

July 21, 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 AFTER PENTECOST—TONE 3

HOLY PROPHET EZEKIEL

VEN. SIMEON OF EMESSA, FOOL-FOR-CHRIST,  
AND HIS FELLOW ASCETIC, VEN. JOHN

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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**

There is no coercion with God. He has a good will toward us continually. He gives reliable counsel to humans and angels (who also are rational beings), to whom he has given the power of choice....Humanity is advised to hold fast to the good and thereby be responsive to God. This refers not only to works but faith as well. God preserved the human will free and under his own self-control ... as is shown in Jesus' word to the centurion: "Go. Be it done for you as you have believed."

—*St. John Chrysostom*

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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)



*Holy Prophet Ezekiel*

## Parish Life

### Online Giving System

We have an online giving system that enables people to be able to manage their giving to our church.

You can set up automatic ongoing donations each month to cover your pledges. You can also use the system to make occasional donations for things like charities, flowers, candles, memorial donations, etc. You can even pay for your bookstore purchases.

There is an option to cover the bank processing fees if you would like to do that.

Not only is this a convenience for you it helps reduce the work required of our Counters on Sundays

<https://www.aplos.com/aws/give/StJohnofDamascusOrthodoxChurch/donations>

Or visit our website at:

[www.stjohnofdamascus.org](http://www.stjohnofdamascus.org) and click on DONATE and then "Donate Now."

### 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.

### Dates for 2024

#### **FASTS**

Dormition Fast            August 1-14  
Nativity Fast/Advent    Nov 15-Dec 24

#### **FAST-FREE WEEKS**

After Christmas        Dec 25-Jan 4

### 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!

### New Monthly Adult "Class" Inquiring Minds w/ Fr Michael Wednesday July 24 — 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.)

### New Adult Ed Class Life in the Early Church: The Apostolic Fathers Next Class Monday July 22 —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.

## Today's Worship — Hymns

### Blessing of Vehicles

#### Today after Divine Liturgy

This Sunday in connection with the commemoration of St Elijah (7/20) we will be blessing vehicles after Divine Liturgy.

If you would like to have your car/van/truck etc blessed, after the veneration of the cross please go out and open the doors to your vehicle.



### Prospora Baking "Workshop" Date/Time Search

Some folks are asking if they could learn how to bake prospora. The truth is we could use some more bakers.

We will be planning a workshop (maybe 2) for anyone who would like to learn how it is done. Our first workshop will focus on the Slavic style smaller loaves.

If you are interested please speak to or email Fr Michael at [FrMichael@stjohnofdamascus.org](mailto:FrMichael@stjohnofdamascus.org)



### 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—Seminarians at St Herman's Seminary in Alaska & Peter Anderson
- 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.

### 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

Prospora — 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.

#### **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!

#### **Ss Simeon & John — Tone 4**

O God of our Fathers,  
always act with kindness towards us;  
take not Your mercy from us,  
but guide our lives in peace//  
through the prayers of Venerable Simeon and  
John!

#### **Prophet Ezekiel —Tone 2**

We celebrate the memory  
of Your prophet Ezekiel, O Lord;  
through him we beseech You://  
"Save our souls!"

### KONTAKIA

#### **Resurrection—Tone 3**

On this day You rose from the tomb, O Merciful  
One,  
leading us from the gates of death.  
On this day Adam exults as Eve rejoices;  
with the Prophets and Patriarchs//  
they unceasingly praise the divine majesty of  
Your power.

#### **Ss Simeon & John — Tone 2**

Let us praise the venerable Simeon  
as an equal to the angels,  
for he walked in the flesh upon the earth as a  
bodiless angel  
shining forth to all as an example of the virtues;  
and with him let us honor his companion,  
the ever memorable and God-bearing Father  
John,//  
for they ceaselessly pray to the Lord for us with  
faith and love!

#### **Prophet Ezekiel — Tone 4**

You have been revealed as a Prophet of God,  
wondrous Ezekiel,  
proclaiming to all the incarnation of the Lord, the  
Lamb and Creator,//  
the Son of God, Who has ever revealed Himself.

