

March 16, 2025



# 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

2ND SUNDAY OF GREAT LENT— TONE 5

ST GREGORY PALAMAS

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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

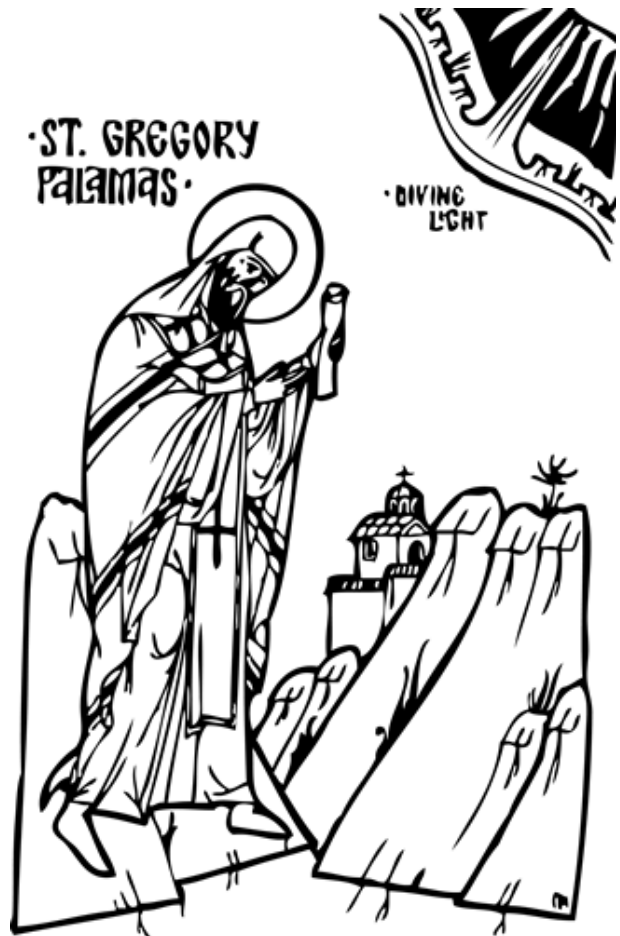
When we sit down, when we walk, when we eat when we drink we can always pray inwardly...Let us work with the body and pray with the soul. Let the outer person perform bodily tasks, and let the inner person be entirely dedicated to the service of God, never abandoning spiritual prayer

*St. Gregory Palamas*

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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) with your request.



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

## Parish Life

### **All-American Council AND Diocesan Assembly July 14-18, 2025 Phoenix, AZ**

The 21st All-American Council and the 2025 Diocesan Assembly will take place in Phoenix, AZ at the Grand Arizona Resort from July 14-18, 2025.

We will be sending our usual clergy and lay delegate to the Council but other parishioners are welcome and encouraged to come as well.

There will be a special celebration in connection with the glorification of Matushka Olga of AK, Mark your calendars and be on the lookout for hotel, scheduling and other information.



### **2025 Wall Calendars Available (with Feasts, Fasts, Scriptures Readings)**

The wall calendars for 2025 have arrived and are available in the narthex in the back of the church.

\$10 is the suggested donation.



### **SAVE THE DATE St John's 50th Anniversary May 25, 2025**

The weekend of Sunday May 24 and 25, 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

### **Auxiliary Cooking Days—March**

The Auxiliary will have cooking days on the Thursdays in March beginning at 9am.

Please come and help if you can!



### **San Diego Clergy Brotherhood Lenten/Paschal Services**

The San Diego Clergy Brotherhood has put together a schedule of Sunday Lenten & Paschal Vespers as opportunities for the faithful to gather pray together, and build the bonds of fellowship.

All Vespers are followed by a community light meal.

See the schedule below.

