creator. He formed me from dust, and now to the dust I return! I beg You, O compassionate Lord: Have mercy on me who have fallen!” (Vespers of Cheesefare Sunday)***

And we are called to start over. The Church is plunged into darkness, we hear the lament voiced in the Canon of St. Andrew and beg God to allow us — even though weak — sincere repentance. We begin that sojourn through the desert with joy and hope, because the Lord Himself travels with us and



## Our Life in Christ— The Final Judgement

never leaves our side. We are invited to the oasis which is the Church, particularly the Liturgy of Presanctified Gifts. We are fortified and with faith, love, repentance, and hope move step by step to the glory of the Resurrection.

I ask your forgiveness as we enter the Fast. I pray for each of you as I hope you do for me. I wish for all of you a most fruitful, sober, and joyous journey through these most holy days. May we all arrive and rejoice in the celebration of the Lord's Resurrection!

With love in Christ,

+ Benjamin

Archbishop of San Francisco & the West

### SAINT JOHN OF DAMASCUS ORTHODOX CHURCH AUXILIARY

ETHNIC FOODS and BAKE SALE

**Saturday, March 30, 2024**

**11:00 A.M. to 2:00 P.M.**

**16903 Espola Road, Poway, CA 92064**

#### **Pierogies**

Potato/Cheese • Sauerkraut • Sweet Cabbage

Prune • Cherry @ \$10.00 per dozen

Sausage & Cheese • Thanksgiving • The Polish

The Italian • Loaded Baked Potato @ \$12.00 per dozen

**Stuffed Cabbage Rolls** - \$20.00 per dozen

**Piroshky** - 6 per bag @ \$12.00 **Easter Breads** - \$10.00 ea.

**Georgian Cheese Bread** - \$16.00 ea. **Baklava** - \$18.00 per dozen

**Spanakopita** - \$18.00 per dozen

**Quiche** (Sausage & Cheese, Broccoli & Bacon,

Spinach & Bacon) - \$15.00 ea.

**Walnut, Poppy Seed, and Apricot Rolls** - \$18.00 ea.

**Tea Breads** (Lemon Poppy Seed, Orange Nut, Banana Nut) - \$10.00 ea.

**Mini Chocolate Cheesecakes** - \$2.50 ea.

*Order in Advance / Pick-Up in our Church Hall*

**TO ORDER, PHONE**

Tanya: 619-818-2311 or Mike: 858-344-2981

or email: [auxiliary@stjohnofdamascus.org](mailto:auxiliary@stjohnofdamascus.org)

Ask about  
Marinated  
Pascha Lamb  
(pick-up May 3)

*Save the Date! Our Thanksgiving Bake Sale is Saturday, November 23<sup>rd</sup>*



## LOOKING AHEAD

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

### Sun Mar 17

After Divine Liturgy—Forgiveness Sunday Vespers

### Mon Mar 18

6:00pm — Compline w/ Canon of St Andrew

### Tues Mar 19

6:00pm — Compline w/ Canon of St Andrew

### Wed Mar 20

6:00pm — Compline w/ Canon of St Andrew

### Thurs Mar 21

6:00pm — Compline w/ Canon of St Andrew

### Fri Mar 22

6:00pm — Presanctified Liturgy followed by Lenten Potluck

### Sun Mar 24

6:00pm — Vigil for Annunciation

### Mon Mar 25— Annunciation

6:00pm — Vesperal Divine Liturgy followed by Lenten (fish, wine, oil) Potluck

### Tues Mar 26

7:00pm — Parish Council Meeting

### Wed Mar 27

10:30pm — Father's Café (Zoom & in person)  
6:00pm — Presanctified Liturgy followed by Lenten Potluck

### Fri Mar 29

10:00am — Presanctified Liturgy followed by Lenten Potluck

**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*

Patricia Swinehart 3/17 Klavdia Ivanushkina 3/18

### *Birthdays*

Teona Darjanja 3/17 Mary Caetta, Dathan (Daniel) Hubler 3/18  
Klavdia Ivanushkina, Reena Kale 3/22 Michael Wesdell, Viorica-Victoria Rădulescu 3/23

### *Wedding Anniversaries*

Evan (Evangelos) & Annie (Anne) Keeling 3/18

## PARISH CONTACT INFO:

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

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**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