

November 24, 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

22ND SUNDAY AFTER PENTECOST—TONE 5

AFTERFEAST OF THE ENTRANCE OF THE  
THEOTOKOS INTO THE TEMPLE  
GREAT MARTYR KATHERINE

+

**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

Unspeakably moved by the memory of  
God's past kindnesses, by the vision of  
what He now grants or by all that He holds  
out as a future reward to those who love  
Him, the mind gives thanks. In this  
perspective richer prayers are often  
uttered. Looking with purest gaze at the  
rewards promised to the saints, our spirit  
is moved by measureless joy to pour out  
wordless thanksgiving to God.

— *St. John Cassian*

+

**Include Something in the Bulletin or  
Be Included in our Weekly E-mails**

E-mail [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org)



*And seeing that the 18 year-old Katherine sur-  
passed him in wisdom and knowledge, the Em-  
peror Maxentius summoned 50 of the wisest  
men to dispute with her about faith, but she was  
wiser than they and all the wise men confessed  
Christ.*

## Parish Life

### **Parish Altar Feast St John of Damascus Dec 3 & 4**

Our Parish Feast Day is coming up on Dec 3 & 4. We have much to be grateful for having St John as our heavenly patron.

Do what you can to attend the services and mark the feast!

Tuesday Dec 3 6:00pm — Great Vespers w/ Litya

Wednesday Dec 4 8:30am — 3rd Hour & Liturgy



### **Sunday Counters—I Person Needed**

Some of our Counters have had to step down for personal reasons. We are in need of 1 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.

### **St Nicholas Day Children, Bring Your Shoes Next Sunday!**

In connection with the feast of St Nicholas coming up on Dec 6 all our children and youth are welcome to bring an extra pair of shoes next Sunday to leave in the hall. St Nicholas has a tradition of filling the shoes of children with treats and little gifts.

Children can come on Wed Dec 6 to the Akathist to St Nicholas to pick up their shoes and any gifts St Nicholas has left.



### **Youth Christmas Program Sunday Dec 22 Mark Your Calendars**

This year our Christmas Youth Program will take place on Sunday Dec 22 after the Divine Liturgy.

They will be present “The Gift of the Magi”

Be sure to mark your calendars and plan on attending!



### **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

### Auxiliary Baking

We are grateful to God for all the folks who helped with the many aspects of our Auxiliary's Thanksgiving Bake Sale. Preliminary numbers are showing we raised about \$7,000. A number of people came into our church to see what an Orthodox Church looks like and hear a little bit about our faith.

**If you have not picked up your order yet, please do so today.**

We now jump right in to getting reading for our **Christmas Sale on Dec 21**. Below are cooking/baking days in Dec. Cooking is from 9am-12pm. Please come & help if you can.

Tues	Dec 3	Nutrolls
Thurs	Dec 5	Cabbage Rolls
Tues	Dec 10	Pierogies
Thurs	Dec 12	Pierogies



### Orthodox Christianity 101 Class Mondays 6pm

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](mailto:info@stjohnofdamascus.org) or call 858-717-2172—NO CLASS THIS WEEK 10/28

### Adopt a Poway Family

Our local Poway Unified School District is once again coordinating an "Adopt a Family" program for local families.

This year St John's is adopting 3 families.

Information about purchasing items for these families can be found on the bulletin board in the church hall.

If you have a questions, please contact Ken Telles.



### 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](mailto: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](mailto: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 5

Thou didst descend into hell, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
Thou hast delivered Adam from the curse, O  
Lover of man, //  
and we cry to Thee: "O Lord, save us!"

#### Feast—Tone 5

Today is the prelude of the good will of God,  
of the preaching of the salvation of mankind.  
The Virgin appears in the Temple of God,  
in anticipation proclaiming Christ to all.  
Let us rejoice and sing to her:  
"Rejoice, O Fulfillment //  
of the Creator's dispensation!"

#### 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 Katherine—Tone 4

By thy virtues as by rays of the sun thou didst  
enlighten the unbelieving philosophers,  
and like the most bright moon thou didst drive  
away the darkness of disbelief from  
those walking in the night;  
thou didst convince the queen, and didst also  
chastise the tyrant,  
God-summoned bride, blessed Catherine.  
Thou didst hasten with desire to the heavenly  
bridal chamber of the fairest Bridegroom  
Christ,  
and thou wast crowned by Him with a royal  
crown; //  
Standing before Him with the Angels, pray for us  
who keep thy most sacred memory!

### KONTAKIA

#### Resurrection—Tone 5

Thou didst descend into hell, O my Savior,  
shattering its gates as Almighty,  
resurrecting the dead as Creator,  
and destroying the sting of death.  
Thou hast delivered Adam from the curse, O  
Lover of man, //  
and we cry to Thee: "O Lord, save us!"

