

May 26, 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

4TH SUNDAY OF PASCHA  
SUNDAY OF THE PARALYTIC  
ST AUGUSTINE OF CANTEBURY



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

On Mid-Pentecost we hear the call of the Lord: "Whosoever thirsteth, let him come to Me and drink" (John 7:37). If this is so, then let us all run to Him. Whatever you thirst for—so long as it is not contrary to the spirit of the Lord—you will find relief in Him. If you thirst for knowledge, run to the Lord, for He is the one and only light, enlightening every man. If you thirst for cleansing from sin, run to the Lord, for He tore asunder the handwriting of our sins upon the Cross. If you thirst for peace in your heart, run to the Lord, for He is the treasury of all good.

—*St. Theophan the Recluse*



**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.

## HEALING OF THE PARALYTIC



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

## Parish Life

### **New Monthly Adult “Class” Inquiring Minds w/ Fr Michael Monday June 17—7pm**

We have completed this year’s Orthodox Christianity 101 class. Our next session will begin in the fall.

Until that time, we are having a monthly gathering for ANYONE (inquirers, catechumen, longtime Orthodox Christians) to gather to ask questions about the Faith and discuss life in the Church. Class.

Class will be in person in the church hall and via Zoom (see parish calendar online for the Zoom link.)

### **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 Class Life in the Early Church: The Apostolic Fathers Begins Monday June 3—7pm**

Did you ever wonder what life in the early Church was like? What happened in those earliest days after the Apostles?

The class will discuss an overview of the Apostolic Fathers, who were the disciples of the Apostles. We will introduce some of their writings and the issues they were addressing making connections with our current times and the issues the Church faces today.

Classes (Mondays at 7pm) will be offered in person and via Zoom.

### **New People Needed to Volunteer as Greeters & Counters**

Due to illness and people traveling, we are in urgent need for new people to volunteer as Greeters & Counters.

There are easy to follow “how to” documents for each of these ministries to help newcomers.

Please speak with Fr. Michael if you are willing to help.



### **Please Sign-up for Fellowship Hour**

We have posted the sign-up sheet for Fellowship Hour meals for the second half of the year. 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.



### **Monthly Collections**

As we continue to restore many of the beloved practices of our parish we are reinstating our monthly Sunday collections:

- 2nd Sunday of the Month—Seminarian at St Herman’s Seminary in Alaska
- 3rd Sunday of the Month—Charities (local needs, IOCC, Project Mexico, etc.)

The basket will be placed out for the veneration of the cross at the end of Liturgy. Please give as you can.

## Parish Life

### Special Birthday Brunch Next Week! All Are Welcome!

Next Sunday (June 2) the Shumaik and Federoff families will be hosting a special brunch in celebration of the birthdays of our own Fr Alexander, Protodeacon George & Carole Shumaik.

Please plan on joining in on the celebration!

All are welcome!



### Summer is Coming Hold on to Your Faith

With summer comes much needed vacations and opportunities to do fun things with friends & loved ones. As you are planning your summer be sure to keep your faith in mind. Remember to attend to your prayer life, scripture reading, and reception of the holy Sacraments.

Some dates to remember...

	SUMMER FEASTS
August 6	Transfiguration
August 15	Dormition of the Theotokos

	SUMMER FASTS
August 1-14	Dormition Fast

Also, please do what you can to **maintain your much-needed offerings of time and talent as well as your pledges and contributions over the summer.**

Be sure to respond to e-mails etc from the coordinators of the ministries you are part of. In regards to financial giving, you can set up automatic payments for your contributions through your bank or our online giving system or you can "catch up" when you get back. Whatever works best for you, please keep your spiritual home in mind.

### 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—Linda Kedroff

Prosphora — Fr Michael

Readers at Divine Liturgy—Bill Moision

Security Committee — Parish Council

Scrip Sales—Carmen Brown

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 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.

### KONTAKIA

#### Paralytic—Tone 3

By Your divine intercession, O Lord,  
as You raised up the Paralytic of old,  
so raise up my soul, paralyzed by sins and  
thoughtless acts;  
so that being saved I may sing to You:  
“Glory to Your power, O compassionate Christ!”

#### Pascha—Tone 8

You descended into the tomb, O Immortal,  
You destroyed the power of death.  
In victory You arose, O Christ God,  
proclaiming: “Rejoice!” to the Myrrhbearing  
Women,  
granting peace to Your Apostles, and bestowing  
resurrection on the fallen.

