

October 20, 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

**17TH SUNDAY AFTER PENTECOST
GREAT MARTYR ARTEMIUS OF ANTIOCH**

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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

If you do good, you must do it only for God. For this reason you must pay no attention to the ingratitude of people. Expect a reward not here, but from the Lord in heaven. If you expect it here — it will be in vain and you will endure deprivation.

— *St. Ambrose of Optina*

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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

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 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.



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.

Visit the Scrip Table in the hall after Liturgy for more information or to purchase your cards.

SAVE THE DATE

St John’s 50th Anniversary May 4, 2025

The weekend of Sunday May 3 and 4, 2025 we will be celebrating the 50th anniversary of our beloved parish.

His Eminence Archbishop Benjamin along with other special guests will be with us.

There will also be a celebratory banquet at Vintana Wine + Dine in Escondido

More details to follow



Fall Adult Ed Class Wednesdays 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.



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.

Parish Life

Services for Pauline Somers

Our beloved sister in Christ, Pauline Somers fell asleep in the Lord this past week.

Below is the schedule of services for her:

Tuesday

4-7:30pm Viewing (church)

5:30pm Pannikhida (church)

Wednesday

10:00am— Funeral (church) followed by repass meal in hall

1:15pm — Burial (Miramar National Cemetery)



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—NO CLASS THIS WEEK 10/2



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

Auxiliary Baking & Cooking Dates Helpers Needed!

The Auxiliary will be baking/cooking 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.



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

Dates for 2024

FASTS

Nativity Fast/Advent Nov 15-Dec 24

FAST-FREE WEEKS

After Christmas Dec 25-Jan 4

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!

St Artemius—Tone 4

Your holy martyr Artemius, O Lord,
through his sufferings has received an
incorruptible crown from You, our God.
For having Your strength, he laid low his
adversaries,
and shattered the powerless boldness of
demons.//
Through his intercession, save our souls!

KONTAKIA

Resurrection—Tone 8

By rising from the tomb, You raised the dead
and resurrected Adam.
Eve exults in Your Resurrection,//
and the world celebrates Your rising from the
dead, O greatly Merciful One!

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.

St Artemius—Tone 2

Let us gather to sing worthy hymns in honor of
Artemius,
the pious and victorious martyr who defeated his
enemies.
He is great among martyrs
and generous in performing miracles,//
and he intercedes with the Lord on behalf of us
all.

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 8 (*Resurrection*) — 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)

Today's Worship — Scripture Readings

Gospel — 2 Corinthians 6: 16-7:1

¹⁶ What agreement can there be between God's sanctuary and idols? For you are a sanctuary of the living God. Even as God said, "I will dwell in them, and walk in them; and I will be their God, and they will be my people." ¹⁷ Therefore:

'Come out from among them and be separate,' says the Lord.

'Touch no unclean thing.

I will receive you.

¹⁸ I will be a Father to you.

You will be to me sons and daughters,' says the Lord Almighty."

⁷ Since we have these promises, beloved, let us purify ourselves from all defilement of flesh and spirit, so that we may bring [our] holiness to completion in the fear of God

Gospel — Luke 16:19-31

¹⁹ Now there was a certain rich man who was clothed in purple and fine linen, feasting in luxury every day. ²⁰ A certain beggar named Lazarus was laid at his gate, full of sores, ²¹ who desired to be fed with the crumbs that fell from the rich man's table. Yes, even dogs came and licked his sores. ²² It happened that the beggar died and that he was carried away by the angels to Abraham's bosom. The rich man also died, and was buried. ²³ In hades, he lifted up his eyes, being in torment, and saw Abraham far off, and Lazarus in his bosom. ²⁴ He cried and said, 'Father Abraham, have mercy on me, and send Lazarus, so that he may dip the tip of his finger in water and cool my tongue! For I am in agony in this flame!'

²⁵ But Abraham replied, 'Son, remember that in your lifetime, you received your good things, and Lazarus, in the same way, bad things. But now, he is comforted here and you are in anguish.

²⁶ Besides all this, between us and you a great gulf is fixed, so that those who want to pass from here to you cannot [do so], and that no one may cross over from there to us.'

²⁷ He said, 'I ask you therefore, father, that you would send Lazarus to my father's house; ²⁸ for I have five brothers, that he might bear witness to them, so that they would not also come to this place of torment.'

²⁹ Abraham replied to him, 'They have Moses and the prophets! Let them listen to them!'

³⁰ But he said, 'No, father Abraham, but if one goes to them from the dead, they will repent.'

³¹ Then Abraham said to him, 'If they do not listen to Moses and the prophets, neither will they be convinced if someone rises from the dead.' "

ALLELUIA

Tone 8 — V. Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior!
(Ps. 94:1)

V. Let us come before His face with thanksgiving; let us make a joyful noise to Him with songs of praise! (Ps. 94:2)

**SAINT JOHN OF DAMASCUS
ORTHODOX CHURCH
AUXILIARY**

ETHNIC FOODS and BAKE SALE

Saturday, November 23, 2024

11:00 A.M. - 2:00 P.M.