#### 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 Katherine —Tone 2

Let all of us who love to honor the martyrs  
form a great choir in praise of the most wise  
Catherine,  
for she preached Christ and trampled the  
serpent, //  
despising the knowledge of the orators.

#### Feast —Tone 4

The most pure Temple of the Savior;  
the precious Chamber and Virgin;  
the sacred Treasure of the glory of God,  
is presented today to the house of the Lord.  
She brings with her the grace of the Spirit,  
therefore, the angels of God praise her: //  
"Truly this woman is the abode of Heaven!"

## Today's Worship — Scripture Readings

### Epistle — Galatians 6: 11-18

<sup>11</sup> See with what large letters I write to you with my own hand! <sup>12</sup> Those who desire to make a good showing in the flesh are trying to compel you to be circumcised, only so that they may not be persecuted for the cross of Christ. <sup>13</sup> Even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised so that they may boast in your flesh. <sup>14</sup> As for me, I shall find glory in nothing, except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. <sup>15</sup> In Christ Jesus, circumcision and uncircumcision mean nothing; only a new creation {matters}. <sup>16</sup> To those who live by this rule, may there be peace and mercy upon them, and on the Israel of God. <sup>17</sup> From now on, let no one cause me any trouble, for I bear the marks of the Lord Jesus branded on my body.

<sup>18</sup> May the grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

### Gospel — Luke 13:10-17

<sup>10</sup> Jesus was teaching in one of the synagogues on the Sabbath day. <sup>11</sup> Behold, there was a woman who had had a spirit of infirmity for eighteen years. She was bent over and could not straighten herself up. <sup>12</sup> When Jesus saw her, he called her, and said to her, "Woman, you are freed from your infirmity!" <sup>13</sup> He laid his hands on her and immediately, she stood up straight and glorified God.

<sup>14</sup> However, the ruler of the synagogue was indignant because Jesus had healed on the Sabbath. He said to the crowd, "There are six days in which people should work! Therefore, come on those days and be healed, not on the Sabbath day!"

<sup>15</sup> Then the Lord answered him, "You hypocrites! Does not each one of you free his ox or his donkey from the stall on the Sabbath, and lead it out to water? <sup>16</sup> Should not this woman, a daughter of Abraham who was bound by Satan for eighteen years, be freed from this bondage on the Sabbath day?"

<sup>17</sup> As he said these things, all his adversaries were put to shame and all the people rejoiced over all the glorious things that were done by him.

### PROKEIMENON

**Tone 5** (*Resurrection*) — Thou, O Lord, shalt protect us / and preserve us from this generation forever. (Ps. 11:7)

V. Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)

**Tone 3** (*Song of the Theotokos*) — My soul doth magnify the Lord, / and my spirit hath rejoiced in God my Savior. (Lk. 1:46-47)

### ALLELUIA

**Tone 5** — V. I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. (Ps. 88:1-2)

V. For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens. (Ps. 88:3)

**Tone 8** — V Hearken, O daughter, and see, and incline thine ear! (Ps. 44:9a)

## Our Life in Christ

### GRATITUDE (THANKSGIVING)

—From “The Orthodox Faith” Volume IV, on Virtues

The spiritual person is the one who is grateful for everything. He is the one who receives everything with thanksgiving, and who knows that he has nothing except what he has received from God (cf. Jn 3.27).

*And from His fullness have we all received, grace upon grace (Jn 1.16).*

The spiritual person has thanksgiving and gratitude in all circumstances, in everything and for everything. This thanksgiving is rooted in the firm conviction of God’s merciful providence and care in all things, in the steadfast faith that “God works in everything for good with those who love Him” or, as the passage may also be rendered, “everything works together for good with those who love God” (Rom 8.28).

The spiritual teachers, especially Saint John Chrysostom (4th c), are very strict in this teaching. The spiritual man does not thank God only for what he considers to be good. Rather, he thanks God for everything, even for what appears to be bad, knowing that God’s tender care is over all, and that the evil in this world—which is always present and inevitable (cf. Jn 17)—can itself be the vehicle for spiritual growth and salvation if rightly understood and overcome by the grace of God.

The opposite of gratitude is bitterness and complaining; it is bemoaning one’s lot in life because of pride and covetousness. It is caused by the absence of humble trust in the Lord. It is rooted in an attitude of life which does not allow the person to exclaim with the righteous Job:

*Naked I came from my mother’s womb, and naked I shall return. The Lord gave, the Lord has taken away; blessed be the name of the Lord (Job 1.21).*

To thank God in everything and for everything is the result of faith and faithfulness in God. It is the result of absolute trust in the Lord who knows best what we need for our salvation and does all that He can within the evil conditions of the world to bring us to eternal life, to peace and to joy. It is the product of believing, with Isaiah, the Word of the Redeemer who says:

*For a brief moment I forsook you, but with great compassion I will gather you. In overflowing wrath for a moment I hid my face from you, but with everlasting love will I have compassion on you.*

*For my thoughts are not your thoughts, neither your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts . . .*

*And you shall go out in joy and be led forth in peace; the mountains and the hills before you shall break forth into singing . . .*

*Keep justice and do righteousness, for soon my salvation will come . . . (Is 54.7–8, 55.8–9, 56.1).*

A person is grateful to the extent that he trusts in the Lord and has love for God and man.

