

September 22, 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

**13TH SUNDAY AFTER PENTECOST
HIEROMARTYR PHOCAS, BISHOP OF SINOPE
APOSTLE QUADRATUS OF THE SEVENTY**

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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

For through the chrism the cross is stamped on you... . And that you may again know that it is not a man but God himself who anoints you by the hand of the priest, listen to St. Paul when he says: "It is God who makes both us and you stand firm in Christ, who has anointed us."

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
with your request.



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

Parish Life

Auxiliary Baking & Cooking Dates Helpers Needed!

The Auxiliary will be baking/cooking on Thursday September 26th and then every Thursday in October.

Sessions usually begin at 9am and go until noon.

Please consider helping and bring a friend!

Questions? Speak with Tanya Franchak, Phyllis Brown and Linda Kedroff.



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!



Keep Informed Receive Weekly E-mails About Parish Life

We are an active community with a lot going on. These days it is especially helpful to keep up to date on things taking place in our parish.

We have an email group
News@stjohnofdamascus.org

It is all those who are interested in the activities of St. John of Damascus Orthodox Church.

**To be included E-mail Fr Michael at
info@stjohnofdamascus.org**

Sunday Counters—2 People Needed

Some of our Counters have had to step down for personal reasons. We are in need of 2 or so more people to fill “the ranks” to allow for people to only have to count 1 weekend a month.

We have a written “how-to” document to help new recruits as well as our 8 other experienced counters.

Please consider being part of this important ministry.



Church School Helpers Needed

We have an excellent team of Church School Teachers but we need 4 or so people to help in the classrooms.

Our Orthodox Church in America has an official policy that there need to be 2 adults in each classroom so each classroom will need an adult helper as well as a teacher.

Church School takes place on the 1st and 3rd Sundays of each month after Divine Liturgy.

Please consider stepping up to help!

See Bill Moision, Sally Menig or Fr Michael for questions or details.



Sunday Youth & Children Classes

1st and 3rd Sundays—Church School

2nd and 4th Sundays — Youth Choir

***PLEASE ENTER HALL QUIETLY AFTER
LITURGY TO AVOID INTERRUPTING CLASS***

Today's Worship — Hymns

Bishop Boris Scholarships Applications Due Oct 1st

In memory of our dear Bishop Boris our parish provides scholarships for students continuing their education through academic and vocational programs past high school.

If someone received a scholarship last year and is continuing their education this year, they may complete a "returning" application.

Those who have just completed high school and beginning a program can complete their full application.

Applications are in the back of the church and in the church hall.

If you have questions please contact Ken Telles or Nino Kiria.



Fall Adult Ed Class Begins Wed 9/18 7pm Praying the Services—Vespers

Ever attend services but wonder if there is a reason why they are structured the way they are?

The services of the Church are designed to help transform us, leading us through an experience as we worship the Lord. Our 1st topic will be about Vespers.

Classes will be offered in person in the hall and via Zoom.

Prospora Baking "Workshop" Saturday September 28—1:20pm

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



Orthodox Christianity 101 Class Mondays 6pm Beginning September 16

This 14 session class introduces people to the basic teachings and life of the Orthodox Christian Faith. It is excellent for new inquirers, those preparing for baptism and/or chrismation, as well as people who may have grown up in the Church but may desire a refresher in the basics of our Faith.

Tell your friends. All are welcome.

To register email info@stjohnofdamascus.org or call 858-717-2172

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—Seminarists 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.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 4

When the women disciples of the Lord
learned from the angel the joyous message of
Your Resurrection,
they cast away the ancestral curse
and elatedly told the apostles:
“Death is overthrown!
Christ God is risen,//
granting 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!

St Quadratus —Tone 3

Holy Apostle Quadratus,
entreat the merciful God//
to grant our souls forgiveness of transgressions!

St Phocas —Tone 4

By sharing in the ways of the Apostles,
you became a successor to their throne.
Through the practice of virtue, you found the way
to divine contemplation, O inspired one
of God;
by teaching the word of truth without error, you
defended the Faith, even to the
shedding of your blood.//
O Hieromartyr Phocas, entreat Christ God to
save our souls!

PROKEIMENA

Tone 4 ((Resurrection) O Lord, how
manifold are Your works; / in wisdom have You
made them all. (Ps. 103:26)

V. Bless the Lord, O my soul! O Lord, my God,
You are very great! (Ps. 103:1)

KONTAKIA

Resurrection—Tone 4

My Savior and Redeemer
as God rose from the tomb and delivered the
earth-born from their chains.
He has shattered the gates of hell,
and as Master,//
He has risen on the third day!

St Quadratus — Tone 8

The universe offers You, O Lord, the Apostle
Quadratus
as a most honored hierarch and athlete of great
strength;
with hymns it honors his all-venerable memory//
and asks that through him You grant forgiveness
of transgressions to those who sing his
praise.