#### **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.  
Hasten to hear our petitions and to intercede for  
us, O Theotokos,  
For you always protect those who honor you!

### PROKEIMENON

**Tone 3** (*Resurrection*) — Sing praises to our God, sing praises! / Sing praises to our King,  
sing praises! (Ps. 46:6)

V. Clap your hands, all peoples! Shout to God with loud songs of joy! (Ps. 46:1)

## Today's Worship — Scripture Readings

### Epistle — Romans 6: 18-23

<sup>18</sup> Having been released from sin, you became slaves of righteousness.

<sup>19</sup> I speak in human terms because of the weakness of your flesh. Indeed, as you used to offer your members as slaves of impurity and ever-increasing wickedness, now offer your members as slaves of righteousness for sanctification. <sup>20</sup> For when you were slaves of sin, you were free in regard to righteousness.

<sup>21</sup> What fruit did you obtain at that time by those things which now shame you? The end result of those things is death! <sup>22</sup> But now, being made free from sin and having become enslaved to God, you have your fruit of sanctification, and the result of eternal life. <sup>23</sup> The wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

### Gospel — Matthew 8: 5-13

<sup>5</sup> When Jesus came into Capernaum, a centurion came to him, imploring him <sup>6</sup> and saying, "Lord, my servant is lying in the house paralyzed, grievously tormented." <sup>7</sup> Jesus answered, "I will come and heal him." <sup>8</sup> But the centurion replied, "Lord, I am not worthy that you should come under my roof! Only say the word and my servant shall be healed." <sup>9</sup> For I am also a man under authority, having soldiers under my own authority. I tell this one, 'Go,' and he goes; and if I tell another, 'Come,' he comes. Or if I tell my servant, 'Do this,' he does it!"

<sup>10</sup> When Jesus heard this, he marveled and said to those who followed, "Amen, I tell you that I have never found so great a faith, not even in Israel!" <sup>11</sup> I tell you that many will come from the east and the west, and will sit down with Abraham, Isaac, and Jacob in the Kingdom of Heaven. <sup>12</sup> But the children of the Kingdom will be thrown out into the outer darkness and there will be weeping and gnashing of teeth." <sup>13</sup> Jesus said to the centurion, "Go your way. Let it be done for you as you have believed." And his servant was healed in that hour.

### ALLELUIA

**Tone 3** — V. In You, O Lord, have I hoped; let me never be put to shame! (Ps. 30:1a)

V. Be a God of protection for me, a house of refuge in order to save me! (Ps. 30:2b)

## Our Life in Christ—A Road to Seminary & Serving the Lord's Church

Hello Brothers/Sisters in Christ, Friends, and Family,

Since completing my undergraduate education I have been trying to figure out what my next steps would be. I have jumped around from a couple jobs and different Industries, however nothing has stood out to me. One thing that has stood out to me from a young age is the Church. The big draw of the Church that continues to have the biggest impact on me has been the blessing of serving in the altar. It originally began as a way to keep me out of trouble as a young kid with too much energy who needed to be involved, but it quickly became something I was passionate about and wanted to learn more about. I quickly began to fall in love with the beauty of God's Church and the Liturgy.

I by no means have been the perfect Christian, and have even found my faith wavering at certain points in my life. However, during my senior year of college I began to realize that, even though I had pushed God away for a long time, He never truly left me, and I started making more of an effort to try and attend church more regularly. Over the past few years I have started to learn more about my faith through reading and watching videos. This research eventually led me to a YouTube video posted by St. Tikhon's Seminary. In the video, Archbishop Michael of New York and New Jersey said something that resonated with me: "If your heart has been burning to serve the Church over the years and you can't escape that burning, you need to think about coming to seminary." After hearing that, I realized that I did have this "burning" to serve the Church and needed to pursue this feeling.