16903 Espola Road, Poway

Pierogies, 12 varieties (*Some New Ones!*)

Cheese • Potato/Cheese • Sauerkraut • Sweet Cabbage
Prune • Cherry • @ \$10.00 per dozen
Sausage & Cheese • Loaded Baked Potato • Thanksgiving
Fiesta! • The Polish • Cheeseburger • @ \$12.00 per dozen

Stuffed Cabbage Rolls - \$20.00 per dozen

Spanakopita - \$18.00 per dozen **Baklava** - \$18.00 per dozen

**Quiche (Sausage & Cheese, Broccoli & Bacon, and
Spinach & Bacon** - \$15.00 ea.

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

Banana and Pumpkin Tea Bread - \$10.00 ea.

Apple and Pumpkin Strudel - \$10.00 ea.

Mini Chocolate Cheesecakes - \$2.50 ea.

Large Chocolate Chip Cookies - \$2.00 ea.

Holiday Pies: Pecan - \$15.00 **Pumpkin** - \$12.00



Place Advance Orders for Pick-Up in our Church Hall

FOR ORDERS, PHONE

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

or email: auxiliary@stjohnofdamascus.org

Save the Date!
Saturday, December 21st is
our Christmas bake sale

Our Life in Christ

POVERTY IN SPIRIT

— from *The Orthodox Faith, Volume IV - Spirituality*

“Blessed are the poor in spirit, for theirs is the kingdom of heaven” (Mt 5.3). This first beatitude is the fundamental condition for all man’s spiritual progress and growth. Before everything else, if a person wants to live the life of God, he must be poor in spirit.

To be poor in spirit is to recognize clearly that one has nothing which he has not received from God, that one is nothing except by the grace of God. This blessed poverty is called “spiritual” in Saint Matthew’s Gospel because, first of all, it is an attitude of mind and heart, a conviction of the soul. It is the condition of man in total emptiness and openness before God, primarily in relation to the things of the Spirit, that is, to understanding and insight, to will and desire.

To be poor in spirit is to be devoid of all pride and trust in the power of one’s own spirit. It is to be freed from all reliance on one’s own ideas, opinions and desires. It is to be liberated from the “vain imaginations” of one’s own heart (Jer 23.17, Rom 1.21). For as the holy Virgin Mary, the perfect model of poverty in spirit, has sung in her magnificent song:

*God has shown strength with His arm,
He has scattered the proud in the imagination of their hearts,
He has put down the mighty from their thrones,
And has exalted the humble and meek,
He has filled the hungry with good things,
And the rich He has sent away empty (Lk 1.51–54).*

Jesus Himself was poor, not only in body but in spirit. Not only was the Lord a poor man, without “place to lay His head” (Mt 8.20) but His physical poverty was the direct result of His perfect poverty of spirit.

Truly, truly I say to you, the Son can do nothing of His own accord, but only what He sees the Father doing . . . I can do nothing on my own authority . . . (Jn 5.19, 30).

If a person wishes to embark on the spiritual life, he must abandon all things and follow Christ in poverty of spirit. To be poor in spirit is simply to be wholly set free from the sinful lusts of this world.

If anyone loves this world, love for the Father is not in him. For all that is in the world, the lust of the eyes and the pride of life, is not of the Father, but is of the world. And the world passes away, and the lust of it; but he who does the will of God abides forever (1 Jn 2.15–17).

The first revelation of the will of God is that His creatures must be poor in spirit. The violation of this spiritual attitude is the original sin and the source of all sorrows.



LOOKING AHEAD

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

Mon Oct 21

6:00pm — Orthodox Christianity 101
(in person & via Zoom)

Tues Oct 22

5:30pm — Pannikhida for Pauline Somers
7:00pm — Parish Council

Wed Oct 23

10:00am — Funeral for Pauline Somers followed by repass meal
1:15 — Burial for Pauline Somers Miramar National Cemetery
7:00pm — Praying the Services: Vespers
(in person & via Zoom)

Thurs Oct 24

9:00am — Auxiliary Cooking Day

Fri Oct 25

7:00am — Monthly Early Morning Divine Liturgy

Mon Oct 28 — Fri Nov 1

Fr Michael travels to MA to assist his mother

Wed Oct 30

7:00pm — Praying the Services: Vespers
(via Zoom ONLY)

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

Many Years!

Pdn George Shumaik Anniversary of Ordination 10/20

Name Days

Arthur (Artemis) Sladack 10/20 James Sullivan 10/23

Birthdays

Metro. Jonah (Paffhausen), Sonia Kale (Velonis) 10/20

Emmet Budde 10/21 Joseph Sheeler 10/23

Katya Sheeler 10/24 Emmanuel Scott Palumbo 10/25

Vickie Federoff, Wayne Henry, Artem Bishaev 10/26

Wedding Anniversaries

Dennis (Dionysius) & Cortney Stavrou 10/22

PARISH CONTACT INFO:

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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

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