St Phocas— Tone 2

The Master established you as a brilliant sun
shining on all the faithful, glorious Hieromartyr
Phocas.
He has accepted you life, faith and contest as
myrrh,//
for He is rich in mercy.

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 & to intercede for
us, O Theotokos,
For you always protect those who honor you!

ALLELUIA

Tone 4 — V. Go forth, prosper and reign, for the
sake of meekness, righteousness and truth! (Ps.
44:3b)

V. For You love righteousness, and hate iniquity.
(Ps. 44:6)

Today's Worship — Scripture Readings

Gospel — 1 Corinthians 16: 13-24

¹³ Watch! Stand firm in the faith! Be courageous! Be strong! ¹⁴ Let all that you do be done in love.

¹⁵ Now I beg you, brethren (you know the house of Stephanas, that it is the first fruits of Achaia, and that they have devoted themselves to serve the saints), ¹⁶ that you also be in service to people like this, and to everyone who helps in the work and labors. ¹⁷ I rejoice at the coming of Stephanas, Fortunatus, and Achaicus; for what was lacking on your part, they supplied. ¹⁸ They refreshed my spirit and yours; show therefore your appreciation to such people.

¹⁹ The Churches of Asia greet you. Aquila and Priscilla greet you much in the Lord, together with the Church that is in their house. ²⁰ All the brethren greet you. Greet one another with a holy kiss!

²¹ This greeting is by me, Paul, with my own hand. ²² If anyone does not love the Lord Jesus Christ, let him be accursed. Maranatha! ²³ May the grace of the Lord Jesus Christ be with you.

²⁴ My love is with you all in Christ Jesus. Amen.

Gospel — Luke 5: 1-11

⁵ Now it happened, while the multitude pressed on him and heard the word of God, that he was standing by the lake of Gennesaret. ² He saw two boats standing by the lake, but the fishermen had gone out of them and they were washing their nets. ³ Jesus entered into one of the boats, which was Simon's, and asked him to put out a little from the land. He sat down and taught the multitudes from the boat. ⁴ When he had finished speaking, he said to Simon, "Put out into the deep, and let down your nets for a catch."

⁵ Simon answered him, "Master, we worked all night and took nothing! But at your word, I will let down the net." ⁶ When they had done this, they caught a great multitude of fish, and their net was breaking. ⁷ They beckoned to their partners in the other boat to come and help them. They came and filled both boats, so [much] that they began to sink. ⁸ But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Depart from me, for I am a sinful man, Lord!" ⁹ He and all who were with him were amazed at their catch of fish; ¹⁰ and so also were James and John, sons of Zebedee, who were partners with Simon.

Jesus said to Simon, "Do not be afraid! From now on, you will be catching people alive."

¹¹ When they had brought their boats to shore, they left everything and followed him.

Our Life in Christ

ST. KATHERINE'S
YOUTH GROUP

Sunset
PARTY

AT MOONLIGHT BEACH
IN ENCINITAS

SUNDAY | SEPT 22

6:30 PM - 8:30 PM | S'MORES

JOIN US TO MEET OTHER ORTHODOX TEENS
AS WE KICK OFF THE NEW SCHOOL YEAR!

RSVP TO:
YOUTH@STKATHERINEORTHODOXCHURCH.ORG

Come and Be...

Be a part of St. John of Damascus' iconographic witness to the Kingdom of God.



Our three year project will enhance not only the beauty of our church but also reinforce the reality of God's presence with us for icons bridge the gap between the divine and the worshippers, enhancing our worship experience. These new icons will be added throughout the church interior.

Your donation can sponsor an icon of your choosing, serving as a lasting memorial for your family and loved ones.

A list of specific icons, their location within the church and their pricing is available upon request.

Please see Father Michael for further details.





LOOKING AHEAD

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

Mon Sept 23

6:00pm — Orthodox Christianity 101

Wed Sept 25

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

7:00pm — Adult Ed: Praying the Services—Vespers

Thurs Sept 26

9:00am — Auxiliary Cooking Day

Fri Sept 27

7:00am — Weekday Divine Liturgy

Sat Sept 28

1:30pm — Prospora Baking Workshop

Mon Sept 30

6:00pm — Orthodox Christianity 101

Wed Oct 2

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

7:00pm — Adult Ed: Praying the Services—Vespers

Thurs Oct 3

9:00am — Auxiliary Cooking Day

For more dates & links please visit our website: www.stjohnofdamascus.org/calendar

Many Years!

Newly Illumined Dakota Gabriel Walko & Jaclyn Juliana Lukehart

Name Days

Peter Anderson, Tekle Griebing 9/24

Birthdays

Nina Stone, Makayla Kedroff Ward 9/26

Manny Castañeda 9/27

PARISH CONTACT INFO:

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

Web: www.stjohnofdamascus.org

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, Rev. John Robinson, Retired & Pdn. George Shumaik

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