With the Blessing of His Eminence Archbishop Benjamin I applied to St. Vladimir's Theological Orthodox Seminary, Masters of Divinity Program. By the grace of God, I was accepted and I will begin my life as a seminarian this coming Fall. While I am not sure what God has in store for me or in what capacity, I am eager to learn more about the Church, deepen my relationship with God, and learn how to be a servant of His Church.

I can't express how grateful I am for the support the parish has given and continues to give me. Please pray for me as I embark on this new journey over the next three years.

In Christ,  
Peter Anderson

*St John of Damascus Church has "adopted" Peter as the recipient of our monthly seminarian collections on the 2nd Sunday of every month.*



## Our Life in Christ

### REST AS AN ACT OF REVERENCE

For many of us, the summer months provide an opportunity to take a respite from our labors, a welcome invitation to pause from our work or studies, and to consider the vital role of rest in our lives.

Our cherished time away from work grants us the benefit of revitalizing ourselves once again, allowing us to return to our labors with renewed minds and spirits.

We human beings are cyclic creatures, repeating patterns of labor and rest on an annual basis, in harmony with the seasons, so that our lives may be filled with order, rhythm, and structure.

The healthy interrelationship between labor and rest is widely affirmed within our contemporary society; our resting from the burdens of work, anxiety, and stress contributes to productive work environments as well as healthy relationships.

Understood as a theological concept, rest is of far more than mere practical or functional significance, however. There is a sacred dimension to rest, a model offered to us by God, Himself, Who according to the Bible rested on the seventh day from all His work which He had done (Genesis 2:2). This supreme model suggests that rest is far more than a mere cessation of worldly activity; rather, rest is a spiritually imitative act of profound reverence for our Creator.

To rest is to recognize with humility our privileged place in the grand scheme of God's Creation, to participate in His divine creative act through our human acts of worship, praise, and love.

Thus, our resting from our labors during the summer period can never translate into a "vacation" or departure from our worship and praise of God. Quite the contrary, our resting from our labors grants us especially refreshing opportunities for spiritual renewal, occasions to retreat away from the demands of the workplace so that we may revitalize our souls through prayer and the quiet contemplation of God.

We are given the perfect example of spiritual retreat in the person of our Lord Jesus Christ, Who relieved His intense labors of ministry with the spiritual benefits of rest as an opportunity of being alone with God the Father.

On so many occasions, we find Christ retreating from society in order to find rest and strength through prayer and the contemplation of the will of His Heavenly Father. His regular act of rest was, in and of itself, a spiritually invigorating act, rooted in faithful religious observance, steadfast obedience to God, and undying love for all humanity.

As we enter the summer season, I pray that we may especially remember the sacred dimension of rest, and the tremendous opportunities for spiritual renewal that our periods of vacation present to us.



—by Archbishop Demetrios of America, from pravmir.com



## LOOKING AHEAD

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

### July 21

After Divine Liturgy—Annual Blessing of Vehicles

### Monday July 22

7:00-8:30pm — Adult Ed: Life in the Early Church— The Apostolic Fathers (Church Hall and via Zoom)

### July 23

7:00pm — Parish Council Meeting

### Wed July 24

7:00am — Weekday Divine Liturgy  
10:30am — Father's Café (Church Hall and via Zoom)

### Wed July 24 (continued)

7:00pm — Inquiring Minds w/ Fr Michael (Church Hall & via Zoom)

### Monday July 29

7:00-8:30pm — Adult Ed: Life in the Early Church— The Apostolic Fathers (Church Hall and via Zoom)

### Wed July 31

10:30am — Father's Café (Church Hall and via Zoom)

### August 1-14

Dormition Fast

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

## Many Years!

Newly Illumined Sarah Sophia Hubler & Marianna Monica Jubler

### *Birthdays*

Katrina Griebling	7/21
Joanne Spanovich	7/25
Sergio Perez	7/26
Nathan Cooper, Jacob Lorelli	7/27

### *Wedding Anniversaries*

James & Patricia Pelachik	7/21
Masha & Jason Jones	7/22
Edward & Vera Klavzar	7/25

### 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

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