#### **Sunday March 16 (Readers Vespers)**

3:00pm Central Balboa Park  
Outside Timken Museum

#### **Sunday March 23 (Sunday of the Cross)**

6:00pm St Gregory of Nyssa Orthodox Church,  
1454 Jamacha Rd, El Cajon, CA 92019

#### **Sunday March 30 (Readers Vespers)**

3:00pm Torrey Pines Gliderport  
(Cliffs Immediately South of the Building)

#### **Sunday April 6 (Sunday of St Mary of Egypt)**

6:00pm St George Orthodox Church,  
4175 Poplar Street, San Diego, CA 92105

#### **Sunday May 4 (Sunday of the Myrrhbearers)**

6:00pm St John of Damascus Church,  
16903 Espola Rd Poway CA 92064

### **BRING IN PALMS**

Please bring in your palms from last year so they can be disposed of properly. You can give them to Fr Michael anytime during Great Lent.

## Today's Worship — Hymns

### TROPARIA

#### **Resurrection—Tone 5**

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 Gregory Palamas —Tone 8**

O light of Orthodoxy, teacher of the Church, its  
confirmation,  
O ideal of monks and invincible champion of  
theologians,  
O wonderworking Gregory, glory of Thessalonica  
and preacher of grace, //  
always intercede before the Lord that our souls  
may be saved!

### KONTAKIA

#### **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 Gregory Palamas—Tone 8**

Holy and divine instrument of wisdom,  
joyful trumpet of theology,  
together we sing your praises, O God-inspired  
Gregory.  
Since you now stand before the Original Mind,  
guide our minds to Him, O Father, //  
so that we may sing to you: “Rejoice, preacher of  
grace!”

#### **Triodion—Tone 4**

Now is the time for action!  
Judgment is at the doors!  
So let us rise and fast,  
offering alms with tears of compunction and  
crying:  
“Our sins are more in number than the sands of  
the sea;  
but forgive us, O Master of all, //  
so that we may receive the incorruptible crowns!”

## Today's Worship — Scripture Readings

### Epistle — Hebrews 1:10—2:3

<sup>10</sup> And, "Thou, Lord, didst found the earth in the beginning, and the heavens are the work of thy hands; <sup>11</sup> they will perish, but thou remainest; they will all grow old like a garment, <sup>12</sup> like a mantle thou wilt roll them up, and they will be changed.

But thou art the same, and thy years will never end." <sup>13</sup> But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet"? <sup>14</sup> Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

<sup>1</sup> Therefore we must pay the closer attention to what we have heard, lest we drift away from it. <sup>2</sup> For if the message declared by angels was valid and every transgression or disobedience received a just retribution, <sup>3</sup> how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

### Epistle — Hebrews 7:26-8:2

<sup>26</sup> For it was fitting that we should have such a high priest, holy, blameless, unstained, separated from sinners, exalted above the heavens. <sup>27</sup> He has no need, like those high priests, to offer sacrifices daily, first for his own sins and then for those of the people; he did this once for all when he offered up himself. <sup>28</sup> Indeed, the law appoints men in their weakness as high priests, but the word of the oath, which came later than the law, appoints a Son who has been made perfect for ever.

<sup>1</sup> Now the point in what we are saying is this: we have such a high priest, one who is seated at the right hand of the throne of the Majesty in heaven, <sup>2</sup> a minister in the sanctuary and the true tent which is set up not by man but by the Lord.

### PROKEIMENA

**Tone 5** (Resurrection) You, O Lord, shall 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 1** (St. Gregory Palamas) My mouth shall speak wisdom; / the meditation of my heart shall be understanding. (Ps. 48:3)

### 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)

**Tone 2** -- V. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. (Ps. 36:31)

## Today's Worship — Scripture Readings

### Gospel — Mark 2:1-12

<sup>1</sup> And when he returned to Capernaum after some days, it was reported that he was at home. <sup>2</sup> And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. <sup>3</sup> And they came, bringing to him a paralytic carried by four men. <sup>4</sup> And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. <sup>5</sup> And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." <sup>6</sup> Now some of the scribes were sitting there, questioning in their hearts, <sup>7</sup> "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" <sup>8</sup> And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? <sup>9</sup> Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'?" <sup>10</sup> But that you may know that the Son of man has authority on earth to forgive sins"—he said to the paralytic— <sup>11</sup> "I say to you, rise, take up your pallet and go home." <sup>12</sup> And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

### Gospel — John 10:9-16

<sup>9</sup> I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. <sup>10</sup> The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. <sup>11</sup> I am the good shepherd. The good shepherd lays down his life for the sheep. <sup>12</sup> He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. <sup>13</sup> He flees because he is a hireling and cares nothing for the sheep. <sup>14</sup> I am the good shepherd; I know my own and my own know me, <sup>15</sup> as the Father knows me and I know the Father; and I lay down my life for the sheep. <sup>16</sup> And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd.