### PROKEIMENON

**Tone 1** (*Resurrection*) — Let Your mercy, O Lord, be upon us as we have set our hope on  
You! (*Ps 32/33:22*)

*v: Rejoice in the Lord, O you righteous! Praise befits the just! (Ps 32/33:1)*

### 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)*

## Today's Worship — Scripture Readings

### Epistle — Acts 9:32–42

<sup>32</sup> Now it came to pass, as Peter went through all parts of the country, that he also came down to the saints who dwelt in Lydda. <sup>33</sup> There he found a certain man named Aeneas, who had been bedridden eight years and was paralyzed. <sup>34</sup> And Peter said to him, "Aeneas, Jesus the Christ heals you. Arise and make your bed." Then he arose immediately. <sup>35</sup> So all who dwelt at Lydda and Sharon saw him and turned to the Lord.

<sup>36</sup> At Joppa there was a certain disciple named Tabitha, which is translated Dorcas. This woman was full of good works and charitable deeds which she did. <sup>37</sup> But it happened in those days that she became sick and died. When they had washed her, they laid her in an upper room. <sup>38</sup> And since Lydda was near Joppa, and the disciples had heard that Peter was there, they sent two men to him, imploring him not to delay in coming to them.

<sup>39</sup> Then Peter arose and went with them. When he had come, they brought him to the upper room. And all the widows stood by him weeping, showing the tunics and garments which Dorcas had made while she was with them. <sup>40</sup> But Peter put them all out, and knelt down and prayed. And turning to the body he said, "Tabitha, arise." And she opened her eyes, and when she saw Peter she sat up. <sup>41</sup> Then he gave her his hand and lifted her up; and when he had called the saints and widows, he presented her alive.

<sup>42</sup> And it became known throughout all Joppa, and many believed on the Lord.

### Gospel — John 5:1–15

<sup>1</sup> After this there was a feast of the Jews, and Jesus went up to Jerusalem. <sup>2</sup> Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. <sup>3</sup> In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. <sup>4</sup> For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had.

<sup>5</sup> Now a certain man was there who had an infirmity thirty-eight years. <sup>6</sup> When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?"

<sup>7</sup> The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." <sup>8</sup> Jesus said to him, "Rise, take up your bed and walk." <sup>9</sup> And immediately the man was made well, took up his bed, and walked. And that day was the Sabbath.

<sup>10</sup> The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed." <sup>11</sup> He answered them, "He who made me well said to me, 'Take up your bed and walk.'" <sup>12</sup> Then they asked him, "Who is the Man who said to you, 'Take up your bed and walk'?" <sup>13</sup> But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in that place.

<sup>14</sup> Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."

<sup>15</sup> The man departed and told the Jews that it was Jesus who had made him well.

## Our Life in Christ—Feast of Mid-Pentecost



In the middle of this fourth week, the middle day between Easter and Pentecost is solemnly celebrated. It is called the feast of **Mid-Pentecost**, at which Christ, “in the middle of the feast” teaches men of his saving mission and offers to all “the waters of immortality” (*Jn 7:14*). The Feast in question is the Judaic Feast of Tabernacles (celebrated in September), not Pentecost. The Church has appointed John 7:14-30 to be read for the Midfeast, thereby linking Pascha and Pentecost.

*14 About the middle of the feast Jesus went up into the temple and taught. 15 The Jews marveled at it, saying, “How is it that this man has learning, when he has never studied?” 16 So Jesus answered them, “My teaching is not mine, but his who sent me; 17 if any man’s will is to do his will, he shall know whether the teaching is from God or whether I am speaking on my own authority. 18 He who speaks on his own authority seeks his own glory; but he who seeks the glory of him who sent him is true, and in him there is no falsehood. 19 Did not Moses give*

*you the law? Yet none of you keeps the law. Why do you seek to kill me?” 20 The people answered, “You have a demon! Who is seeking to kill you?” 21 Jesus answered them, “I did one deed, and you all marvel at it. 22 Moses gave you circumcision (not that it is from Moses, but from the fathers), and you circumcise a man upon the sabbath. 23 If on the sabbath a man receives circumcision, so that the law of Moses may not be broken, are you angry with me because on the sabbath I made a man’s whole body well? 24 Do not judge by appearances, but judge with right judgment.” 25 Some of the people of Jerusalem therefore said, “Is not this the man whom they seek to kill? 26 And here he is, speaking openly, and they say nothing to him! Can it be that the authorities really know that this is the Christ? 27 Yet we know where this man comes from; and when the Christ appears, no one will know where he comes from.” 28 So Jesus proclaimed, as he taught in the temple, “You know me, and you know where I come from? But I have not come of my own accord; he who sent me is true, and him you do not know. 29 I know him, for I come from him, and he sent me.” 30 So they sought to arrest him; but no one laid hands on him, because his hour had not yet come.*

Again we are reminded of the Master’s presence and His saving promise: “If anyone is thirsty let him come to me and drink” (*Jn 7:37*). We think also once again of our death and resurrection with Christ in our baptism, and our reception of the Holy Spirit from him in our chrismation. We “look back to one, and anticipate the other” as one of the hymns of the feast puts it. We know that we belong to that Kingdom of the Risen Christ where “the Spirit and the Bride say, ‘Come!’ And let him who is thirsty come, let him who desires take the water of life without price” (*Rev 22:17. Is 55:1*).

