

March 30, 2025



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

4TH SUNDAY OF GREAT LENT— TONE 7

SUNDAY OF ST JOHN CLIMACUS

(OF THE LADDER)

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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

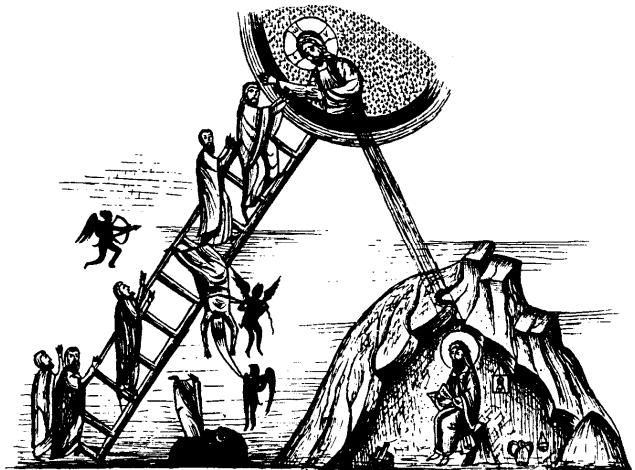
Repentance is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility. Repentance is constant distrust of bodily comfort. Repentance is self-condemning reflection, and carefree self-care. Repentance is the daughter of hope and the renunciation of despair.

—*St. John Climacus (The Ladder, Step 5)*

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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.



"The start of freedom from anger is stillness of the mouth when the heart is troubled; the middle is a stillness of the mind when there is a small agitation of the soul; the end is an unchanging calm beneath the breath of polluted winds."

Parish Life

PSYANKI WORKSHOP SUNDAY APRIL 6

Please join us April 6 after the fellowship meal for our annual pysanky workshop.

Learn how to design and create Ukrainian Easter Eggs. Supplies are provided and all levels are welcome.

Please sign-up in the hall so we can have enough supplies



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.

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 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

Auxiliary Cooking Days—April 3 & 4 Bake Sale Workday—April 11

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



Pascha Bake Sale Saturday April 12 12-3pm (later start time)

Our annual Ethnic Food and Bake Sale is Saturday April 12. Due to it being Lazarus Saturday we will be starting later (12pm) this year.

Be sure to get your orders in early!

New item this year! Sausage Cheese Rolls

E-mail auxiliary@stjohnofdamascus.org or call Tanya Franchak or Mike Wesdell.

Service Schedule for Great Lent & Pascha Available on Parish Website

For those that would benefit from looking ahead to plan to attend more of the services of Great Lent & Holy Pascha, the schedule of services is available on our parish website at <https://stjohnofdamascus.org/calendar/>

Donations for Paschal Flowers

Part of our parish celebration of Pascha is adorning the church temple with special flowers and decorations.

Please give as you are able so that we can add the beauty of God's creation to the beauty of our temple to glorify our Lord.

You can donate using the basket after the service or by using our online giving platform and choosing flowers as the purpose.

Today's Worship — Hymns

TROPARIA

Resurrection—Tone 7

By Your Cross You destroyed death.
To the thief You opened Paradise.
For the Myrrhbearers You changed weeping into joy.
And You commanded Your disciples, O Christ God,
to proclaim that You are 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 John Climacus—Tone 1

O dweller of the wilderness and angel in the body,
you were a wonderworker, O our God-bearing Father John.
You received heavenly gifts through fasting, vigil and prayer,
healing the sick and the souls of those drawn to you by faith.
Glory to Him Who gave you strength!
Glory to Him Who granted you a crown!
Glory to Him Who grants healing to all!

KONTAKIA

Resurrection—Tone 7

The dominion of death can no longer hold men captive,
for Christ descended, shattering and destroying its powers.
Hell is bound, while the Prophets rejoice and cry:
“The Savior has come to those in faith; //
enter, you faithful, into the Resurrection!”

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 John Climacus—Tone 4

The Lord truly set you on the heights of abstinence,
to be a guiding star, showing the way to the universe,
O our father and teacher John.

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!

Today's Worship — Scripture Readings

Epistle — Hebrews 6:13-20

¹³ For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, ¹⁴ saying, "Surely blessing I will bless you, and multiplying I will multiply you."

¹⁵ And so, after he had patiently endured, he obtained the promise.

¹⁶ For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute.

¹⁷ Thus God, determining to show more abundantly to the heirs of promise the immutability of His counsel, confirmed it by an oath, ¹⁸ that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us.

¹⁹ This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, ²⁰ where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Epistle — Ephesians 5:9-19

⁹ (for the fruit of the Spirit is in all goodness, righteousness, and truth), ¹⁰ finding out what is acceptable to the Lord.

¹¹ And have no fellowship with the unfruitful works of darkness, but rather expose them.

¹² For it is shameful even to speak of those things which are done by them in secret.

¹³ But all things that are exposed are made manifest by the light, for whatever makes manifest is light.

¹⁴ Therefore He says: "Awake, you who sleep, arise from the dead, and Christ will give you light."

¹⁵ See then that you walk circumspectly, not as fools but as wise, ¹⁶ redeeming the time, because the days are evil.

¹⁷ Therefore do not be unwise, but understand what the will of the Lord is.

¹⁸ And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, ¹⁹ speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.