## Our Life in Christ

### KNOWLEDGE OF OURSELVES, COMMUNION WITH GOD

—Archimandrite Symeon Kragiopoulos

It's not suffering itself which opens the eyes of the soul. But it's exactly what helps you to humble yourself. It's exactly what helps you to see your selfishness, to repent and see God's love and forbearance.

If problems remain, they need to. Because there are other deeper problems which will not go, unless these external, more visible ones, the ones we want to go, remain. The external ones will go too, but after they have taken away the other, the deeper and inner ones: the shortcomings, the weaknesses, the leprosis of sin, the whole badness sin has caused, as well as what the devil has caused through sin.

If your whole being is not pierced through by a blade and your soul is not thrust through, if you don't suffer and bleed, know that: a lot of undesirable situations that lie within you, will rest there and you will be unaware of them. And there will they remain. So, you will not repent for them. You will depart this world unrepentant.

It is really important to know ourselves inside out before we leave this world, to repent accordingly and ask forgiveness from God and people, so that we are truly forgiven. So that our heart is cleansed, brightened and saved. And glorified.

A spiritual father, due to his position, knows that very many of the deeper flaws and passions, many of the deeper sinful "conditions," wouldn't have surfaced—nor would anyone be aware that he carries them—had not God allowed him to suffer and literally bleed.

Let us not hesitate to reconsider our inner philosophy and reality. Let us not fear, let us not lose heart, let us not step back, no matter how things turn up. Because things turn up in such a way that we say: "if it were otherwise, that would be fine; but, as it is... I can't stand it." No! Let us accept things as God allows them to be. And God will soften our hearts. He will bring joy to our hearts, he will gladden our hearts. He will minister unto you an entrance into his everlasting kingdom.

"Dear God, in my whole life, I haven't been through a more painful thing. Dear God, don't let this happen to anybody else. But, dear God, in no other way could my heart have benefited so. This humility, this repentance, this willingness to fall on my knees in front of you and venerate you, this communion and unification with you wouldn't have come to my heart otherwise."

## Our Life in Christ

*He who senses his sins,  
is greater than he who raises the dead  
with his prayer.*

*He who groans one hour for his soul, is greater  
than he who benefits the whole world.*

*He who is made worthy to see himself, is greater  
than he who is made worthy to see angels.*

*To him who knows himself,  
is given the knowledge of all things.  
For the knowledge of ourselves is the fullness  
of knowledge of all things.*

—St Isaac the Syrian





## LOOKING AHEAD

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

### Sunday March 16

3:00pm — Sunday of Orthodoxy Readers Vespers Central Balboa  
Park outside the Timkin Museum

### Monday March 17

6:00pm—Adult Ed: Orthodox Christianity 101

### Tuesday March 18

7:00pm — Parish Council Meeting

### Wednesday March 19

10:30am — Father's Café (in person in hall or via Zoom)  
6:00pm — Presanctified Liturgy followed by Lenten potluck

### Thursday March 20

9:00am — Auxiliary Cooking Day

### Friday March 21

6:00pm — Holy Unction

### Saturday March 22—Memorial Saturday

8:30am — 3red Hour & Divine Liturgy for the Departed

### Monday March 24

6:00pm — Vigil for Annunciation

### Tuesday March 25—Holy Annunciation

6:00pm — Vesperal Divine Liturgy followed by Festal (Fish & Wine) Potluck

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

## Many Years!

### *Name Day*

Patricia Swinehart	3/17	Klavdia Ivanushkina	3/18
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### *Birthday*

Lily Neskin, Anna Hubler	3/16	Mary Caetta, Dathan (Daniel) Hubler	3/18
Teona Darjania	3/17	Klavdia Ivanushkina	3/22

### *Wedding Anniversary*

Evan (Evangelos) & Anna (Annie) Keeling	3/18
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### 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, Rev. John Robinson, Retired & Pdn. George Shumaik

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