## Our Life in Christ

### OUR FINANCIAL OFFERINGS—PLEASE SUBMIT YOUR PLEDGE FORM BY DEC 1

Often people ask, “How much should I give to the Church?” We remember the full tithe, or 10%, that was due to God under the old covenant. But under grace in Christ, we understand that ALL we have comes from Him, we are just stewards of these gifts, and we will be held accountable for how we managed these gifts. We give to the Church as a reflection of our relationship with the One who gave us these gifts. We give to increase His Kingdom.

Our own parish, in fact, does not require a specific financial sum to be considered a full member. It is up to each of us to consult God in prayer, to seek His will for us in this regard. In truth, what is most important is the spirit with which our gift is given.

- ◆ *He [Jesus] looked up and saw the rich putting their gifts into the treasury; and he saw a poor widow put in two copper coins. And he said, “Truly I tell you, this poor widow has put in more than all of them; for they all contributed out of their abundance, but she out of her poverty put in all the living that she had.” (Luke 21:1-4)*
- ◆ *Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. (2 Corinthians 9: 7-8)*

***The following chart is provided as a resource.***

Percentage Giving—Approximate Proportionate Gift Per Week						
If Annual Income is:	3%	4%	5%	8%	10% weekly	12%
\$20,000	\$12	\$15	\$19	\$31	\$38	\$46
\$25,000	\$14	\$19	\$24	\$38	\$48	\$58
\$30,000	\$17	\$23	\$29	\$46	\$58	\$69
\$35,000	\$20	\$27	\$34	\$54	\$67	\$81
\$40,000	\$23	\$31	\$38	\$62	\$77	\$92
\$45,000	\$26	\$35	\$43	\$69	\$87	\$104
\$50,000	\$29	\$38	\$48	\$77	\$96	\$115
\$55,000	\$32	\$42	\$53	\$85	\$106	\$127
\$60,000	\$35	\$46	\$58	\$92	\$115	\$138
\$65,000	\$38	\$50	\$63	\$100	\$125	\$150
\$70,000	\$40	\$54	\$67	\$108	\$135	\$162
\$75,000	\$43	\$58	\$72	\$115	\$144	\$173
\$80,000	\$46	\$62	\$77	\$123	\$154	\$185
\$85,000	\$49	\$65	\$82	\$131	\$163	\$196
\$90,000	\$52	\$69	\$87	\$138	\$173	\$208
\$95,000	\$55	\$73	\$91	\$146	\$183	\$219
\$100,000	\$58	\$77	\$96	\$154	\$192	\$231

**Please take this time to pray about your situation and what an appropriate pledge would be based upon the gifts God has given you. We will need your pledge form completed and submitted by December 1 so that we can prepare next year’s budget.**

**You may submit your form to Fr. Michael. Thank you!**



## LOOKING AHEAD

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

### Mon Nov 25

6:00pm — Orthodox Christianity 101  
(via Zoom AND in person in Church Hall)

### Mon Dec 2

6:00pm — Orthodox Christianity 101  
(via Zoom AND in person in Church Hall)

### Tues Dec 3

9am-12pm — Auxiliary Cooking Day  
6:00pm — Vespers & Litya for St John of Damascus

### Wed Dec 4—St John of Damascus

8:30am — 3rd Hour & Divine Liturgy for Altar Feast

### Thurs Dec 5

9am-12pm — Auxiliary Cooking Day

### Friday Dec 6

6:00pm — Akathist to St Nicholas

### Mon Dec 9-Fri Dec 13

Fr Michael travels to MA to help his mother

### Tues Dec 10

9am-12pm — Auxiliary Cooking Day

### Thurs Dec 12

9am-12pm — Auxiliary Cooking Day

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

## Many Years!

Newly Illumined Child of God Lev Danilchenko

### *Name Days*

Andrew Cooper 11/30

### *Birthdays*

Diane Marie Worth	11/25
Peter Anderson	11/27
Archpriest Michael Anderson, Andrew Lump	11/29
Cora Temnick	11/30

### PARISH CONTACT INFO:

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

**Web:** [www.stjohnofdamascus.org](http://www.stjohnofdamascus.org)

**Email:** [info@stjohnofdamascus.org](mailto:info@stjohnofdamascus.org) — **Phone:** (858) 674-1931

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

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