PROKEIMENON

Tone 6 (Resurrection) The Lord shall give strength to His people. / The Lord shall bless His people with peace. (Ps. 28:11)

V. Offer to the Lord, O you sons of God! Offer young rams to the Lord! (Ps. 28:1a)

Tone 7 (St. John Climacus) - Let the saints exult in glory; / let them sing for joy on their couches! (Ps. 149:5)

ALLELUIA

Tone 7 — V. It is good to give thanks to the Lord, to sing praises to Your Name, O Most High. (Ps. 91:1)

V. To declare Your mercy in the morning, and Your truth by night. (Ps. 91:2a)

Tone 4 - V. They that are planted in the house of the Lord shall flourish in the courts of our God. (Ps. 91:12)

Today's Worship — Scripture Readings

Gospel — Mark 9:17-31

¹⁷ Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit.

¹⁸ And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not."

¹⁹ He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me."

²⁰ Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

²¹ So He asked his father, "How long has this been happening to him?" And he said, "From childhood.

²² And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us."

²³ Jesus said to him, "If you can believe, all things are possible to him who believes."

²⁴ Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

²⁵ When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!"

²⁶ Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead."

²⁷ But Jesus took him by the hand and lifted him up, and he arose.

²⁸ And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?"

²⁹ So He said to them, "This kind can come out by nothing but prayer and fasting."

³⁰ Then they departed from there and passed through Galilee, and He did not want anyone to know it.

³¹ For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

Gospel — Matthew 4:25-5:12

²⁵ Great multitudes followed Him – from Galilee, and from Decapolis, Jerusalem, Judea, and beyond the Jordan.

¹ And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him.

² Then He opened His mouth and taught them, saying:

³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴ Blessed are those who mourn, for they shall be comforted.

⁵ Blessed are the meek, for they shall inherit the earth.

⁶ Blessed are those who hunger and thirst for righteousness, for they shall be filled.

⁷ Blessed are the merciful, for they shall obtain mercy.

⁸ Blessed are the pure in heart, for they shall see God.

⁹ Blessed are the peacemakers, for they shall be called sons of God.

¹⁰ Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

¹¹ Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.

¹² Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.

Our Life in Christ

ON REPENTANCE

—St John Maximovitch

Repentance is expressed by the Greek word, metanoia. In the literal sense, this means a change of mind. In other words, repentance is a change of one's disposition, one's way of thinking; a change of one's inner self. Repentance is a reconsideration of one's views, an alteration of one's life.

How can this come about? In the same way that a dark room into which a man enters is illumined by the rays of the sun. Looking around the room in the dark, he can make out certain things, but there is a great deal he does not see and does not even suspect is there. Many things are perceived quite differently from what they actually are. He has to move carefully, not knowing what obstacles he might encounter. When, however, the room becomes bright, he can see things clearly and move about freely.

The same thing happens in spiritual life.

When we are immersed in sins, and our mind is occupied solely with worldly cares, we do not notice the state of our soul. We are indifferent to who we are inwardly, and we persist along a false path without being aware of it.

But then a ray of God's Light penetrates our soul. And what filth we see in ourselves! How much untruth, how much falsehood! How hideous many of our actions prove to be, which we fancied to be so wonderful. And it becomes clear to us which is the true path.

If we then recognize our spiritual nothingness, our sinfulness, and earnestly desire our amendment - we are near to salvation. From the depths of our soul we shall cry out to God: "Have mercy on me, O God, have mercy according to Thy Great mercy!" "Forgive me and save me!" "Grant me to see my own faults and not to judge my brother!"

As Great Lent begins, let us hasten to forgive each other all hurts and offenses. May we always hear the words of the Gospel for Forgiveness Sunday: If ye forgive men their debts, your heavenly Father will also forgive you; but if ye forgive not men their debts, neither will your Father forgive your debts (Matt. 6:14-15).



**SAINT JOHN OF DAMASCUS
ORTHODOX CHURCH
AUXILIARY**

ETHNIC FOODS and BAKE SALE (**Later Start Time*)

**Saturday, April 12, 2025
12:00 P.M. to 3:00 P.M.
16903 Espola Road, Poway, CA 92064**

Pierogies

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

Stuffed Cabbage Rolls - \$20.00 per dozen

Easter Breads - \$10.00 ea. **Georgian Cheese Bread** - \$16.00 ea.

Baklava - \$20.00 per dozen **Spanakopita** - \$20.00 per dozen

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

NEW ITEM: Sausage Cheese Rolls - \$20.00

Walnut, Poppy Seed, and Apricot Rolls - \$20.00 ea.

Tea Breads (Lemon Poppy Seed, Orange Nut, Banana Nut) - \$10.00 ea.

Mini Chocolate Cheesecakes - \$2.50 ea.

Apricot Cookies - \$10 per dozen **Lemon Bars** - \$10 per ½ dozen

Order in Advance / Pick-Up in our Church Hall

TO ORDER, PHONE

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

or email: auxiliary@stjohnofdamascus.org

Save the Date! Our Thanksgiving Bake Sale is Saturday, November 22nd



LOOKING AHEAD

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

Monday March 31

6:00pm—Adult Ed: Orthodox Christianity 101

Wednesday April 2

9:00—12pm Auxiliary Cooking Days (Spanikopita)
10:30am — Father's Café (in person in hall or via Zoom)
6:00pm — Presanctified Liturgy followed by Lenten potluck

Thursday April 3

9:00—12pm Auxiliary Cooking Days (Spanikopita)
6:00pm — Matins with Canon of St Andrew of Crete

Friday April 4

6:00pm — Matins with Akathist to the Theotokos

Saturday April 5

4:30pm—Choir Rehearsal

Wednesday April 9

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

Friday April 11

11:00am — Workday for Bake Sale
11:00am — Sacrament of Confession
4pm — Sacrament of Confession
6:00pm—Sacrament of Confession

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

Many Years!

Name Day

Mary Caetta	4/1
Emily (Emma) Neskin	4/2

Birthday

Christine Rahal	3/31
Matthew Sladack	4/2
Edward Klavzar	4/4

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

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