ST. John of Damascus Orthodox Church

A Parish of the Orthodox Church in America, The Diocese of the West

March 2024

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Poway, CA

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Publican & Pharisee 8:30AM 3rd & 6th Hours	26 No Fast	27	28	0.0		37.50
	No Fast		20	29	1	
= 8:30AM 3rd & 6th Hours						= 4:30PM Choir Rehearsal
9:00AM Divine Liturgy 10:30AM Monthly Service for the Departed 10:30AM Youth Choir	■ 7:00PM Orthodox Chris- tianity 101	St Raphael of Brooklyn 7:00AM Weekday Divine Liturgy 9:00AM Auxiliary Cooking Day	■10:30AM Father's Cafe (Hy- brid) ■7:00PM Adult Ed: Accounts of Healing in the Church			6:00PM Great Vespers for the Resurrection
3	4	5	6	7	8	9
Prodigal Son	7:00PM Orthodox Chris-	200	Finding of the Precious Cross			Holy 40 Martyrs of Sebaste
8:30AM 3rd & 6th Hours 9:00AM Divine Liturgy 10:30AM Church School	tianity 101		10:30AM Father's Cafe (Hybrid) 7:00PM Adult Ed: Accounts of Healing in the Church	Day		■6:00PM Great Vespers for the Resurrection
10	11 7:00PM Orthodox Chris-	12	13	14 =9:00AM Auxiliary Cooking	15	16 ■4:30PM Choir Rehearsal
Meatfare Sunday of Last Judgement	tianity 101			Day Day		=6:00PM Great Vespers for
Support our Seminaries	Promision colored C - 5 tide but their			59997		the Resurrection
8:30AM 3rd & 6th Hours 9:00AM Divine Liturgy 10:30AM Youth Choir & Teen Talk w/ Fr Michael						
17	18		20		22	23
Cheesefare	Beginning of Great Lent	= 11:00AM Diamond Circle Meeting	= 10:30AM Father's Cafe (Hy- brid)	9:00AM Auxiliary Cooking Day	= 6:00PM Presanctified Litur- gy followed by Lenten	=6:00PM Great Vespers for the Resurrection
Forgiveness Sunday 8:30AM 3rd & 6th Hours 9:00AM Divine Liturgy 10:30AM Vespers of Forgiveness	St. Nicholas of Zicha & South C 6:00PM Compline w/ Canon of St Andrew	an 8:00PM Compline w/ Canon of St Andrew	::00PM Compline w/ Canon of St Andrew	=6:00PM Compline w/ Canon of St Andrew		
24	25	26	27	28	29	30
Sunday of Orthodoxy	Holy Annunciation	Synaxis of Archangel Gabriel	= 10:30AM Father's Cafe (Hy-	9:00AM Auxiliary Cooking	= 10:00AM Presanctified	8:30AM 3rd Hour & Soul
8:30AM 3rd & 6th Hours 9:00AM Divine Liturgy 10:30AM Monthly Service for the Departed 10:30AM Youth Choir 6:00PM Vigil for Annunciation	6:00PM Vesperal Liturgy for Annunciation followed by Fish Potluck	■ 7:00PM Parish Council Meeting	brid) ■ 6:00PM Presanctified Litur— gy followed by Lenten Potluck	Day	Liturgy	Saturday Divine Liturgy 11:00AM Spring Bake Sale 6:00PM Great Vespers for the Resurrection
31	= 7:00PM Orthodox Chris-	2	= 10-20AM Entlands Cofe (1)	4	5	4:30PM Choir Rehearsal
St Gregory Palamas St Innocent of Alaska	tianity 101		■10:30AM Father's Cafe (Hy- brid)			= 6:00PM Great Vespers for
	A THE AND COME AND ADDRESS.		= 6:00PM Presanctified Litur-			the Resurrection
= 8:30AM 3rd & 6th Hours = 9:00AM Divine Liturgy			gy followed by Lenten Potluck			

Greeters		Divine Liturgy	Altar Servers		
Evening	Morning	Readers	Evening	Morning	
Mar 2 Valerie L	Mar 3 Valerie L	Mar 3 - Erik W	Mar 2 Mike W	Mar 3 Ed L, Mike W, Joel B, Michael G, Nicholas G	
Mar 9	Mar 10	Mar 10 - Peter A	Mar 9 Mike W	Mar 10 Ed L, Mike W, Joel B, Kelvin B, Andrew C Oliver C	
Iryna/John T	Joe T	Mar 17 - Dale F	Ividi 7 Iviike vv		
Mar 16	Mar 17	Mar 24 -Nate C	Mar 16 Mike W	Mar 17 Ed L, Mike W, Joel B, Andrew C, Oliver C	
Valerie L	John/Iryna T	Mar 25 - Linda K		Leo K	
Mar 18 Viorica R		Mar 30 - TBD	Mar 18 Mike W		
Mar 19		Mar 31 - Rdr John K	Mar 19 Mike W		
Viorica R		Questions?	Mar 20 Mike W		
Mar 20		Contact Bill Moision	Mar 21 Mike W		
Viorica R			Mar 22 Mike W, Ed L		
Mar 21		Candle Stand	Mar 23 MikeW	Mar 24 Ed L, Mike W, Joel B, Michael G, Kelvin B,	
Viorica R		Mar 3 -Art S		Leo K	
Mar 22		Mar 10 - Dennis S	Mar 24 Mike W		
Viorica R	Viorica R	Mar 17 - Dmitriy P	Mar 25 Mike W, Ed L		
Mar 23 Joe T	Mar 24 Valerie L	Mar 24 - Gene F Mar 31 - Tony B	Mar 27 Mike Ed, Ed L	Mar 29 Mike W	
	valerie L			Mar 30 Mike W	
Mar 24 Iryna/John T		Questions?	Mar 30 Mike W	Mar 31 Ed L, Mike W, Joel B, Michael G,	
Mar 25		Gene F		Nicholas G, Leo K	
Joe T		301101	Questions? Contact Subdeacon Ken Telles		
March 27	Mar 29				
Joe T	Valerie L	Counters	Handmaidens		

Koliva/Kutya

Mar 30

Iryna/John T

Mar 30

Mar 31

John/Iryna T

Valerie L

Mar 30 -Viorica R

Mar 3 - Ed L Margie H

Mar 10 - Terry M, Joe T

Mar 17 - Ed L, Dmitriy P

Mar 25 - Terry M, Mary C

Mar 31 - Mike W, Ken T

Schedule TBD

Questions? Contact Desiree G or Sally M

Prosphora

Mar 24 Pdn George Mar 29 (antidoron) George R

Mar 10 George R Mar 30 - Jim S

Mar 17 Jim S Mar 25 Jim S Mar 31 - Pdn George

Mar 22 (antidoron) George R Mar 27 (antidoron) George R

Mar 3 Pdn George

Questions? Contact Fr Michael

Electronic Sign

Carmen B

Commemoration Loaves

Mar 3 - Mike W Mar 17 - Ken T

Mar 10 - Pat S Mar 24 - Freezer

Mar 31 - Tanya

Questions? Contact Fr Michael

Scrip

Mar 3 - Gene F Mar 17 - Valerie L

Mar 10 - Carmen B Mar 24 - Erik W

Mar 31 - Anna H

Questions? Contact Carmen B

Great Lent

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ. It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbors.

In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to "anoint our faces" and to "cleanse our bodies as we cleanse our souls." The very first hymns of the very first service of Great Lent set the proper tone of the season:

Let us begin the lenten time with delight ... let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.

Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vespers Hymns).

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God's mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ's Resurrection and our own.