*In the middle of the feast, O Saviour, fill my thirsting soul with the waters of godliness, as Thou didst cry unto all: If anyone is thirsty, let him come to me and drink! O Christ God, Fountain of life, glory to Thee! (Troparion).*

*Christ God, the Creator and Master of all, cried to all in the midst of the feast of the law: Come and drink the water of immortality! We fall before Thee and faithfully cry: Grant us Thy bounties, for Thou art the Fountain of our life! (Kontakion)*

On this day the Lesser Blessing of Water, and the Blessing of Fields are often performed.

## Our Life in Christ

### A Prayer for our Enemies

Lord Jesus Christ, Who didst command us to love our enemies, and those who defame and injure us, and to pray for them and forgive them; Who Thyself didst pray for Thine enemies, who crucified thee: grant us, we pray, the spirit of Christian reconciliation and meekness, that we may heartily forgive every injury and be reconciled with our enemies. Grant us to overcome the malevolence and offences of people with Christian meekness and true love of our neighbor. We further beseech Thee, O Lord, to grant to our enemies true peace and forgiveness of sins; and do not allow them to leave this life without true faith and sincere conversion. And help us repay evil with goodness, and to remain safe from the temptations of the devil and from all the perils which threaten us, in the form of visible and invisible enemies. Amen.



### PASCHAL GREETINGS

**English:**

Christ is risen! ...*Indeed/Truly He is Risen!*

**Albanian:**

Krishti U Ngjall! ...*Vertet U Ngjall!*

**Aleutian:**

Khris-tusax agla-gikux!  
...*Agangu-lakan agla-gikux!*

**Arabic:**

El Messieh Kahm! ...*Hakken kahm!*

**Chinese:**

基督復活了！確實復活了！  
Helisituosi fuhuole! Queshi fuhuole!

**Ethiopia (Amharic):**

Christos tenestwal! ...*Ewnetem tenestwal!*

**French:**

Le Christ est ressuscite!  
...*En verite il est ressuscite!*

**Georgian:**

ქრისტე აღსდგა! ჭეშმარიტად აღსდგა!  
Kriste aghsdga! Cheshmaritad aghsdga!

**German:**

Christus ist auferstanden!  
...*Er ist wahrhaftig auferstanden!*

**Greek:**

Christos anesti! ...*Alithos anesti!*

**Polish:**

Chrystus zmartwychwstal!  
...*Prawdziwie zmartwychwstal!*

**Russian:**

Hristos Voskrese! ...*Voistinu Voskrese!*

**Romanian:**

Hristos a inviat! ...*Adeverat a inviat!*

**Spanish:**

Cristo ha resucitado!  
...*En verdad ha resucitado!*

**Ukrainian:**

Hristos Voskres! ...*Voistino Voskres!*

**Vietnamese:**

Chua Song Lai Qua That Song Lai



## LOOKING AHEAD

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

### Wed May 29

10:30am — Father's Café in the church hall or via Zoom (see online calendar for Zoom link)

### Mon June 3

7:00pm — Adult Ed: Life in the Early Church: the Apostolic Fathers (in-person and via Zoom)

### June 5-14

Fr Michael travels to MA to help his mother

### Sat June 8

4:30pm — Choir Rehearsal

### Wed June 12

6:00pm — Vespers w/ Litya for Ascension

### Thurs June 13—Ascension

8:30am — 3rd Hour & Festal Divine Liturgy

### Mon June 17

7:00pm — Adult Ed: Life in the Early Church: the Apostolic Fathers

### Tues June 18

11:00am — Diamond Circle

**For more dates & links please visit our website: [www.stjohnofdamascus.org/calendar](http://www.stjohnofdamascus.org/calendar)**

## Many Years!

### *Other*

Archpriest Alexander Federoff Ordination to the Priesthood 5/30

### *Birthdays*

Daria Muzanova, Maia Bishaev

5/26

Protodeacon George Shumaik

5/28

John Thayer

5/30

Gary (Paul) Jollie, Stacy (Anastasia) Seitz

5/31

Archbishop BENJAMIN

6/1

### *Wedding Anniversaries*

Archpriest Kirill & Sophia Sokolov, John William (Bill) & Elena Stafford

6/1

### PARISH CONTACT INFO:

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**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

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